

Supplementary material

Supplementary Table S1: Resource use categories and their unit costs (in £, for year 2016).

Resource use	Unit cost (£)	Unit	Source of estimate
Primary care			
GP	14.60-86.00	per telephone contact, visit or home visit	[20]
Practice nurse (at GP clinic)	7.90-38.00	per telephone contact, visit or home visit	[20]
Non-mental health community care			
Community district nurse (CDN)	16.16-106.10	per telephone contact, visit or home visit	[20]
Occupational therapy	12.47-38.13	per telephone contact, visit or home visit	[20]
Physiotherapy	23.05-61.18	per telephone contact, visit or home visit	[20]
Emergency service (ambulance)	7.00-236.00	per telephone contact, treat & refer, treat & convey	[20]
Mental health community care			
Psychiatrist	17.70-37.57	per telephone contact, visit or home visit	[21]
Psychologist	61.22-130.00	per telephone contact, visit or home visit	[21]
Psychiatric nurse	5.20-40.08	per telephone contact, visit or home visit	[20]
PoMeT (intervention)	86.00	per contact	[20]
Drug/alcohol service worker	19.50-54.00	per telephone contact, visit or home visit	[20]
Drop-in centre (including street agencies)	34.00	per contact	[20]
Self-help/support group	58.40	per contact	[21]
Mental health outpatient care			
Psychiatrist	49.49-105.08	per telephone contact or visit	[21]
Psychologist	93.75-199.06	per telephone contact or visit	[21]
Non-mental health outpatient care			
Specific outpatient services	3.37-473.72	per service, procedure, test, or contact	[21]
Mental health inpatient care			
Psychiatric inpatient general ward	420.67	per bed day	[20]
Non-mental health inpatient care			
Specific inpatient wards	423-1468	per rehabilitation day, per bed day	[22]
Psychiatric medication			
Oral medication	Various	per milligram	[23]
Social care			
Social worker	27.52-76.20	per telephone contact, visit or home visit	[20]
Community Support Worker (unqualified)	13.00-36.00	per telephone contact, visit or home visit	[20]
Home help/home care worker	4.44-17.33	per telephone contact, visit or home visit	[20]
Housing worker	7.13-19.74	per telephone contact, visit or home visit	[24]
Voluntary/Charity worker	7.13-19.74	per telephone contact, visit or home visit	[24]
Indirect costs			
Informal care	9.21	per hour	[24]
Absenteeism			
Full time worker	128.78	per day	[24]
Part time worker	86.36	per day	[24]
Volunteer worker	75.56	per day	[24]

Supplementary Table S2. Observed capability well-being outcomes (OXCAP-MH, ICECAP-A).

	<i>n</i>	PoMeT mean (SD)	<i>n</i>	TAU mean (SD)
OXCAP-MH				
M0	46	55 (12.59)	47	56 (13.30)
M3	45	56 (13.65)	44	56 (17.18)
M6	44	55 (15.13)	44	56 (16.09)
M9	40	56 (16.30)	45	58 (16.52)
ICECAP-A				
M0	49	0.533 (0.210)	48	0.515 (0.214)
M3	48	0.553 (0.198)	45	0.475 (0.284)
M6	44	0.556 (0.228)	46	0.563 (0.258)
M9	44	0.571 (0.207)	45	0.558 (0.243)

PoMeT: PoMeT Intervention group, TAU: Treatment As Usual group, M: month

Supplementary Table S3. Number of psychiatric medications taken, by group and observation period.

	-M3 to M0 mean (SD)	M0 to M3 mean (SD)	M3 to M6 mean (SD)	M6 to M9 mean (SD)	p-value (before vs. during trial periods)
PoMeT (n= 48)	2.50 (1.20)	2.69 (1.13)	2.77 (1.19)	2.85 (1.37)	0.0115*
TAU (n=46)	2.36 (1.36)	2.47 (1.43)	2.63 (1.42)	2.67 (1.42)	0.0013*

PoMeT: PoMeT Intervention group, TAU: Treatment As Usual group, M: month, *p<0.05

Supplementary Table S4. Number of antidepressant medications taken, by group and observation period.

	-M3 to M0 n (%)	M0 to M3 n (%)	M3 to M6 n (%)	M6 to M9 n (%)	p-value (before trial vs. during trial periods)
PoMeT (n=48)					
0	17 (35%)	16 (33%)	16 (33%)	16 (33%)	
1	27 (56%)	26 (54%)	26 (54%)	26 (54%)	
2	4 (8%)	6 (13%)	6 (13%)	6 (13%)	
mean (SD)	0.73 (0.61)	0.79 (0.65)	0.79 (0.65)	0.79 (0.65)	0.0832
TAU (n=46)					
0	22 (48%)	21 (46%)	20 (43%)	19 (41%)	
1	17 (37%)	17 (37%)	18 (39%)	19 (41%)	
2	7 (15%)	8 (17%)	8 (17%)	8 (17%)	
mean (SD)	0.67 (0.73)	0.72 (0.75)	0.74 (0.74)	0.76 (0.74)	0.0442*
Full cohort (n=94)					
mean (SD)	0.70 (0.67)	0.76 (0.70)	0.77 (0.70)	0.78 (0.69)	0.0075*

M: month, PoMeT: PoMeT intervention group, TAU: Treatment As Usual group, *p<0.05

Supplementary Table S5. Sensitivity analysis: Cost results adjusted for outliers (in £, for year 2016/17).

Cost category	PoMeT (n=48)	TAU (n=46)	PoMeT vs. TAU
	Mean (SD)	Mean (SD)	Diff 95% CI
(A) Mental Health (MH) Inpatient Community, Outpatient and Inpatient Care	1603 (2253)	1127 (957)	476 (-232 to 1184)
MH Community Care	858 (854)	868 (879)	-10 (-365 to 345)
Drop-in Center ^c	205 (509)	203 (532)	2 (-211 to 216)
Community Psychiatrist	5 (23)	5 (14)	-0.2 (-8 to 8)
Community Psychologist	3 (19)	14 (56)	-11 (-28 to 6)
CPN	414 (411)	438 (443)	-25 (-200 to 151)
Self Help Group	222 (496)	202 (464)	20 (-177 to 216)
Drug Alcohol Support	10 (50)	6 (33)	4 (-13 to 22)
MH Outpatient Care	263 (266)	259 (209)	3 (-94 to 101)
Outpatient Psychiatrist	225 (199)	227 (149)	-2 (-74 to 70)
Outpatient Psychologist	37 (177)	32 (151)	5 (-62 to 72)
MH Inpatient Care	482 (2164)	0	482 (-146 to 1110)
B) Psychiatric medication	1359 (1338)	1197 (779)	162 (-401 to 726)
C) Intervention (PoMeT)	823 (354)	0	823 (721 to 927)
MH Care: A+B+C	3785 (2785)	2324 (1861)	1461 (493 to 2429)*
D) Non-Mental Health Care	758 (1180)	811 (1187)	-53 (-538 to 432)
Primary Care	175 (175)	162 (166)	13 (-56 to 83)
General Practitioner (GP)	150 (170)	143 (159)	7 (-60 to 75)
GP Practice Nurse	25 (38)	18 (30)	6 (-8 to 20)
NMH Community Care	218 (268)	277 (344)	-59 (-186 to 68)
Community District Nurse	25 (119)	13 (57)	11 (-26 to 49)
Occupational Therapy	4 (15)	17 (54)	-12 (-29 to 4)
Physiotherapy	9 (45)	22 (77)	-14 (-40 to 13)
Emergency Services	20 (79)	77 (185)	-57 (-116 to 2)
Alternative Care	0	0	0
Other Health Care	161 (189)	148 (186)	12 (-64 to 89)
NMH Out- and Daypatient Care	163 (328)	184 (287)	-20 (-146 to 106)
Accident and Emergency	41 (114)	48 (112)	-7 (-53 to 40)
NMH Outpatient	102 (245)	127 (248)	-25 (-127 to 76)
Daypatient	21 (123)	9 (43)	12 (-26 to 49)
NMH Inpatient care	201 (839)	188 (758)	12 (-315 to 340)
Health Care: A+B+C+D	4543 (2879)	3135 (2061)	1408 (378 to 2437)*
E) Social Care	1118 (2438)	590 (1453)	528 (-292 to 1348)
Social Worker	254 (522)	208 (473)	46 (-157 to 250)
Home Helper	29 (181)	16 (93)	13 (-45 to 71)
Housing Worker	31 (178)	21 (97)	10 (-48 to 69)
Community Support Worker	789 (2180)	334 (1110)	454 (-253 to 1162)
Volunteer	15 (56)	11 (53)	4 (-18 to 27)
Health and Social Care: A+B+C+D+E	5661 (3980)	3726 (2536)	1936 (572 to 3300)*
F) Total Indirect Costs	2300 (4607)	2762 (5894)	-462 (-2638 to 1713)
Lost Productivity (days)	176 (1027)	95 (457)	81 (-244 to 406)
Informal Care	2124 (4489)	2667 (5908)	-543 (-2702 to 1616)
Societal: A+B+C+D+E+F	7961 (6601)	6487 (6712)	1474 (-1255 to 4202)

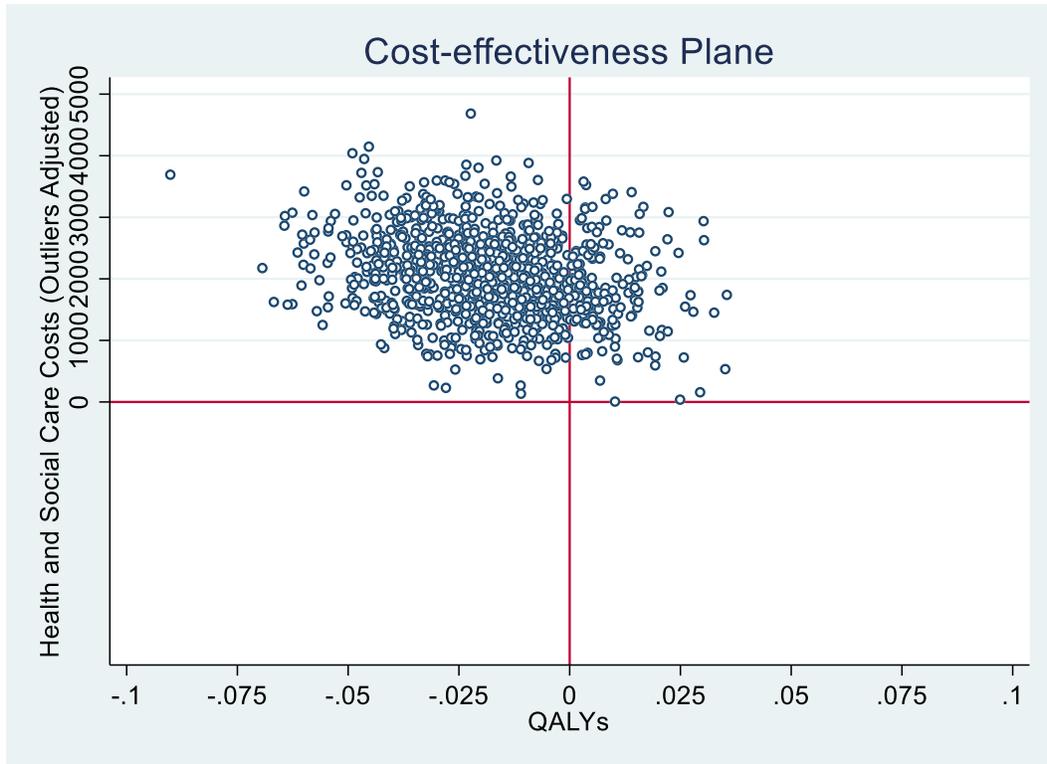
PoMeT: PoMeT intervention group, TAU: Treatment As Usual group, *p<0.05, **bold: summary cost categories**

Supplementary Table S6. Sensitivity analysis: Cost-effectiveness of PoMeT vs. TAU adjusted for cost outliers.

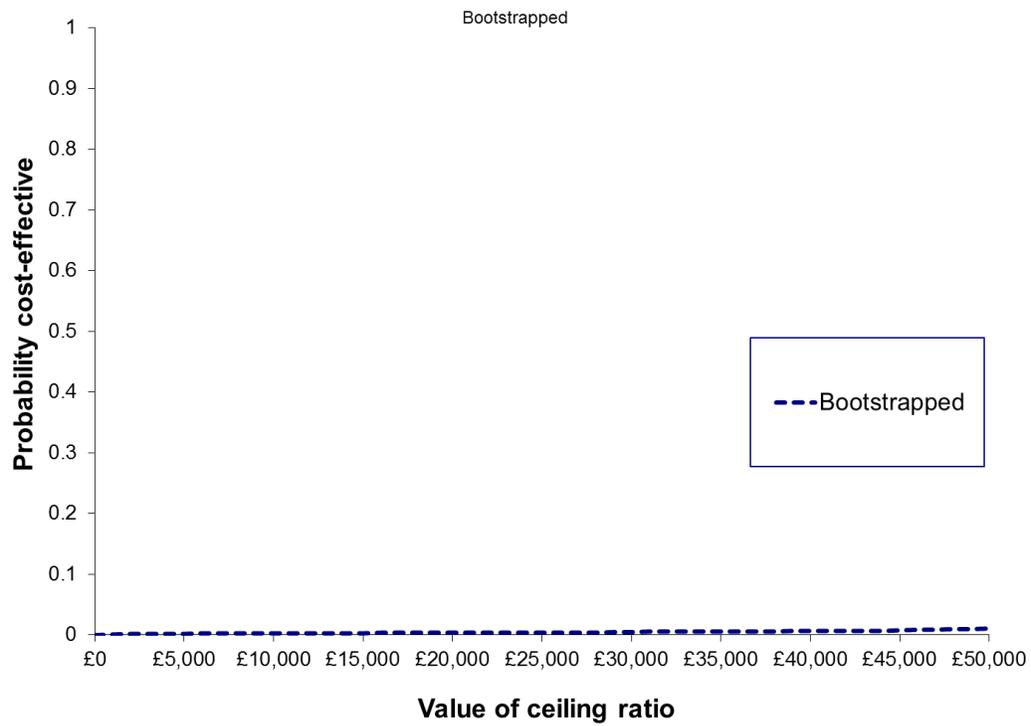
Perspective	Cost difference (95% CI) PoMeT vs. TAU	QALY difference (95% CI) PoMeT vs. TAU	ICER (95% CI) PoMeT vs. TAU
Health and social care	£2,038* (£677 to £3,3399)	-0.0175 (-0.0535 to 0.0184)	-£110,162/QALY (-£900,048/QALY to £818,587/QALY)
Societal	£1,310 (-£1325 to £3945)	-0.0178 (-0.0537 to 0.0182)	-£74,857/QALY (-£545,977/QALY to £588,983/QALY)

ICER: Incremental Cost-Effectiveness Ratio, QALYs: Quality-Adjusted Life Years, PoMeT: PoMeT intervention group, TAU: Treatment As Usual group, *p<0.05

Supplementary Figures



Supplementary Figure S1. Uncertainty in the cost-effectiveness results: bootstrapped ICERs (PoMeT vs. TAU) from the 'health and social care' perspective adjusted for cost outliers.



Supplementary Figure S2. Cost-Effectiveness Acceptability Curve (CEAC): Probability of PoMeT being cost-effective in comparison to TAU at different willingness-to-pay thresholds for QALY gained from the 'health and social care' perspective adjusted for cost outliers.