

**Table 1**

*Sociodemographic Characteristics of Participants at Baseline*

Baseline Characteristics	Guided self-help		Unguided self-help		Wait-list control		Full sample	
	n	%	n	%	n	%	n	%
Gender								
Female	25	50	20	40	23	46	68	45.3
Male	25	50	30	60	27	54	82	54.7

*Note.*  $N = 150$  ( $n = 50$  for each condition). Participants were on average 39.5 years old ( $SD = 10.1$ ), and participant age did not differ by condition.