**Outcome Metric Brief Summary:**

After considering many different outcome metrics as well as current IAPT core metrics (please see “Outcome metric explanation” for more details), we decided that the SMART outcome rules are as follows:

1. Recovery is defined by being below caseness (PHQ-9 <= 9; GAD-7 <= 7) post-treatment.
2. “reliable change” is defined as improving at least 6 points for the PHQ-9 and at least 5 points for the GAD-7.
3. If a patient is classified as a “case” (PHQ-9 >= 10; GAD-7 >= 8), then a change score that equals or exceeds 50% would meet criteria for positive change on that measure.
4. “reliable and clinically significant deterioration” is defined as moving from being below caseness pre-treatment to above caseness post-treatment with an increase of 6 or more on the PHQ-9 and as an increase of 5 or more on the GAD-7.

The tables below illustrate these rules for the three different patient profiles that are possible (note that patients who are below caseness on both measures are not considered).



Table 1. Outcome definitions for a patient who starts above caseness on both PHQ-9 and GAD-7.



Table 2. Outcome definitions for a patient who starts above caseness on only the PHQ-9.



Table 3. Outcome definitions for a patient who starts above caseness on only the GAD-7.