Table 2: Demographics for all participants who (1) completed the baseline measures, and (2) were eligible for analysis, by condition.

| Variable                  | Baseline n = 863 | Expressive writing completers n = 101 | ISG completers n = 103 |
|---------------------------|------------------|--------------------------------------|------------------------|
| Gender                    |                  |                                      |                        |
| Male                      | 235 (27%)        | 24 (24%)                             | 26 (25%)               |
| Female                    | 628 (73%)        | 77 (77%)                             | 77 (75%)               |
| Age                       |                  |                                      |                        |
| Mean (SD)                 | 34 (12)          | 37 (12)                              | 35 (12)                |
| Range                     | 18-75            | 18-64                                | 18-66                  |
| Employment status         |                  |                                      |                        |
| Full-time                 | 393 (46%)        | 36 (36%)                             | 47 (45%)               |
| Part-time                 | 110 (13%)        | 22 (22%)                             | 16 (16%)               |
| Student                   | 153 (18%)        | 9 (9%)                               | 19 (18%)               |
| Looking after home/family | 40 (5%)          | 4 (4%)                               | 5 (5%)                 |
| Unemployed because of poor health | 60 (7%)           | 13 (13%)                           | 9 (9%)                 |
| Unemployed for other reasons | 69 (8%)        | 11 (11%)                             | 5 (5%)                 |
| Retired | Other | Education | Ethnicity |
|---------|-------|-----------|-----------|
|         |       | Retired   | Other     |
|         |       | 25 (2%)   | 6 (6%)    |
|         |       | 1 (1%)    | 1 (1%)    |
|         |       | 13 (1%)   | 0 (0%)    |
|         |       | 13 (1%)   | 0 (0%)    |
|         |       | 13 (1%)   | 0 (0%)    |
|         |       | 1 (1%)    | 1 (1%)    |
|         |       | 13 (1%)   | 0 (0%)    |
|         |       | 1 (1%)    | 1 (1%)    |
|         |       | 1 (1%)    | 1 (1%)    |
|         |       | 1 (1%)    | 1 (1%)    |

**Education**

| Level                          | Count | Percent | Count | Percent | Count | Percent |
|-------------------------------|-------|---------|-------|---------|-------|---------|
| Some high/secondary school    | 22    | 3%      | 2     | 2%      | 1     | 1%      |
| Completed high/secondary school | 86     | 10%     | 7     | 7%      | 14    | 14%     |
| Some college/university       | 314   | 36%     | 29    | 29%     | 24    | 23%     |
| Degree (eg, BSc BA)           | 282   | 33%     | 40    | 40%     | 37    | 36%     |
| Advanced degree (eg, Masters, Doctorate) | 159 | 18% | 23 | 23% | 27 | 26% |

**Ethnicity**

| Ethnicity                  | Count | Percent | Count | Percent | Count | Percent |
|----------------------------|-------|---------|-------|---------|-------|---------|
| White                      | 753   | 87%     | 91    | 91%     | 94    | 91%     |
| Asian (including Indian)   | 38    | 4%      | 4     | 4%      | 3     | 3%      |
| Black                      | 34    | 4%      | 0     | 0%      | 1     | 1%      |
| Hispanic                   | 9     | 1%      | 1     | 1%      | 0     | 0%      |
| Mixed                      | 13    | 2%      | 4     | 4%      | 4     | 4%      |
| Other                      | 16    | 2%      | 1     | 1%      | 1     | 1%      |
| Country          |          |          |          |
|------------------|----------|----------|----------|
| United Kingdom   | 578 (67%)| 63 (63%) | 65 (63%) |
| United States    | 252 (29%)| 32 (32%) | 32 (31%) |
| Canada           | 33 (4%)  | 6 (6%)   | 6 (6%)   |

Consulted a health care professional

|                          |          |          |          |
|--------------------------|----------|----------|----------|
| Within the last year     | 393 (45%)| 54 (54%) | 50 (48%) |
| More than a year ago     | 281 (33%)| 35 (35%) | 35 (34%) |
| Never                    | 181 (21%)| 11 (11%) | 17 (17%) |
| Not sure                 | 8 (1%)   | 1 (1%)   | 1 (1%)   |

Seeing a therapist

|                          |          |          |          |
|--------------------------|----------|----------|----------|
| Yes                      | 191 (22%)| 26 (26%) | 26 (26%) |
| No                       | 659 (76%)| 72 (72%) | 71 (71%) |
| Not sure                 | 13 (2%)  | 3 (3%)   | 3 (3%)   |

Taking medication

|                          |          |          |          |
|--------------------------|----------|----------|----------|
| Yes                      | 257 (30%)| 33 (33%) | 41 (40%) |
| No                       | 601 (69%)| 66 (66%) | 61 (59%) |
| Not sure                 | 5 (1%)   | 2 (1%)   | 1 (1%)   |

Used a face-to-face support group before

|                          |          |          |          |
|--------------------------|----------|----------|----------|
| Yes                      | 180 (21%)| 19 (19%) | 20 (19%) |
| No                       | 672 (78%)| 80 (80%) | 80 (78%) |
| Not sure                 | 11 (1%)  | 2 (2%)   | 3 (3%)   |

Used an ISG before
|        |        |        |        |
|--------|--------|--------|--------|
| Yes    | 107 (12%) | 16 (16%) | 14 (13%) |
| No     | 736 (85%) | 82 (82%) | 86 (84%) |
| Not sure | 20 (3%)   | 3 (3%)   | 3 (3%)   |