

Supplementary table S2: Resource use at pre- and post-intervention

Pre-intervention resource use		ICBT		Waitlist	
		mean	sd	mean	sd
<i>Health care</i>	Medical doctor visits	0,83	0,99	0,59	0,95
	Nurse visits	0,47	0,90	0,16	0,37
	Social worker visits	0,03	0,18	0,28	0,81
	Physiotherapist visits	0,20	0,81	0,31	0,78
	Specialist practitioner visits	0,33	0,84	0,28	0,58
	Chiropractor and osteopath visits	0,17	0,38	0,41	1,13
	Alternative medicine visits	0,00	0,00	0,00	0,00
	Psychologist visits	0,97	1,54	0,41	0,67
<i>Supportive resources</i>	Private tutoring (hours)	0,87	2,86	0,34	1,04
	Help from family and friends (hours)	5,33	14,10	6,13	16,57
<i>Medicines</i>	Medicine used (units)	21,87	23,36	17,63	17,82
<i>Prescription-free medicines & supplements</i>	Supplements used (units)	9,57	17,29	11,34	18,49
<i>School absence</i>	Days absence from school	1,30	1,86	1,16	1,59
	Home tutoring (hours)	0,00	0,00	0,00	0,00
<i>Academic production loss</i>	Days in school when feeling ill	1,50	3,25	2,38	5,87
	Production loss (0 – 10)	1,90	2,96	2,56	3,89

Post-intervention resource use		ICBT		Waitlist	
		mean	sd	mean	sd
<i>Health care</i>	Medical doctor visits	0,77	0,77	0,50	0,98
	Nurse visits	0,13	0,35	0,38	0,66
	Social worker visits	0,17	0,53	0,13	0,49
	Physiotherapist visits	0,13	0,51	0,25	0,72
	Specialist practitioner visits	0,23	0,50	0,38	0,79
	Chiropractor and osteopath visits	0,23	0,63	0,25	0,57
	Alternative medicine visits	0,07	0,25	0,00	0,00
	Psychologist visits	0,83	1,39	0,50	1,30
<i>Supportive resources</i>	Private tutoring (hours)	0,07	0,37	0,00	0,00
	Help from family and friends (hours)	0,50	1,58	0,81	3,29
<i>Medicines</i>	Medicine used (units)	15,03	17,88	10,84	13,87
<i>Prescription-free medicines & supplements</i>	Supplements used (units)	5,13	12,99	8,00	14,20
<i>School absence</i>	Days absence from school	1,75	2,76	1,47	3,65
	Home tutoring (hours)	0,20	0,81	0,13	0,71
<i>Academic production loss</i>	Days in school when feeling ill	2,08	4,28	2,66	5,91
	Production loss (0 – 10)	1,70	3,00	1,69	2,62