Table 1

*Eligibility Criteria and Demographics*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Eligibility Criteria | | | | |
| Inclusion | | Exclusion | | |
| Children between 8 – 12 years | | Mental retardation | | |
| Child scoring 1 SD > mean on measure of anxiety or/and | MASC-C  Girls: IC = 4 6+ 1 (SD)  Boys: IC = 39+15 (SD) | Pervasive developmental disorders | | |
| Child scoring 1 SD > mean on measures of depression | SMFQ-C  Boys/girls: IC=3.8+3.6(SD) | Not able to benefit from a group intervention | | |
| Baseline demographic characteristics of sample (N = 795) | | | | |
|  | | M (SD) | % (N) | Sign diff. EC vs CC |
| Child age, in years (EC > CC) | | 10.1 (0.90) |  | p < 0.013 |
| Gender:  Male  Female | |  | 42.0 (334)  58.0 (461) | p = 0.053 |
| Participants pr. Grade:  3rd grade  4th grade = younger  5th grade  6th grade = older | |  | 4.4 (35)  36.6 (291)  45.7 (363)  13.3 (106) | p = 0.064 |
| Race/Ethnicity (mothers):  Caucasian/Nordic/Western-European | |  | 93.8 | p = 0.176 |
| Biological parents’ marital status:  Married  Not married, divorced or widowed | |  | 78.5  21.5 | p = 0.141 |
| Living with:  Both parents  With mother  With father  Other | |  | 71.2  7.6  0.9  20.3 | p = 0.139  p = 0.916  p = 0.754 |
| Education:  More than four years higher education | |  | 66.8 | p = 0.921 |
| Employment:  Full time | |  | 74.9 | p = 0.696 |
| Annual household income over NOK 500000 | |  | 82.4 | p = 0.897 |
| Stressing life events (EC > CC) | |  |  | *p* < 0.001 |

Note: Note: MASC-C = The Multidimensional Anxiety Scale – child version (MASC; March, et al., 1997), SMFQ-C = The Short Mood and Feelings Questionnaire-child version (Angold et al., 1995)

Table 2

*EMOTION program: Session Content for the Child and Parent meetings.*

|  |  |  |  |
| --- | --- | --- | --- |
|  | Child Meetings |  | Parent Meetings |
| Session | Content | Session | Content |
| 1 - 4 | Psychoeducation (model, feelings, coping strategies) | 1 – 2 | Psychoeducation and positive parenting |
| 5 - 10 | Problem-solving & Introduction to cognitive restructuring | 3 – 4 | Positive reinforcement, introducing exposure and behavioral activation |
| 10 - 17 | Exposure/behavioral activation, cognitive restructuring and self-schema | 5 - 6 | Problem-solving, exposure, behavioral activation and cognitive restructuring |
| 17 - 20 | Integration of skills, preparing closure | 7 | Integration and closure |

Note: EMOTION, Coping Kids Managing Anxiety and Depression program (Martinsen, Kendall, Stark, Rodriguez & Arora, 2014).

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 3  *Means and Standard Deviations of Primary Outcome Measures Pre- and Post-intervention* | | | | | | | | | | | | | |
| Children | | | | | | | | | | | | | |
|  |  | Pre-intervention | | | | | | Post-intervention | | | | | |
|  |  | Intervention (N =358) | | | CC (N = 437) | | | Intervention (N= 266) | | | CC (N = 428) | | |
| Measure |  | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD |
| MASC-C | All | 358 | 64.7 | 13.4 | 437 | 62.4 | 13.6 | 266 | 53.5 | 18.2 | 428 | 57.8 | 16.0 |
|  | Boys | 137 | 60.5 | 13.5 | 197 | 58.5 | 13.6 | 96 | 48.3 | 18.2 | 192 | 52.4 | 16.5 |
|  | Girls | 221 | 67.3 | 12.7 | 240 | 65.6 | 12.8 | 170 | 56.4 | 17.6 | 236 | 60.5 | 16.1 |
|  | 3rd and 4th gr | 142 | 64.4 | 12.9 | 184 | 62.3 | 13.0 | 115 | 55.2 | 19.7 | 182 | 58.9 | 15.7 |
|  | 5th and 6th gr. | 216 | 64.9 | 13.8 | 253 | 62.4 | 14.0 | 150 | 52.1 | 16.9 | 246 | 57.0 | 16.1 |
| SMFQ | All | 358 | 10.4 | 5.2 | 437 | 9.5 | 4.6 | 265 | 8.0 | 5.7 | 428 | 8.0 | 5.3 |
|  | Boys | 137 | 10.1 | 5.2 | 297 | 9.4 | 4.8 | 96 | 7.5 | 5.5 | 192 | 7.3 | 5.3 |
|  | Girls | 221 | 10.4 | 5.2 | 241 | 10.1 | 4.6 | 169 | 8.3 | 5.8 | 236 | 8.7 | 5.4 |
|  | 3rd and 4th gr. | 142 | 9.2 | 4.5 | 184 | 9.2 | 4.6 | 115 | 8.3 | 5.8 | 182 | 7.6 | 5.3 |
|  | 5th and 6th gr. | 216 | 11.1 | 5.5 | 253 | 9.7 | 4.6 | 150 | 7.9 | 5.6 | 246 | 8.3 | 5.4 |
| Parents | | | | | | | | | | | | | |
|  |  | Intervention (N =268) | | | CC (N = 301) | | | Intervention (N= 193) | | | CC (N = 228) | | |
| MASC-P |  | 268 | 46.1 | 15.2 | 301 | 40.6 | 14.7 | 193 | 43.9 | 16.3 | 228 | 39.5 | 16.1 |
| SMFQ |  | 268 | 6.6 | 5.1 | 301 | 4.6 | 4.4 | 193 | 5.0 | 4.4 | 228 | 4.3 | 4.2 |

Note: MASC = The Multidimensional Anxiety Scale – child and parent version (MASC; March, et al., 1997), SMFQ = The Short Mood and Feelings Questionnaire, child and parent version (Angold et al., 1995).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Table 4 | | | | | | | |
| *Model Based estimates for Development in Anxious and Depressive Symptoms, Child and Parent report* | | | | | | | |
|  |  | *Child report* | | | *Parent report* | | |
| MASC-C/P |  | Coefficient | 95 % CI | *P*-value | Coefficient | 95 % CI | *P*-value |
| Group by time interaction |  | **7.20**\* | 4.92, 9.48 | <0.001 | 0.78\* | -1.24,2.80 | 0.449 |
|  | EC vs CC at T1 | 1.85 | - 0.21, 3.92 | 0.079 | **5.00** | 2.50, 7.50 | <0.001 |
|  | EC vs CC at T2 | **-5.35** | -7.57, -3.12 | <0.001 | **4.22** | 1.54, 6.90 | 0.002 |
|  | T2 vs T1, EC | **-11.83** | -13.60, -10.06 | <0.001 | **-2.30** | -3.76, -0.83 | 0.002 |
|  | T2 vs T1, CC | **-4.62** | -6.07, -3.19 | <0.001 | **-1.52** | -2.91, -0.13 | 0.033 |
|  | Girls vs boys | **6.99** | 5.17, 8.81 | <0.001 | **2.48** | 0.08, 4.88 | 0.043 |
|  | Older vs younger | -0.97 | -2.79, 0.85 | 0.296 | 1.26 | -1.15, 3.66 | 0.305 |
| SMFQ- C/P |  |  |  |  |  |  |  |
| Group by time interaction |  | **0.81\*** | 0.04, 1.58 | 0.040 | **1.31\*** | 0.64, 1.98 | <0.001 |
|  | EC vs CC at T1 | **0.73** | 0.01, 1.45 | 0.047 | **2.06** | 1.31, 2.80, | <0.001 |
|  | EC vs CC at T2 | -0.08 | -0.85, 0.69 | 0.838 | 0.75 | -0.06, 1.55 | 0.069 |
|  | T2 vs T1, EC | **-2.31** | -2.91, -1.71 | <0.001 | **-1.66** | -2.15, -1.17 | <0.001 |
|  | T2 vs T1, CC | **-1.50** | -1.99, -1.01 | <0.001 | -0.36 | -0.82, 0.11 | 0.133 |
|  | Girls vs boys | **0.98** | 0.35, 1.62 | 0.003 | -0.17 | -0.87, 0.53 | 0.636 |
|  | Older vs younger | **0.76** | 0.12, 1.40 | 0.020 | 0.37 | -0.33, 1.08 | 0.295 |

Note: MASC-C/P = The Multidimensional Anxiety Scale – child and parent version (MASC; March, et al., 1997), SMFQ-C/P =

The Short Mood and Feelings Questionnaire- child and parent version (Angold et al., 1995). Significant findings in bold.

\*Interaction coefficients: slope differences between intervention groups.