Supplementary Material

List of Supplementary Material for the article
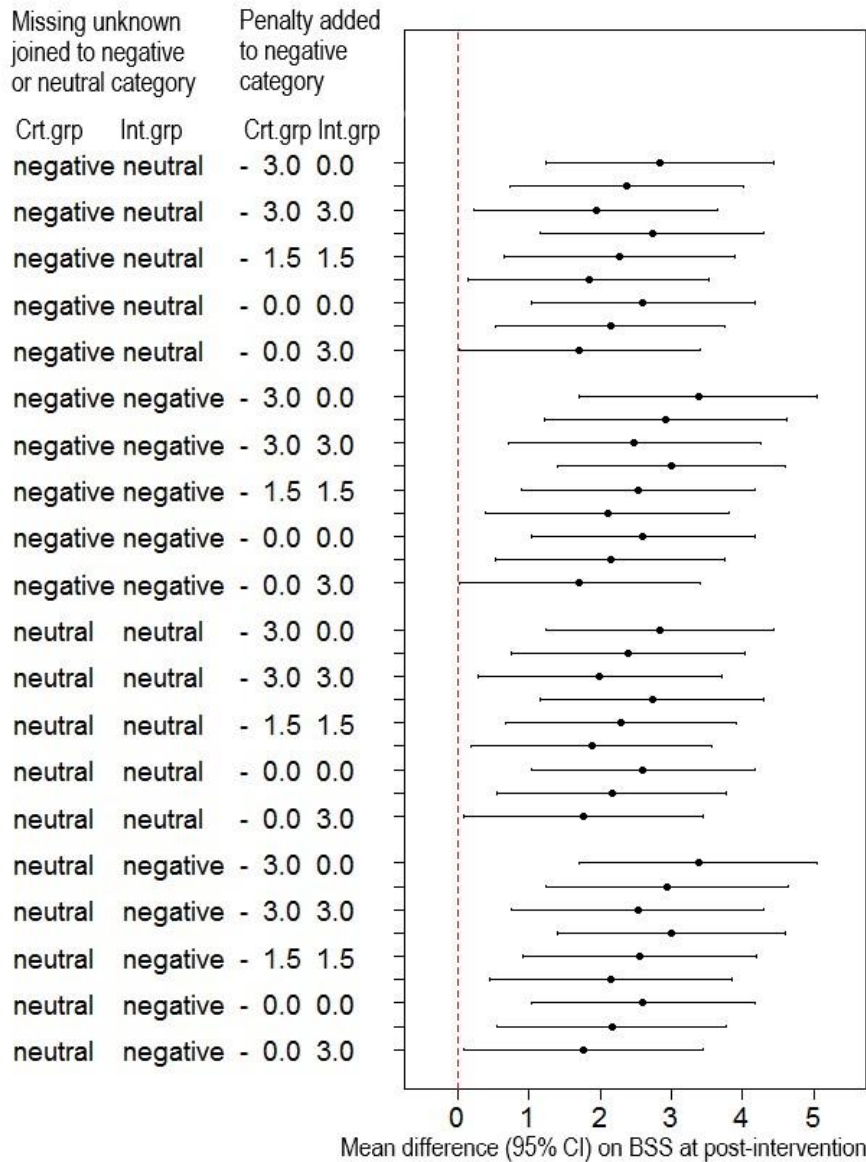
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Supplementary Table 1. Complete case Ancova analyses of the secondary outcomes

Variable	Control group (n=206), Mean (SD)	Intervention group (n=196), Mean (SD)	Mean difference (95% CI)	*p*-value
SIDAS				
Post-intervention	22.86 (12.38)	20.95 (12.28)	2.26 (0.01;4.51)	**0.0489**
Follow-up	16.71 (11.94)	14.74 (12.40)	2.25 (-0.23:4.72)	0.0751
BHS				
Post-intervention	13.56 (5.61)	11.50 (6.00)	1.92 (0.93;2.92)	**0.0002**
Follow-up	11.32 (6.27)	9.60 (6.49)	1.60 (0.35:2.85)	**0.0124**
PSWQ-PW				
Post-intervention	63.00 (15.54)	57.99 (14.60)	5.08 (2.29;7.87)	**0.0004**
Follow-up	59.30 (16.18)	55.54 (17.41)	3.76 (0.36;7.17)	**0.0305**
WHO-5				
Post-intervention	33.15 (23.58)	34.91 (22.20)	-2.82 (-7.13;1.48)	0.1976
Follow-up	39.44 (24.43)	43.72 (24.84)	-5.50 (-10.62;-0.39)	**0.0352**

SIDAS= Suicidal Ideation Attributes Scale. BHS= Beck Hopelessness Scale. PSWQ-PW= Penn State Worry Questionnaire-

Past Week. WHO-5= 5-item World Health Organization *Well-Being Index*.

Supplementary Figure 1. Sensitivity analysis for the primary outcome showing the BSS treatment effect at post-intervention, using multiple placebo imputations and penalty scores

Crt.grp= Control group. Int.grp= Intervention group. Participants with missing data in the intervention group were after dropout treated as if they belonged to the control group and modelled after the control group's parameters. Missing data were then accounted for by categorizing dropout-reasons for participants in both groups as neutral, negative or unknown. Four main imputation sensitivity analyses were performed, where participants with an unknown dropout reason where either joined to the neutral or negative dropout category for both intervention groups respectively and a penalty per week since dropout of 3 BSS points (worst case), 1.5 BSS points (realistic case) or 0 BSS points (best case), were added to the participants' BSS score in the negative dropout-category.