Supplementary Table 1. UK sample characteristics

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| **UK sample** | **Australian sample** |
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| *Patients (n)* | n=13 | n=11 |
| **Disease duration (years), n (%)**≤ 1 1-2 3-5 6-10 10 +  | - (0)1 (8)- (0)7 (54)5 (38) | 3 (27)1 (9)3 (27)4 (36)- |
| **Age** **(years)**, median, range  | 45, 20-70 | 35, 24-68 |
| **Sex, female, n (%)** | 6 (46%) | 7 (64%) |
| **Employment n (%)** EmployedUnemployedPensionerStudent | 6 (46)2 (15)4 (31)1 (8) | 9 (82)1 (9)1 (9)- |
| **Disease subtype n (%)**CDUCIBDU | 9 (69)4 (31)0 (0) | 5 (45)5 (45)1 (9) |
| **Hospital sector n (%)**PublicPrivate | 13 (100)- | 7 (64)4 (36) |
| Anxiety (HADS)MildModerateDepression (HADS)Mild Moderate | N/A | 4 (36%)3 (27%)5 (45%)1 (9%) |
| *Health Professionals n (%)* | n=12  | n=8 |
| GastroenterologistIBD nurseDietitianPsychologistNurse other | 5 (42)4 (33)1 (8)1 (8)1 (8) | 4 (49)2 (25)-2 (25)- |
| **Sex, n (%)**MaleFemale | 4 (33%)8 (67%) | 3 (37%)5 (62%) |



Supplementary Figure 1. Thematic map of British patients’ and health professionals’ perspectives on the experience of IBD with comorbid anxiety and/or depressive symptoms

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Supplementary Figure 2. Thematic map of Australian patients’ and health professionals’ perspectives on the experience of IBD with comorbid anxiety and/or depressive symptoms