

Table 5

Model estimates of comorbid depression and anxiety, including confidence intervals, p-values and effect sizes.

Model	Estimate	95 % CI	p-value
PHQ-9			
Intercept	9.79	6.85 to 12.73	< .001
Time (baseline to 6 months)	-1.22	-2.05 to -.38	< .05
Within group effect size (Cohen's d) ^a	.65	-1.05 to 2.18	
GAD-7			
Intercept	6.91	4.69 to 9.12	< .001
Time (baseline to 6 months)	-.73	-1.67 to .21	= .127
Within group effect size (Cohen's d) ^a	N/A	-.77 to 1.78	

^aEffect sizes are calculated between baseline and 6-month follow-up.