

Supplementary Online Content

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This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Means and Between-Condition Effect Sizes for Diagnosis-Specific Outcomes

| Outcome and Visit | Mean (95% CI) | | | Effect Size, Cohen's <i>d</i> (95% CI) ^a | | |
|----------------------|------------------------|------------------------|-------------------------|---|------------------------|-----------------------|
| | UP (n = 88) | SDP (n = 91) | WLC (n = 44) | UP vs WLC | SDP vs WLC | UP vs SDP |
| PD/A ADIS CSR | | | | | | |
| Baseline | 5.20 (4.89 to 5.51) | 5.50 (5.15 to 5.85) | 5.42 (4.93 to 5.90) | -0.26 (-0.95 to 0.43) | 0.10 (-0.61 to 0.80) | -0.36 (-0.94 to 0.22) |
| Posttreatment | 2.85 (2.09 to 3.6) | 2.01 (1.06 to 2.97) | 4.44 (3.36 to 5.52) | -0.81 (-1.52 to -0.10) | -1.10 (-1.85 to -0.35) | 0.39 (-0.19 to 0.97) |
| 6-mo Follow-up | 2.41 (1.71 to 3.11) | 1.99 (1.15 to 2.84) | | | | 0.22 (-0.36 to 0.79) |
| PDSS | | | | | | |
| Baseline | 12.92 (11.54 to 14.30) | 14.50 (12.38 to 16.62) | 13.67 (9.12 to 13.73) | -0.20 (-0.89 to 0.49) | 0.17 (-0.53 to 0.88) | -0.36 (-0.94 to 0.22) |
| Posttreatment | 6.61 (4.85 to 8.38) | 6.02 (4.26 to 7.77) | 11.28 (-3.69 to 3.69) | -0.88 (-1.59 to -0.16) | -1.00 (-1.75 to -0.26) | 0.13 (-0.44 to 0.71) |
| 6-mo Follow-up | 5.50 (3.60 to 7.39) | 5.07 (2.78 to 7.36) | | | | 0.08 (-0.49 to 0.65) |
| GAD ADIS CSR | | | | | | |
| Baseline | 5.36 (5.10 to 5.63) | 5.22 (5.01 to 5.44) | 5.69 (5.44 to 5.94) | -0.55 (-1.25 to 0.15) | -0.86 (-1.55 to -0.17) | 0.23 (-0.33 to 0.80) |
| Posttreatment | 3.27 (2.42 to 4.11) | 3.39 (2.83 to 3.95) | 4.60 (3.65 to 5.55) | -0.68 (-1.38 to 0.03) | -0.76 (-1.44 to -0.07) | -0.07 (-0.63 to 0.49) |
| 6-mo Follow-up | 2.96 (2.15 to 3.78) | 2.95 (2.36 to 3.54) | | | | 0.01 (-0.56 to 0.57) |
| GADSS | | | | | | |
| Baseline | 14.59 (13.27 to 15.91) | 13.63 (12.57 to 14.69) | 14.08 (12.15 to 14.87) | 0.17 (-0.52 to 0.86) | -0.16 (-0.82 to 0.50) | 0.32 (-0.25 to 0.88) |
| Posttreatment | 8.44 (6.49 to 10.39) | 8.36 (6.90 to 9.82) | 11.69 (-2.15 to 2.15) | -0.72 (-1.43 to -0.01) | -0.84 (-1.53 to -0.15) | 0.02 (-0.54 to 0.58) |
| 6-mo Follow-up | 9.31 (7.15 to 11.48) | 8.81 (7.16 to 10.47) | | | | 0.01 (-0.46 to 0.67) |
| SAD ADIS CSR | | | | | | |
| Baseline | 5.39 (5.10 to 5.68) | 5.72 (5.44 to 6.00) | 5.10 (4.67 to 5.53) | 0.40 (-0.35 to 1.15) | 0.85 (0.09 to 1.61) | -0.45 (-1.03 to 0.12) |
| Posttreatment | 2.93 (2.30 to 3.56) | 3.60 (2.98 to 4.23) | 4.40 (3.46 to 5.34) | -0.94 (-1.72 to -0.16) | -0.49 (-1.24 to 0.25) | -0.42 (-1.00 to 0.15) |
| 6-mo Follow-up | 3.01 (2.24 to 3.79) | 3.64 (2.91 to 4.36) | | | | -0.33 (-0.90 to 0.24) |
| LSAS | | | | | | |
| Baseline | 64.65 (52.41 to 76.90) | 78.40 (68.90 to 87.89) | 61.70 (44.97 to 71.55) | 0.10 (-0.64 to 0.85) | 0.69 (-0.06 to 1.45) | -0.50 (-1.07 to 0.08) |
| Posttreatment | 37.67 (28.07 to 47.27) | 45.86 (37.26 to 54.47) | 54.85 (-15.57 to 15.57) | -0.70 (-1.46 to 0.06) | -0.38 (-1.12 to 0.35) | -0.35 (-0.93 to 0.22) |
| 6-mo Follow-up | 37.79 (25.72 to 49.87) | 43.91 (34.30 to 53.52) | | | | -0.22 (-0.79 to 0.35) |
| OCD ADIS CSR | | | | | | |
| Baseline | 5.78 (5.42 to 6.14) | 5.71 (5.22 to 6.19) | 5.67 (5.36 to 5.97) | 0.15 (-0.65 to 0.95) | 0.04 (-0.76 to 0.85) | 0.08 (-0.59 to 0.74) |
| Posttreatment | 3.08 (2.45 to 3.71) | 2.73 (1.71 to 3.75) | 5.38 (4.67 to 6.09) | -1.74 (-2.67 to -0.82) | -1.38 (-2.27 to -0.49) | 0.19 (-0.47 to 0.85) |

| | | | | | | | |
|-------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|--|-----------------------|
| 6-mo Follow-up YBOCS | 2.83 (2.29 to 3.38) | 2.41 (1.57 to 3.25) | | | | | 0.28 (-0.39 to 0.94) |
| Baseline | 27.33 (24.29 to 30.37) | 28.88 (25.31 to 32.45) | 28.33 (22.43 to 32.27) | -0.14 (-0.94 to 0.66) | 0.07 (-0.74 to 0.88) | | -0.21 (-0.88 to 0.45) |
| Posttreatment | 15.95 (13.19 to 18.71) | 14.19 (10.08 to 18.29) | 26.71 (-5.56 to 5.56) | -1.51 (-2.41 to -0.62) | -1.41 (-2.30 to -0.52) | | 0.23 (-0.43 to 0.90) |
| 6-mo Follow-up | 13.78 (10.67 to 16.89) | 13.75 (9.67 to 17.83) | | | | | 0.00 (-0.66 to 0.67) |

Abbreviations: UP, Unified Protocol; SDP, single-disorder protocol; WLC, waitlist control; P/DA, panic disorder with or without agoraphobia; ADIS CSR, clinical severity rating for principal diagnosis obtained from Anxiety Disorder Interview Schedule; PDSS, Panic Disorder Severity Scale; GAD, generalized anxiety disorder; GADSS, Generalized Anxiety Disorder Severity Scale; SAD, social anxiety disorder; LSAS, Liebowitz Social Anxiety Scale; OCD, obsessive-compulsive disorder; YBOCS, Yale Brown Obsessive Compulsive Scale, second edition.

^aNegative effect sizes indicate that the treatment listed first was associated with lower levels of the outcome and positive effect sizes indicate that the treatment listed first was associated with higher levels of the outcome.

eTable 2. Change Score Means and Within-Condition Effect Sizes for Diagnosis-Specific Outcomes

| Outcome | Condition | No. | Change Score, Mean (95% CI) ^a | | Effect Size, ESsg (95% CI) ^b | |
|---------------|-----------|-----|--|----------------------------|---|----------------------------|
| | | | Posttreatment to Baseline | 6-mo Follow-up to Baseline | Baseline to Posttreatment | Baseline to 6-mo Follow-up |
| PD/A ADIS CSR | UP | 25 | -2.30 (-3.30 to -1.31) | -2.79 (-3.52 to -2.06) | -1.35 (-2.04 to -0.65) | -1.99 (-2.75 to -1.23) |
| | SDP | 22 | -3.19 (-4.24 to -2.13) | -3.51 (-4.38 to -2.64) | -1.67 (-2.44 to -0.90) | -2.21 (-3.07 to -1.36) |
| | WLC | 12 | -0.98 (-1.82 to -0.14) | | -0.54 (-1.37 to 0.29) | |
| PDSS | UP | 25 | -6.15 (-8.59 to -3.71) | -7.42 (-9.67 to -5.18) | -1.35 (-2.01 to -0.70) | -1.75 (-2.47 to -1.03) |
| | SDP | 22 | -7.76 (-10.61 to -4.90) | -9.43 (-12.26 to -6.60) | -1.50 (-2.23 to -0.76) | -1.78 (-2.53 to -1.03) |
| | WLC | 12 | -2.38 (-5.11 to 0.34) | | -0.40 (-1.21 to 0.42) | |
| GAD ADIS CSR | UP | 22 | -2.24 (-2.90 to -1.59) | -2.40 (-3.06 to -1.74) | -1.14 (-1.62 to -0.67) | -1.20 (-1.68 to -0.71) |
| | SDP | 27 | -1.90 (-2.43 to -1.36) | -2.27 (-2.93 to -1.62) | -1.66 (-2.35 to -0.96) | -1.98 (-2.76 to -1.21) |
| | WLC | 13 | -1.09 (-1.94 to -0.24) | | -0.69 (-1.51 to 0.12) | |
| GADSS | UP | 22 | -6.35 (-8.14 to -4.56) | -5.28 (-7.32 to -3.24) | -1.61 (-2.27 to -0.95) | -1.19 (-1.77 to -0.61) |
| | SDP | 27 | -5.30 (-7.18 to -3.42) | -4.82 (-6.74 to -2.89) | -1.50 (-2.17 to -0.84) | -1.30 (-1.93 to -0.68) |
| | WLC | 13 | -2.39 (-4.30 to -0.47) | | -0.69 (-1.51 to 0.12) | |
| SAD ADIS CSR | UP | 23 | -2.41 (-2.99 to -1.83) | -2.38 (-3.07 to -1.68) | -1.89 (-2.61 to -1.18) | -1.46 (-2.06 to -0.86) |
| | SDP | 25 | -2.09 (-2.60 to -1.57) | -2.08 (-2.69 to -1.47) | -1.38 (-2.05 to -0.70) | -1.24 (-1.74 to -0.74) |
| | WLC | 10 | -0.70 (-1.47 to 0.07) | | -0.51 (-1.41 to 0.40) | |
| LSAS | UP | 23 | -26.19 (-34.65 to -17.74) | -26.86 (-37.70 to -16.01) | -0.94 (-1.34 to -0.53) | -0.90 (-1.35 to -0.45) |
| | SDP | 25 | -32.70 (-42.98 to -22.43) | -34.49 (-45.40 to -23.57) | -1.39 (-2.06 to -0.71) | -1.41 (-2.01 to -0.82) |
| | WLC | 10 | -6.85 (-18.87 to 5.17) | | -0.29 (-1.18 to 0.60) | |
| OCD ADIS CSR | UP | 18 | -2.52 (-3.11 to -1.93) | -2.94 (-3.45 to -2.44) | -1.78 (-2.49 to -1.06) | -2.84 (-3.88 to -1.79) |
| | SDP | 17 | -2.75 (-4.01 to -1.48) | -3.30 (-4.26 to -2.34) | -1.52 (-2.37 to -0.68) | -2.29 (-3.30 to -1.27) |
| | WLC | 9 | -0.29 (-0.99 to 0.42) | | -0.33 (-1.26 to 0.61) | |
| YBOCS | UP | 18 | -10.67 (-14.57 to -6.77) | -13.55 (-17.14 to -9.97) | -1.56 (-2.33 to -0.80) | -2.04 (-2.89 to -1.18) |
| | SDP | 17 | -13.18 (-18.63 to -7.74) | -15.13 (-19.40 to -10.86) | -1.37 (-2.18 to -0.55) | -1.87 (-2.69 to -1.05) |
| | WLC | 9 | -1.63 (-5.49 to 2.24) | | -0.20 (-1.13 to 0.73) | |

Abbreviations: UP, Unified Protocol; SDP, single-disorder protocol; WLC, waitlist control; P/DA, panic disorder with or without agoraphobia; ADIS CSR, clinical severity rating for principal diagnosis obtained from Anxiety Disorder Interview Schedule; PDSS, Panic Disorder Severity Scale; GAD, generalized

anxiety disorder; GADSS, Generalized Anxiety Disorder Severity Scale; SAD, social anxiety disorder; LSAS, Liebowitz Social Anxiety Scale; OCD, obsessive-compulsive disorder; YBOCS, Yale Brown Obsessive Compulsive Scale, second edition.

^aChange scores reflect change from baseline to specified visit.

^bNegative changes scores and effect sizes indicate a decrease in the outcome within the condition; positive changes scores and effect sizes indicate an increase in the outcome within the condition.

eTable 3. Slope Difference Scores and Between-Condition Effect Sizes for Diagnosis-Specific Outcomes

| Outcome and Visit | Slope Difference Score, Mean (95% CI) ^a | | | Effect Size, Cohen's <i>d</i> (95% CI) ^a | | |
|-------------------|--|---------------------------|------------------------|---|------------------------|-----------------------|
| | UP vs WLC | SDP vs WLC | UP vs SDP | UP vs WLC | SDP vs WLC | UP vs SDP |
| PD/A ADIS CSR | | | | | | |
| Posttreatment | -1.32 (-2.50 to -0.14) | -2.24 (-3.49 to -0.99) | 0.92 (-0.05 to 1.89) | -0.80 (-1.47 to -0.13) | -1.35 (-1.97 to -0.73) | 0.56 (0.00 to 1.11) |
| 6-mo Follow-up | | | 1.10 (0.00 to 2.20) | | | 0.65 (0.05 to 1.25) |
| PDSS | | | | | | |
| Posttreatment | -5.19 (-8.32 to -2.05) | -7.58 (-10.81 to -4.36) | 2.39 (-0.27 to 5.06) | -1.40 (-2.20 to -0.61) | -2.05 (-2.76 to -1.34) | 0.65 (-0.04 to 1.34) |
| 6-mo Follow-up | | | 2.45 (-0.54 to 5.44) | | | 0.72 (-0.12 to 1.55) |
| GAD ADIS CSR | | | | | | |
| Posttreatment | -0.79 (-1.88 to 0.29) | -0.75 (-1.80 to 0.30) | -0.04 (-0.88 to 0.79) | -0.60 (-1.39 to 0.19) | -0.57 (-1.34 to 0.19) | -0.03 (-0.67 to 0.61) |
| 6-mo Follow-up | | | -0.23 (-1.19 to 0.73) | | | -0.15 (-0.78 to 0.48) |
| GADSS | | | | | | |
| Posttreatment | -4.49 (-7.53 to -1.46) | -3.32 (-6.35 to -0.29) | -1.40 (-3.78 to 0.99) | -1.34 (-2.08 to -0.59) | -0.99 (-1.79 to -0.18) | -0.40 (-1.08 to 0.28) |
| 6-mo Follow-up | | | -0.93 (-3.20 to 1.34) | | | -0.30 (-1.03 to 0.42) |
| SAD ADIS CSR | | | | | | |
| Posttreatment | -2.09 (-3.25 to -0.94) | -2.01 (-3.15 to -0.88) | -0.08 (-0.90 to 0.74) | -1.45 (-2.13 to -0.77) | -1.40 (-2.06 to -0.73) | -0.06 (-0.63 to 0.51) |
| 6-mo Follow-up | | | -0.33 (-1.24 to 0.59) | | | -0.24 (-0.89 to 0.42) |
| LSAS | | | | | | |
| Posttreatment | -30.04 (-46.85 to -13.23) | -33.81 (-50.61 to -17.01) | 3.77 (-8.17 to 15.71) | -1.37 (-2.02 to -0.71) | -1.54 (-2.17 to -0.92) | 0.17 (-0.37 to 0.71) |
| 6-mo Follow-up | | | 3.79 (-10.00 to 17.59) | | | 0.19 (-0.49 to 0.86) |
| OCD ADIS CSR | | | | | | |
| Posttreatment | -2.40 (-3.84 to -0.96) | -2.67 (-4.14 to -1.19) | 0.26 (-1.03 to 1.55) | -1.29 (-2.00 to -0.59) | -1.43 (-2.07 to -0.80) | 0.14 (-0.55 to 0.83) |
| 6-mo Follow-up | | | 0.26 (-0.98 to 1.51) | | | 0.17 (-0.62 to 0.96) |
| YBOCS | | | | | | |
| Posttreatment | -11.90 (-18.07 to -5.72) | -11.63 (-18.20 to -5.06) | -0.27 (-5.80 to 5.27) | -1.60 (-2.29 to -0.91) | -1.57 (-2.26 to -0.87) | -0.04 (-0.78 to 0.71) |
| 6-mo Follow-up | | | -0.08 (-6.20 to 6.05) | | | -0.01 (-0.89 to 0.87) |

Abbreviations: UP, Unified Protocol; SDP, single-disorder protocol; WLC, waitlist control; P/DA, panic disorder with or without agoraphobia; ADIS CSR, clinical severity rating for principal diagnosis obtained from Anxiety Disorder Interview Schedule; PDSS, Panic Disorder Severity Scale; GAD, generalized anxiety disorder; GADSS, Generalized Anxiety Disorder Severity Scale; SAD, social anxiety disorder; LSAS, Liebowitz Social Anxiety Scale; OCD, obsessive-compulsive disorder; YBOCS, Yale Brown Obsessive Compulsive Scale, second edition.

^aNegative slope difference scores and effect sizes indicate that the treatment listed first was associated with a greater decrease in the outcome. Positive slope difference scores and effect sizes indicate that the treatment listed first was associated with a lesser decrease or a greater increase in the outcome.

eTable 4. Change Score Means and Within-Condition Effect Sizes of Clinician-Rated and Self-reported Outcomes

| Outcome and Visit | Change Score, Mean (95% CI) ^a | | | Effect Size, ES _g (95% CI) ^b | | |
|--|--|-------------------------|------------------------|--|------------------------|------------------------|
| | UP | SDP | WLC | UP | SDP | WLC |
| Primary Clinician-Rated Outcome | | | | | | |
| ADIS CSR | | | | | | |
| Posttreatment | -2.40 (-2.74 to -2.06) | -2.35 (-2.72 to -1.99) | -0.87 (-2.72 to -1.99) | -1.59 (-1.91 to -1.26) | -1.60 (-1.97 to -1.23) | -0.61 (-1.04 to -0.17) |
| 6-mo Follow-up | -2.68 (-3.00 to -2.36) | -2.85 (-3.28 to -2.43) | | -1.84 (-2.19 to -1.49) | -1.60 (-1.97 to -1.23) | |
| Additional Clinician-Rated Outcomes | | | | | | |
| CGI-S | | | | | | |
| Posttreatment | -1.50 (-1.80 to -1.20) | -1.52 (-1.83 to -1.22) | -0.36 (-0.66 to -0.07) | -1.14 (-1.42 to -0.86) | -1.31 (-1.65 to -0.96) | -0.36 (-0.78 to 0.07) |
| 6-mo Follow-up | -1.59 (-1.88 to -1.31) | -1.73 (-2.03 to -1.42) | | -1.31 (-1.62 to -1.01) | -1.45 (-1.78 to -1.12) | |
| SIGH-A | | | | | | |
| Posttreatment | -7.16 (-9.00 to -5.32) | -7.61 (-9.33 to -5.88) | -2.14 (-4.05 to -0.23) | -0.92 (-1.19 to -0.65) | -0.88 (-1.19 to -0.56) | -0.26 (-0.68 to 0.16) |
| 6-mo Follow-up | -7.12 (-9.22 to -5.02) | -8.06 (-9.82 to -6.30) | | -0.87 (-1.15 to -0.58) | -0.89 (-1.13 to -0.66) | |
| SIGH-D | | | | | | |
| Posttreatment | -4.52 (-5.86 to -3.18) | -4.30 (-5.71 to -2.90) | -1.06 (-2.75 to 0.63) | -0.71 (-0.94 to -0.47) | -0.70 (-1.01 to -0.39) | -0.17 (-0.59 to 0.25) |
| 6-mo Follow-up | -3.98 (-5.67 to -2.28) | -4.62 (-6.13 to -3.10) | | -0.58 (-0.84 to -0.32) | -0.69 (-0.94 to -0.44) | |
| Self-reported Outcomes | | | | | | |
| OASIS | | | | | | |
| Posttreatment | -4.99 (-5.84 to -4.14) | -5.10 (-6.02 to -4.17) | -1.71 (-2.72 to -0.70) | -1.41 (-1.73 to -1.09) | -1.33 (-1.68 to -0.98) | -0.43 (-0.86 to -0.01) |
| 6-mo Follow-up | -4.82 (-5.78 to -3.86) | 5.59 (-6.51 to -4.67) | | -1.23 (-1.53 to -0.92) | -1.46 (-1.77 to -1.14) | |
| ODSIS | | | | | | |
| Posttreatment | -2.64 (-3.62 to -1.66) | -2.05 (-3.13 to -0.97) | -1.21 (-2.26 to -0.15) | -0.58 (-0.81 to -0.35) | -0.47 (-0.76 to -0.17) | -0.24 (-0.66 to 0.18) |
| 6-mo Follow-up | -1.89 (-3.04 to -0.73) | -2.63 (-3.65 to -1.61) | | -0.39 (-0.64 to -0.15) | -0.61 (-0.86 to -0.36) | |
| WSAS | | | | | | |
| Posttreatment | -7.67 (-9.22 to -6.11) | -7.04 (-8.79 to -5.29) | -1.97 (-3.57 to -0.37) | -1.06 (-1.32 to -0.79) | -1.04 (-1.37 to -0.71) | -0.27 (-0.69 to 0.15) |
| 6-mo Follow-up | -8.25 (-9.87 to -6.62) | -8.45 (-10.33 to -6.58) | | -1.14 (-1.42 to -0.86) | -1.17 (-1.48 to -0.86) | |

Abbreviations: UP, Unified Protocol; SDP, single-disorder protocol; WLC, waitlist control; ADIS CSR, clinical severity rating for principal diagnosis obtained from Anxiety Disorder Interview Schedule; CGI-S, Clinical Global Impression – Severity Scale; SIGH-A, Structured Interview Guide for Hamilton Anxiety Scale; SIGH-D, Structured Interview Guide for Hamilton Depression Scale; OASIS, Overall Anxiety Severity and Impairment Scale; ODSIS, Overall Depression Severity and Impairment Scale; WSAS, Work and Social Adjustment Scale.

^aChange scores reflect change from baseline to specified visit.

^bNegative changes scores and effect sizes indicate a decrease in the outcome within the condition; positive changes scores and effect sizes indicate an increase in the outcome within the condition.

Change score means and within-condition effect sizes for diagnosis-specific outcomes are reported in eTable 2.