

## Appendix IX

**Table 7. Primary and secondary outcomes (Netherlands; n=1782)**

	<b>Control arm (n=787 patients)</b>	<b>Intervention arm (n=995 patients)</b>
Number of patients who received recommended counselling or referral ( <i>=primary outcome measure, group 1-2-3 combined</i> )	86 (10.9%)	116 (11.7%)
Depression screener or other method used, different from clinical judgement	1	15
Record of depressive symptoms		
Non	2	21
Moderate	4	2
Severe	1	0
Total	7	23
<b>Group 1 (non-depressed patients)</b>		
Recorded life-style advice	139 (17.6%)	118 (11.9%)
-with individual goal on stop smoking	13 (1.7%)	15 (1.5%)
-with individual goal on diet	41 (5.2%)	78 (7.8%)
-with individual goal on physical exercise	33 (4.2%)	74 (7.3%)
-with individual goal for weight reduction	18 (2.3%)	32 (3.2%)
Any individual goal recorded	83 (10.5%)	112 (11.3%)
<b>Group 2 (patients with depressive symptoms)</b>		
Referral to physical exercise group	1	2
Already in physical exercise group	0	0
<b>Group 3 (patients with major depression)</b>		
Referral for depression treatment	2	2
Previously referred for depression treatment	1	2