Table 1

Eligibility Criteria and Demographics

Eligibility Criteria	
Inclusion	Exclusion
Children between 8 – 12 years	Mental retardation
Child scoring 1 SD > mean on measure of anxiety or/and MASC-C Girls: IC = 4 6+ 1 (SD) Boys: IC = 39+15 (SD)	Pervasive developmental disorders
Child scoring 1 SD > mean on measures of depression SMFQ-C Boys/girls: IC=3.8+3.6(SD)	Not able to benefit from a group intervention

Baseline demographic characteristics of sample (N = 795)			
	M (SD)	% (N)	Sign diff. EC vs CC
Child age, in years (EC > CC)	10.1 (0.90)		$p < 0.013$
Gender:			$p = 0.053$
Male		42.0 (334)	
Female		58.0 (461)	
Participants pr. Grade:			$p = 0.064$
3rd grade		4.4 (35)	
4th grade ⎱ = younger		36.6 (291)	
5th grade		45.7 (363)	
6th grade ⎰ = older		13.3 (106)	
Race/Ethnicity (mothers):			$p = 0.176$
Caucasian/Nordic/Western-European		93.8	
Biological parents' marital status:			$p = 0.141$
Married		78.5	
Not married, divorced or widowed		21.5	
Living with:			
Both parents		71.2	$p = 0.139$
With mother		7.6	$p = 0.916$
With father		0.9	$p = 0.754$
Other		20.3	
Education:			$p = 0.921$
More than four years higher education		66.8	
Employment:			$p = 0.696$
Full time		74.9	
Annual household income over NOK 500000		82.4	$p = 0.897$
Stressing life events (EC > CC)			$p < 0.001$

Note: Note: MASC-C = The Multidimensional Anxiety Scale – child version (MASC; March, et al., 1997), SMFQ-C = The Short Mood and Feelings Questionnaire-child version (Angold et al., 1995)

Table 2

EMOTION program: Session Content for the Child and Parent meetings.

	Child Meetings		Parent Meetings
Session	Content	Session	Content
1 - 4	Psychoeducation (model, feelings, coping strategies)	1 – 2	Psychoeducation and positive parenting
5 - 10	Problem-solving & Introduction to cognitive restructuring	3 – 4	Positive reinforcement, introducing exposure and behavioral activation
10 - 17	Exposure/behavioral activation, cognitive restructuring and self-schema	5 - 6	Problem-solving, exposure, behavioral activation and cognitive restructuring
17 - 20	Integration of skills, preparing closure	7	Integration and closure

Note: EMOTION, Coping Kids Managing Anxiety and Depression program (Martinsen, Kendall, Stark, Rodriguez & Arora, 2014).

Table 3
Means and Standard Deviations of Primary Outcome Measures Pre- and Post-intervention

		Children										
		Pre-intervention						Post-intervention				
		Intervention (N =358)			CC (N = 437)			Intervention (N= 266)			CC (N = 428)		
Measure		N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD
MASC-C	All	358	64.7	13.4	437	62.4	13.6	266	53.5	18.2	428	57.8	16.0
	Boys	137	60.5	13.5	197	58.5	13.6	96	48.3	18.2	192	52.4	16.5
	Girls	221	67.3	12.7	240	65.6	12.8	170	56.4	17.6	236	60.5	16.1
	3rd and 4th gr	142	64.4	12.9	184	62.3	13.0	115	55.2	19.7	182	58.9	15.7
	5th and 6th gr.	216	64.9	13.8	253	62.4	14.0	150	52.1	16.9	246	57.0	16.1
SMFQ	All	358	10.4	5.2	437	9.5	4.6	265	8.0	5.7	428	8.0	5.3
	Boys	137	10.1	5.2	297	9.4	4.8	96	7.5	5.5	192	7.3	5.3
	Girls	221	10.4	5.2	241	10.1	4.6	169	8.3	5.8	236	8.7	5.4
	3rd and 4th gr.	142	9.2	4.5	184	9.2	4.6	115	8.3	5.8	182	7.6	5.3
	5th and 6th gr.	216	11.1	5.5	253	9.7	4.6	150	7.9	5.6	246	8.3	5.4
		Parents										
		Intervention (N =268)			CC (N = 301)			Intervention (N= 193)			CC (N = 228)		
MASC-P		268	46.1	15.2	301	40.6	14.7	193	43.9	16.3	228	39.5	16.1
SMFQ		268	6.6	5.1	301	4.6	4.4	193	5.0	4.4	228	4.3	4.2

Note: MASC = The Multidimensional Anxiety Scale – child and parent version (MASC; March, et al., 1997), SMFQ = The Short Mood and Feelings Questionnaire, child and parent version (Angold et al., 1995).

Table 4

Model Based estimates for Development in Anxious and Depressive Symptoms, Child and Parent report

MASC-C/P		*Child report*			*Parent report*		
		Coefficient	95 % CI	*P*-value	Coefficient	95 % CI	*P*-value
Group by time interaction		**7.20***	4.92, 9.48	<0.001	0.78*	-1.24,2.80	0.449
	EC vs CC at T1	1.85	- 0.21, 3.92	0.079	**5.00**	2.50, 7.50	<0.001
	EC vs CC at T2	**-5.35**	-7.57, -3.12	<0.001	**4.22**	1.54, 6.90	0.002
	T2 vs T1, EC	**-11.83**	-13.60, -10.06	<0.001	**-2.30**	-3.76, -0.83	0.002
	T2 vs T1, CC	**-4.62**	-6.07, -3.19	<0.001	**-1.52**	-2.91, -0.13	0.033
	Girls vs boys	**6.99**	5.17, 8.81	<0.001	**2.48**	0.08, 4.88	0.043
	Older vs younger	-0.97	-2.79, 0.85	0.296	1.26	-1.15, 3.66	0.305
SMFQ- C/P							
Group by time interaction		**0.81***	0.04, 1.58	0.040	**1.31***	0.64, 1.98	<0.001
	EC vs CC at T1	**0.73**	0.01, 1.45	0.047	**2.06**	1.31, 2.80,	<0.001
	EC vs CC at T2	-0.08	-0.85, 0.69	0.838	0.75	-0.06, 1.55	0.069
	T2 vs T1, EC	**-2.31**	-2.91, -1.71	<0.001	**-1.66**	-2.15, -1.17	<0.001
	T2 vs T1, CC	**-1.50**	-1.99, -1.01	<0.001	-0.36	-0.82, 0.11	0.133
	Girls vs boys	**0.98**	0.35, 1.62	0.003	-0.17	-0.87, 0.53	0.636
	Older vs younger	**0.76**	0.12, 1.40	0.020	0.37	-0.33, 1.08	0.295

Note: MASC-C/P = The Multidimensional Anxiety Scale – child and parent version (MASC; March, et al., 1997), SMFQ-C/P = The Short Mood and Feelings Questionnaire- child and parent version (Angold et al., 1995). Significant findings in bold.

*Interaction coefficients: slope differences between intervention groups.