

Mean outcomes at 12 months

Mean score (95% CI)	CBT		Usual care		p Value‡
	Baseline	12 months	Baseline	12 months	
Whitely Index* score	3.58 (3.47 to 3.68)	2.65 (2.48 to 2.82)	3.51 (3.38 to 3.62)	3.02 (2.85 to 3.21)	<0.001
Health Anxiety† score	2.68 (3.47 to 3.68)	2.20 (2.10 to 2.30)	2.71 (2.61 to 2.81)	2.44 (2.33 to 2.55)	0.004
Hypochondriacal thought frequency*	2.09 (1.98 to 2.21)	1.62 (1.51 to 1.73)	2.29 (2.16 to 2.41)	2.02 (1.90 to 2.14)	0.008
Somatosensory amplification*	3.25 (3.12 to 3.38)	2.82 (2.68 to 2.96)	3.04 (2.90 to 3.19)	2.87 (2.72 to 3.03)	0.003
Hypochondriacal somatic symptoms*	2.73 (2.63 to 2.82)	2.00 (1.88 to 2.11)	2.81 (2.70 to 2.91)	2.24 (2.18 to 2.36)	0.08

*Score range 1–5; higher scores indicate more severe symptoms.

†Score range 1–4; higher scores indicate more severe symptoms.

‡CBT v usual care at 12 months.