Figure 1: Flowchart of participants’ progress through the phases of the trial

Referred (n=173)

Assessed for eligibility (n=156)

Excluded (n=54):
  a) Inclusion criteria not met (n=22)
  b) Exclusion criteria(s) met (n=13)
  c) Not suited for group (n=7)
  d) Not suited for CBT (n=2)
  e) Sought other treatment (n=3)
  f) Other reasons (n=7)

Randomised (n=102)

Allocated to intervention (n=51):
  Received intervention (n=49)
  Did not receive intervention (n=2, 1 with primary anxiety disorder, 1 could not find time to participate)

Allocated to wait-list (n=51):
  Stayed on wait-list (n=48)
  Did not stay on wait-list (n=3, 2 changed jobs and lost motivation, 1 was offered treatment elsewhere)

Post-intervention measurement:
  Lost to follow-up (n=5, 2 dropped out of the intervention, 3 did not complete measurement)

Post-wait-list measurement:
  Lost to follow-up (n=6, 3 dropped out of the wait-list, 3 did not complete measurement)

3-months follow-up measurement:
  Lost to follow-up (n=9, did not complete measurement)

Analysed (n=51)