

Table 1.

Unweighted and Weighted Characteristics of Patients With Depression or Anxiety by Virtual Treatment Group

| Patient characteristic | Unweighted | | | Weighted | | |
|--|-----------------------------|-------------------------------|-------|---------------------------|-----------------------------|-------|
| | Collaborative care N (%) | Specialty psychiatry N (%) | SMD | Collaborative care (%) | Specialty psychiatry (%) | SMD |
| Depression, N = 10,380 | N = 1,607 | N = 8,773 | | N = 1,607 | N = 8,773 | |
| Race | | | | | | |
| Asian | 252 (15.7%) | 1057 (12.0%) | −0.11 | 12.0 | 12.6 | 0.02 |
| Black | 107 (6.7%) | 664 (7.6%) | 0.04 | 10.0 | 7.4 | −0.10 |
| Latinx | 276 (17.2%) | 1522 (17.3%) | 0.005 | 14.9 | 17.3 | 0.06 |
| Other/unknown | 166 (10.3%) | 890 (10.1%) | −0.01 | 10.9 | 10.2 | −0.03 |
| White | 806 (50.2%) | 4640 (52.9%) | 0.05 | 52.3 | 52.6 | 0.01 |
| Gender | | | | | | |
| Female | 1085 (67.5%) | 6280 (71.6%) | 0.09 | 30.1 | 29.1 | 0.02 |
| Non-female | 522 (32.5%) | 2493 (28.4%) | | 69.9 | 70.9 | |
| Age, y | | | | | | |
| 18–39 | 948 (59.0%) | 4836 (55.1%) | | 55.6 | 55.4 | |
| 40–64 | 516 (32.1%) | 3009 (34.3%) | | 33.3 | 34.3 | |
| 65+ | 143 (8.9%) | 928 (10.6%) | | 11.1 | 10.3 | |
| Mean (SD) | 40 (15.6) | 41 (16.4) | −0.08 | 41.1 (41.9) | 40.6 (17.7) | 0.03 |
| Body mass index, kg/m^{2a} | | | | | | |
| Missing | 660 (41.1%) | 2402 (27.4%) | −0.29 | 28.4 | 29.5 | 0.02 |
| Normal | 310 (19.3%) | 1865 (21.3%) | 0.05 | 21.8 | 21 | −0.02 |
| Overweight | 279 (17.4%) | 1873 (21.3%) | 0.10 | 19.6 | 20.7 | 0.03 |
| Obese | 275 (17.1%) | 1851 (21.1%) | 0.10 | 22.0 | 20.5 | −0.04 |
| Severely obese | 68 (4.2%) | 670 (7.6%) | 0.14 | 7.3 | 7.1 | −0.01 |
| Underweight | 15 (0.9%) | 112 (1.3%) | 0.03 | 1.0 | 1.2 | 0.02 |
| Charlson comorbidity index | | | | | | |
| 0 | 1382 (86.0%) | 6950 (79.2%) | −0.16 | 80.4 | 80.2 | −0.05 |
| 1 | 128 (8.0%) | 1003 (11.4%) | | 11.5 | 11 | |
| 2+ | 97 (6.0%) | 820 (9.3%) | | 8.1 | 8.8 | |
| Neighborhood deprivation index^b | | | | | | |
| 1 | 454 (28.3%) | 2035 (23.2%) | −0.15 | 23.1 | 23.8 | 0.04 |
| 2 | 412 (25.6%) | 2223 (25.3%) | | 23.6 | 25.6 | |
| 3 | 373 (23.2%) | 2174 (24.8%) | | 25.8 | 24.8 | |
| 4 | 368 (22.9%) | 2338 (26.6%) | | 27.4 | 25.8 | |
| >3 encounters with psychiatry diagnosis in the past 1 y | | | | | | |
| No | 1549 (96.4%) | 7260 (82.8%) | 0.46 | 85.4 | 84.9 | 0.02 |
| Yes | 58 (3.6%) | 1513 (17.2%) | | 14.6 | 15.1 | |
| Antidepressant medication usage in the past 1 y | | | | | | |
| No | 1259 (78.3%) | 4971 (56.7%) | 0.48 | 59.7 | 60 | −0.01 |
| Yes | 348 (21.7%) | 3802 (43.3%) | | 40.3 | 40 | |
| Screen GAD-7/PHQ-9 | | | | | | |
| Mean (SD) | 9.3 (2.7) | 10.2 (2.7) | −0.32 | 10.2 (7.0) | 9.9 (4.5) | 0.06 |
| Median (IQR) | 9 (4) | 10 (5) | | | | |
| Screen GAD-7/PHQ-9 category | | | | | | |
| Mild | 856 (53.3%) | 3476 (39.6%) | | 39.5 | 41.8 | |
| Moderate | 751 (46.7%) | 5297 (60.4%) | | 60.5 | 58.2 | |
| Time of eligibility screening to baseline symptom assessment, d | | | | | | |
| Mean (SD) | 10 (25.5) | 15 (31.9) | −0.17 | 6.4 (22.6) | 20.4 (22.7) | 0.16 |
| Diagnosis of any MDD prior to treatment start | | | | | | |
| Yes | 537 (33%) | 5796 (66%) | −0.69 | 59.8 | 61 | −0.03 |
| No | 1070 (67%) | 2977 (34%) | | 40.2 | 39 | |
| Baseline GAD-7/PHQ-9 score | | | | | | |
| Mean (SD) | 9.1 (3.5) | 10.0 (4.2) | | | | |
| Median | 9 (4) | 10.0 (7.0, 13.0) | | | | |
| Baseline GAD-7/PHQ-9 category | | | | | | |
| Mild | 813 (50.6%) | 3328 (37.9%) | | | | |
| Moderate | 581 (36.2%) | 3724 (42.4%) | | | | |
| Moderately severe | 93 (5.8%) | 791 (9.0%) | | | | |
| None | 110 (6.8%) | 715 (8.2%) | | | | |
| Severe | 10 (0.6%) | 215 (2.5%) | | | | |

(continued)

Table 1 (continued).

| Patient characteristic | Unweighted | | | Weighted | | |
|---|-----------------------------|-------------------------------|-------|---------------------------|-----------------------------|--------|
| | Collaborative care N (%) | Specialty psychiatry N (%) | SMD | Collaborative care (%) | Specialty psychiatry (%) | SMD |
| At least 1 follow-up measure in 6 mo | | | | | | |
| Yes | 1466 (91.2%) | 6700 (76.4%) | | | | |
| No | 141 (8.8%) | 2073 (23.6%) | | | | |
| Patient characteristic | Unweighted | | | Weighted | | |
| | Collaborative care N (%) | Specialty psychiatry N (%) | SD | Collaborative care (%) | Specialty psychiatry (%) | SD |
| Anxiety, N = 2,935 | N = 570 | N = 2,365 | | N = 570 | N = 2,365 | |
| Race | | | | | | |
| Asian | 99 (17.4%) | 274 (11.6%) | −0.16 | 13 | 12.8 | −0.01 |
| Black | 24 (4.2%) | 126 (5.3%) | 0.05 | 5.3 | 5.1 | −0.01 |
| Latinx | 100 (17.5%) | 361 (15.3%) | −0.06 | 15.5 | 15.7 | 0.01 |
| Other/unknown | 68 (11.9%) | 227 (9.6%) | −0.08 | 10.1 | 10 | −0.001 |
| White | 279 (48.9%) | 1377 (58.2%) | 0.19 | 56.1 | 56.4 | 0.01 |
| Gender | | | | | | |
| Female | 391 (68.6%) | 1685 (71.2%) | 0.06 | 72.8 | 70.8 | −0.04 |
| Non-female | 179 (31.4%) | 680 (28.8%) | | 27.2 | 29.2 | |
| Age, y | | | | | | |
| 18–39 | 390 (68.4%) | 1528 (64.6%) | | 62.8 | 65.4 | |
| 40–64 | 162 (28.4%) | 683 (28.9%) | | 32.3 | 28.4 | |
| 65+ | 18 (3.2%) | 154 (6.5%) | | 4.9 | 6.2 | |
| Mean (SD) | 36 (13) | 37 (14.6) | −0.12 | 37 (31.3) | 37 (16.2) | 0.04 |
| Body mass index, kg/m^{2a} | | | | | | |
| Missing | 229 (40.2%) | 751 (31.8%) | −0.18 | 32.7 | 33.3 | 0.01 |
| Normal | 137 (24.0%) | 580 (24.5%) | 0.01 | 22.8 | 24.4 | 0.04 |
| Obese | 71 (12.5%) | 413 (17.5%) | 0.14 | 17.1 | 16.5 | −0.01 |
| Overweight | 107 (18.8%) | 464 (19.6%) | 0.02 | 19.9 | 19.4 | −0.01 |
| Severely obese | 21 (3.7%) | 129 (5.5%) | 0.08 | 6.6 | 5.1 | −0.07 |
| Underweight | 5 (0.9%) | 28 (1.2%) | 0.03 | 0.9 | 1.1 | 0.03 |
| Charlson comorbidity index | | | | | | |
| 0 | 518 (90.9%) | 2023 (85.5%) | −0.20 | 84.8 | 86.6 | 0.06 |
| 1 | 37 (6.5%) | 208 (8.8%) | | 8.6 | 8.4 | |
| 2+ | 15 (2.6%) | 134 (5.7%) | | 6.6 | 5.1 | |
| Neighborhood deprivation index^b | | | | | | |
| 1 | 166 (29.1%) | 602 (25.5%) | −0.1 | 25.2 | 26 | 0.09 |
| 2 | 168 (29.5%) | 649 (27.4%) | | 29.4 | 27.6 | |
| 3 | 128 (22.5%) | 611 (25.8%) | | 21.8 | 25.7 | |
| 4 | 108 (18.9%) | 502 (21.2%) | | 23.6 | 20.7 | |
| >3 encounters with psychiatry diagnosis in the past 1 y | | | | | | |
| No | 551 (96.7%) | 2095 (88.6%) | 0.31 | 90.7 | 90.1 | 0.02 |
| Yes | 19 (3.3%) | 270 (11.4%) | | 9.3 | 9.9 | |
| Antidepressant medication usage in the past 1 y | | | | | | |
| No | 474 (83.2%) | 1624 (68.7%) | 0.34 | 71.3 | 71.4 | 0.003 |
| Yes | 96 (16.8%) | 741 (31.3%) | | 28.7 | 28.6 | |
| Screen GAD-7 | | | | | | |
| Mean (SD) | 10.5 (2.4) | 11.0 (2.3) | −0.18 | 10.8 (5.3) | 10.9 (2.6) | −0.05 |
| Median (IQR) | 11 (3) | 11 (4) | | 11 (5) | 11 (4) | |
| Screen GAD-7 category | | | | | | |
| Mild | 186 (32.6%) | 622 (26.3%) | | 31.7 | 27.6 | |
| Moderate | 384 (67.4%) | 1743 (73.7%) | | 68.3 | 72.4 | |
| Time of eligibility screening to baseline symptom assessment, days | | | | | | |
| Mean (SD) | 9 (22) | 13 (26) | −0.15 | 5.1 (8.7) | 17 (20.5) | 0.20 |
| Diagnosis of any MDD prior to treatment start | | | | | | |
| Yes | 464 (81.4%) | 2173 (91.9%) | −0.31 | 90.5 | 89.9 | 0.02 |
| No | 106 (18.6%) | 192 (8.1%) | | 9.5 | 10.1 | |
| Baseline GAD-7 | | | | | | |
| Mean (SD) | 10.6 (2.9) | 11.2 (3.1) | | | | |
| Median | 11 (5) | 11 (4) | | | | |

(continued)

Table 1 (continued).

| Patient characteristic | Unweighted | | | Weighted | | |
|---|-----------------------------|-------------------------------|----|---------------------------|-----------------------------|----|
| | Collaborative care N (%) | Specialty psychiatry N (%) | SD | Collaborative care (%) | Specialty psychiatry (%) | SD |
| Baseline GAD-7 category | | | | | | |
| Mild | 206 (36.1%) | 709 (30.0%) | | | | |
| Moderate | 307 (53.9%) | 1376 (58.2%) | | | | |
| Moderately severe | 53 (9.3%) | 258 (10.9%) | | | | |
| None | 4 (0.7%) | 2 (0.1%) | | | | |
| Severe | 0 (0%) | 20 (0.8%) | | | | |
| At least 1 follow-up measure in 6 mo | | | | | | |
| Yes | 349 (61.2%) | 1062 (44.9%) | | | | |
| No | 221 (38.8%) | 1303 (55.1%) | | | | |

^aBody mass index categories are defined as follows: <18.5, underweight; ≤18.5 to <25, normal; ≤25 to <30, overweight; ≤30 to <40, obese; ≥40, severely obese.

^bNeighborhood deprivation index is a geocoded measure of socioeconomic status with categories based on the tertiles of the overall cohort, with higher scores indicating more deprivation.

Abbreviations: GAD-7 = Generalized Anxiety Disorder-7 Scale, IQR = interquartile range, kg = kilogram, m² = meters squared, MDD = major depressive disorder, PHQ-9 = Patient Health Questionnaire-9, SMD = standardized mean difference.