

Variable	ITG		P-value	DTG		P-value
	Follow-up complete n=262	Not complete n=280		Follow-up complete n=186	Not complete n=84	
Recruitment Setting						
Adult Mood and Anxiety Psychiatry Programs	101 (51)	96 (49)	.33	68 (70)	29 (30)	.04
Youth Mood and Anxiety Programs	12 (44)	15 (56)		12 (80)	3 (20)	
Adult Mood and Anxiety Psychotherapy Program	22 (45)	27 (55)		14 (58)	10 (42)	
Emergency Department/Urgent Care	38 (41)	54 (59)		39 (83)	8 (17)	
Borderline Personality Disorder/Trauma Therapy Programs	44 (57)	33 (43)		19 (51)	18 (49)	
Substance Use Program	45 (45)	55 (55)		34 (68)	16 (32)	
Age, mean (SD)	42.6 (13.4)	39.6 (13.2)	.008	39.8 (14.2)	38.9 (13.3)	.62
Gender, No. (%)						
Male	69 (48)	75 (52)	.98	38 (64)	21 (36)	.77
Female	191 (49)	202 (51)		145 (70)	62 (30)	
Transgendered or not specified	2 (40)	3 (60)		3 (75)	1 (25)	
Ethnicity, No. (%)						
White	222 (50)	222 (50)	.10	152 (69)	69 (31)	.93
Non-white	40 (41)	58 (59)		34 (69)	15 (31)	
Relationship Status, No. (%)						
In a relationship	147 (51)	141 (49)	.18	93 (65)	50 (35)	.15
Not in a relationship	115 (45)	139 (55)		93 (73)	34 (27)	
Employment Status, No. (%)						
Full-time (including homemaker with young children)	96 (53)	85 (47)	.04	69 (72)	27 (28)	.73
Part-time/volunteer/homemaker without young children	41 (41)	59 (59)		26 (63)	15 (36)	
Not working - retired due to age or actively looking for work	29 (38)	47 (62)		28 (67)	14 (33)	
Not working – not looking for work	96 (53)	86 (47)		63 (72)	25 (28)	
Household income in \$CAD, No. (%)						
<\$35K	97 (47)	111 (53)	.18	68 (64)	39 (36)	.06
\$35K - \$50K	25 (45)	38 (55)		32 (84)	6 (16)	
\$50K - \$80K	45 (54)	31 (46)		20 (80)	5 (20)	
>\$80K	64 (52)	60 (48)		34 (65)	18 (35)	
Age first experienced mental health problems, mean (SD)	18.8 (12.4)	18.6 (12.5)	.79	18.6 (12.7)	19.7 (12.6)	.53
Age first sought help, mean (SD)	26.8 (12.9)	26.6 (12.9)	.91	25.7 (12.5)	27.5 (14.0)	.29

Taking medication at baseline, No. (%)	213 (49)	225 (51)	.98	146 (72)	58 (28)	.22
Agree with: Self-help tools helpful for people with mental health problems, No. (%)						
Somewhat or definitely agree	250 (48)	268 (52)	.87	181 (69)	81 (31)	.71
Somewhat or completely disagree	12 (50)	12 (50)		5 (63)	3 (37)	
How much expected improvement in mental health through BWW^a, No. (%)						
Less than 50%	96 (49)	99 (51)	.94	82 (73)	30 (27)	.12
50%	69 (48)	74 (52)		46 (60)	21 (40)	
More than 50%	97 (48)	107 (52)		58 (72)	23 (28)	

^aResponses were recorded in 10% increments but based on their distribution, have been recategorized.

^bInactivated accounts counted as 0 logins.

Percentages calculated after missing data removed.

ITG – Immediate Treatment Group; DTG – Delayed Treatment Group