

# Real World Results in RCT: Scalable Model, Lasting Effectiveness & Impact

Continued improvement of mental health beyond 12 months

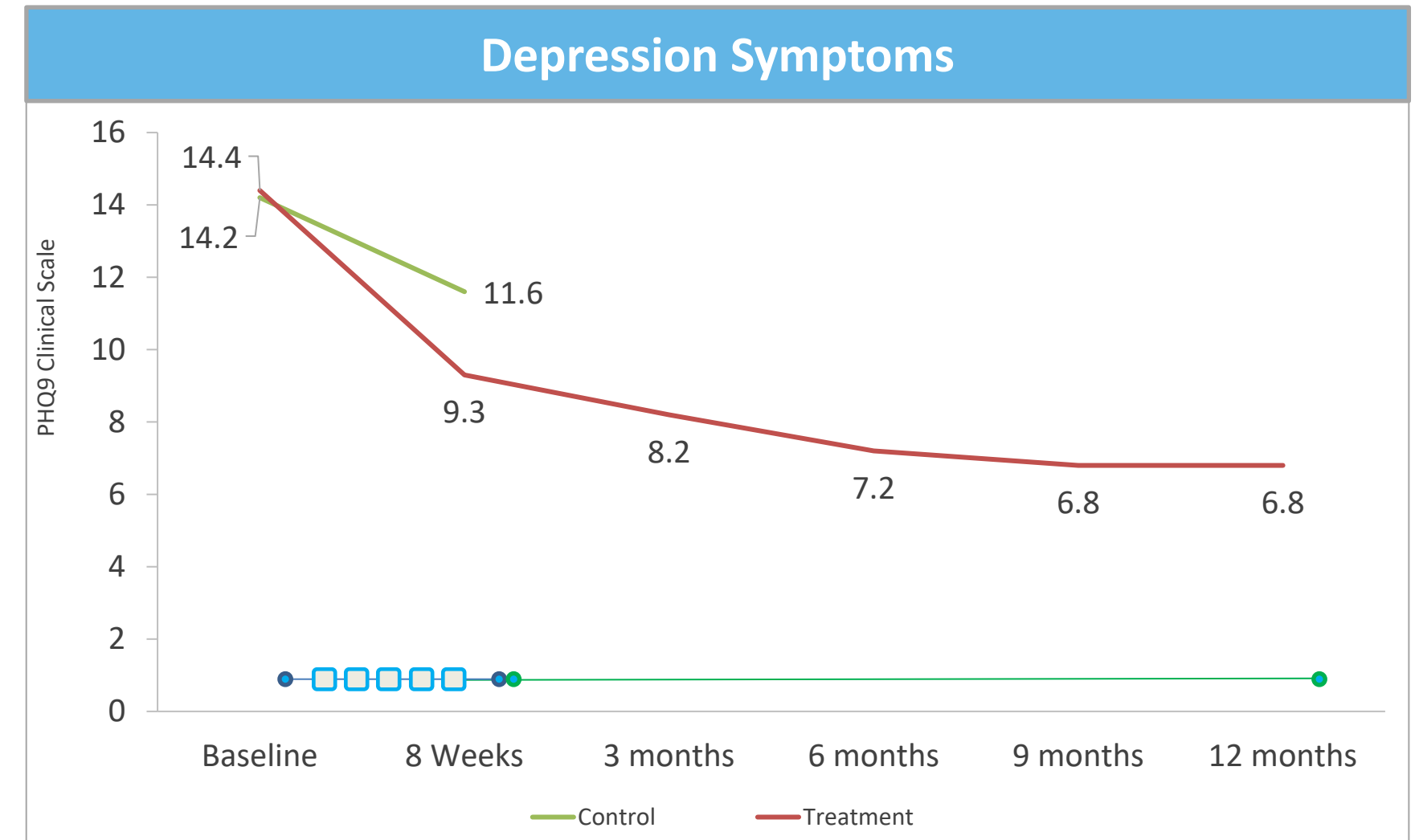
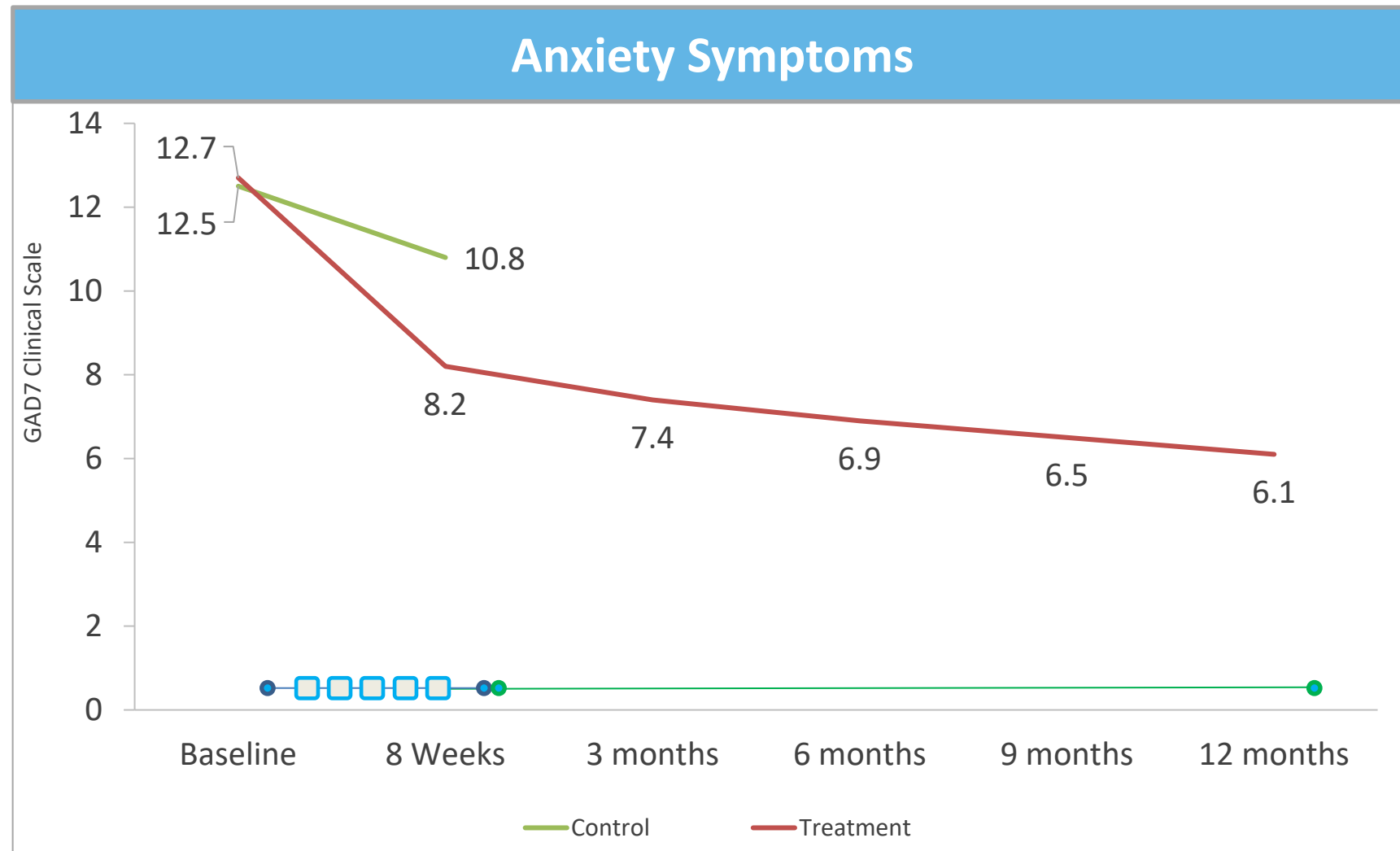
<https://www.nature.com/articles/s41746-020-0293-8>

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A pragmatic randomized waitlist-controlled effectiveness and cost-effectiveness trial of digital interventions for depression and anxiety

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GAD7 Total Score	Anxiety severity
0-4	Minimal
5-9	Mild
10-14	Moderate
15-21	Severe

PHQ9 Total Score	Depression severity
0-4	Minimal
5-9	Mild
10-14	Moderate
15-19	Moderately Severe
20-27	Severe

Treatment n=241; Control n=120