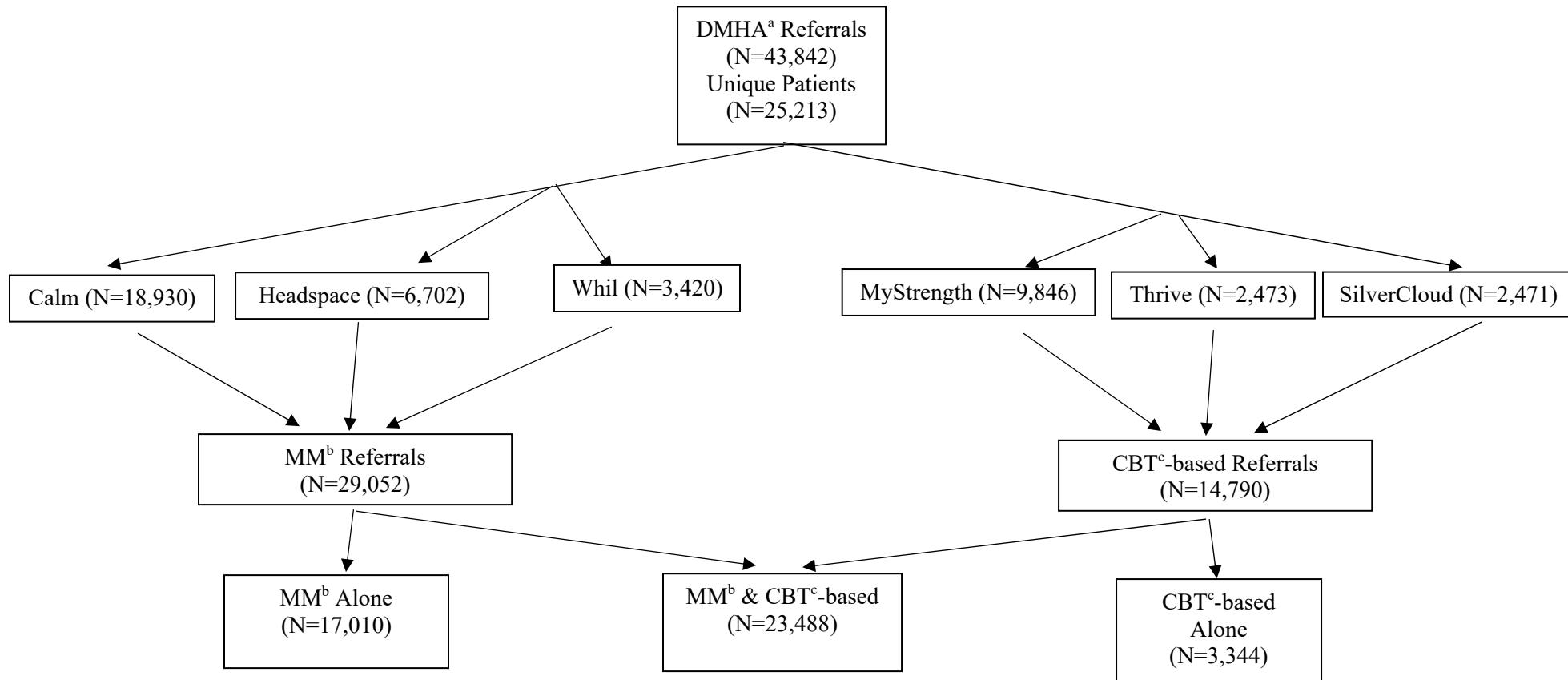


# Online Supplement

## Supplemental Figure. Sample Selection



<sup>a</sup> Digital Mental Health Application (DMHA)

<sup>b</sup> Mindfulness and Meditation (MM)

<sup>c</sup> Cognitive Behavioral Therapy (CBT)

**Supplemental Table.** Attributes Associated with Different Referral Clusters

Attribute	CBT <sup>a</sup> vs. MM <sup>b</sup>			MM <sup>a</sup> +CBT <sup>b</sup> vs. MM <sup>a</sup>			MM <sup>a</sup> +CBT <sup>b</sup> vs. CBT <sup>b</sup>		
	RRR <sup>c</sup>	Lower 95% CI	Upper 95% CI	RRR <sup>c</sup>	Lower 95% CI	Upper 95% CI	RRR <sup>c</sup>	Lower 95% CI	Upper 95% CI
<b>Age Category (Years)</b>									
18-30 years	Ref								
31-50 years	0.92	0.83	1.02	<b>0.91</b>	0.85	0.98	0.98	0.88	1.09
51-64 years	0.93	0.81	1.07	<b>0.78</b>	0.71	0.86	<b>0.84</b>	0.73	0.97
65+ years	<b>0.82</b>	0.69	0.99	<b>0.60</b>	0.52	0.69	<b>0.73</b>	0.60	0.88
<b>Race/Ethnicity</b>									
White	Ref								
Asian	<b>0.77</b>	0.65	0.91	<b>0.87</b>	0.78	0.98	1.14	0.95	1.36
Black	1.10	0.99	1.22	<b>1.21</b>	1.13	1.30	1.10	0.99	1.23
Hispanic	<b>0.60</b>	0.51	0.71	<b>0.80</b>	0.72	0.89	<b>1.33</b>	1.11	1.59
Other	0.72	0.49	1.04	0.93	0.74	1.18	1.31	0.89	1.91
<b>Gender</b>									
Male	Ref								
Female	<b>0.87</b>	0.79	0.96	1.07	0.99	1.14	<b>1.23</b>	1.10	1.36
<b>PHQ<sup>d</sup> Screen on Date of Encounter</b>									
Not Completed	Ref								
Completed	<b>1.62</b>	1.45	1.80	<b>1.17</b>	1.09	1.25	<b>0.72</b>	0.64	0.81
<b>Chief Complaint</b>									
Mental Health <sup>e</sup>	Ref								
Learning <sup>f</sup>	<b>1.63</b>	1.19	2.23	<b>1.30</b>	1.02	1.64	0.80	0.57	1.10
Annual Care	<b>1.41</b>	1.22	1.63	<b>1.46</b>	1.32	1.61	1.03	0.89	1.20
Other <sup>g</sup>	<b>1.63</b>	1.46	1.81	<b>1.99</b>	1.87	2.13	<b>1.23</b>	1.10	1.36

<b>Primary Diagnosis</b>									
Depression Single or Recurrent Episode	Ref								
Unspecified Mood Disorder	0.83	0.63	1.10	0.96	0.79	1.17	1.15	0.87	1.53
Other Anxiety Disorders	<b>0.44</b>	0.39	0.50	<b>0.65</b>	0.59	0.71	<b>1.47</b>	1.29	1.68
Other	<b>0.60</b>	0.53	0.67	<b>0.78</b>	0.72	0.85	<b>1.31</b>	1.16	1.48
<b>Provider Training</b>									
Physician	Ref								
Non-physician	<b>1.29</b>	1.13	1.46	1.01	0.93	1.10	<b>0.79</b>	0.69	0.90
<b>Provider Location</b>									
Baltimore	Ref								
DCSM <sup>h</sup>	0.98	0.87	1.10	<b>1.99</b>	1.83	2.17	<b>2.03</b>	1.80	2.29
NoVA <sup>i</sup>	0.91	0.80	1.04	<b>1.26</b>	1.15	1.38	<b>1.39</b>	1.21	1.59
<b>Visit Type</b>									
Office-Based	Ref								
Telephone-Based	1.07	0.88	1.30	<b>1.77</b>	1.56	2.02	<b>1.67</b>	1.36	2.04
Video-Based	1.00	0.87	1.14	<b>1.72</b>	1.56	1.89	<b>1.73</b>	1.50	1.99

<sup>a</sup> Cognitive Behavioral Therapy (CBT)

<sup>b</sup> Mindfulness and Meditation (MM)

<sup>c</sup> Relative Risk Ratio

<sup>d</sup> Patient Health Questionnaire (PHQ) (either PHQ-2 or first 2 questions of PHQ-9)

<sup>e</sup> Anxiety/depression/stress

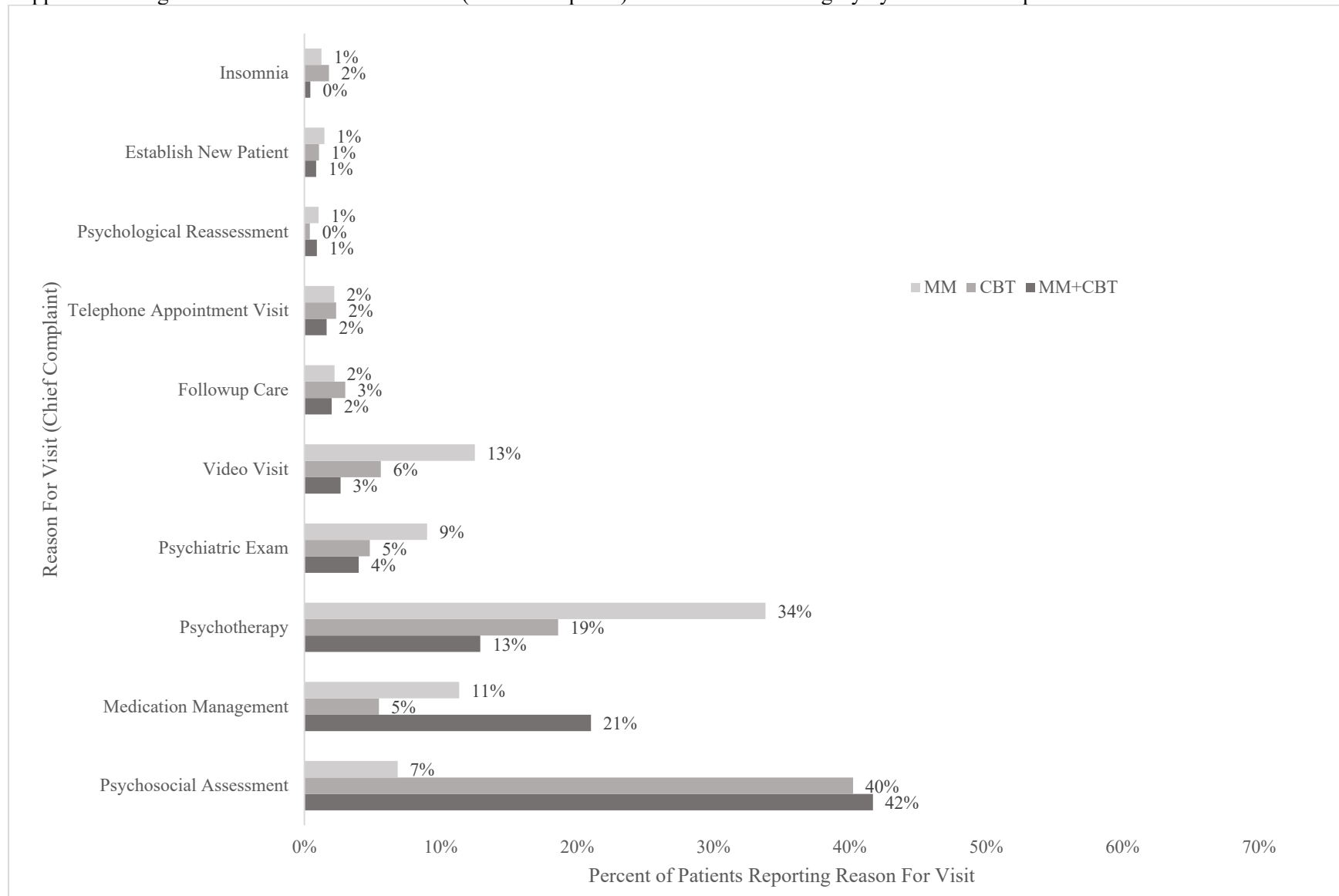
<sup>f</sup> Wellness coaching/education/counseling

<sup>g</sup> Nonmental health/annual care/wellness

<sup>h</sup> District of Columbia/Southern Maryland (DCSM)

<sup>i</sup> Northern Virginia (NoVA)

Supplemental Figure. Common Reasons for Visit (Chief Complaint) Within “Other” Category by Referral Group



Supplemental Figure. Common Primary Diagnoses (ICD-10) Within “Other” Category by Referral Group

