**Appendix S1. Coding system to assess programme fidelity**

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| Indicator | Description |
| Fidelity to diagnostic guidelines | 1: Record of key symptoms and/or relevant life events and scale score (i.e. PHQ-921 or GAD-722)2: Record of key symptoms and/or relevant life events, but scale score (i.e. PHQ-921 or GAD-722) not available3: Scale score (i.e. PHQ-921 or GAD-722) available, but record of key symptoms and/or relevant life events missing |
| Fidelity to treatment allocation guidelines | 1: Pharmacological treatment allocated only when scale score (i.e. PHQ-921 or GAD-722) is 15 or above unless service user rejects medication or MD decides to reassess need in a second appointment; if 14 or less, medication not prescribed until reassessment at second appointment; talk-based intervention provided2: Medication provided following algorithm, but talk-based intervention not provided3: Talk-based intervention provided, but medication not prescribed following above algorithm4: Neither talk-based intervention provided nor medication provided according to algorithm |
| Fidelity to clinical assessment guidelines at follow-up | (1) Scale score | 1: Scale score (i.e. PHQ-921 or GAD-722) collected during follow-up consultations with MDs |
| (2) Key symptom exploration  | 1: Any notes about relevant symptoms picked up during assessment or the emotional status of the patient during the last month |
| (3) Life event exploration | 1: Any notes about any relevant positive or negative events during the last month |
| Fidelity to treatment allocation guidelines at follow-up | (1) Talk-based intervention | 1: Any notes about talk-based intervention provided to service user during follow-up consultation, e.g. psychoeducation, talk-based interventions or other advice |