

Supplementary Table 2. Standardized claim ratio of outpatients who received each psychotherapies by prefecture

| Prefecture       | CBT        | Ambulatory psychotherapy |            |
|------------------|------------|--------------------------|------------|
|                  |            | ≥ 30 min                 | < 30 min   |
| <b>Japan</b>     | reference* | reference*               | reference* |
| <b>Hokkaido</b>  | 63.8       | 74.5                     | 94.7       |
| <b>Aomori</b>    | 8.7        | 51.7                     | 82.1       |
| <b>Iwate</b>     | 8.6        | 57.8                     | 88.5       |
| <b>Miyagi</b>    | 19.7       | 97.5                     | 88.3       |
| <b>Akita</b>     | 29.0       | 99.4                     | 90.3       |
| <b>Yamagata</b>  | 51.8       | 118.3                    | 106.3      |
| <b>Fukushima</b> | 29.7       | 89.0                     | 102.6      |
| <b>Ibaraki</b>   | 138.9      | 60.7                     | 71.4       |
| <b>Tochigi</b>   | 13.9       | 60.7                     | 85.0       |
| <b>Gunma</b>     | 18.9       | 98.0                     | 91.7       |
| <b>Saitama</b>   | 42.9       | 68.8                     | 77.1       |
| <b>Chiba</b>     | 15.5       | 73.0                     | 87.6       |
| <b>Tokyo</b>     | 144.2      | 176.2                    | 118.7      |
| <b>Kanagawa</b>  | 47.8       | 108.2                    | 92.2       |
| <b>Niigata</b>   | 11.3       | 57.3                     | 96.0       |
| <b>Toyama</b>    | 60.5       | 66.4                     | 85.8       |
| <b>Ishikawa</b>  | 585.2      | 71.1                     | 89.2       |
| <b>Fukui</b>     | 1.9        | 81.3                     | 97.6       |
| <b>Yamanashi</b> | 14.6       | 57.4                     | 71.8       |
| <b>Nagano</b>    | 5.7        | 95.2                     | 97.2       |
| <b>Gifu</b>      | 388.0      | 86.9                     | 78.9       |
| <b>Shizuoka</b>  | 75.1       | 70.1                     | 83.1       |
| <b>Aichi</b>     | 153.5      | 116.7                    | 88.3       |
| <b>Mie</b>       | 56.2       | 94.9                     | 87.8       |
| <b>Shiga</b>     | 54.6       | 78.6                     | 80.2       |
| <b>Kyoto</b>     | 193.6      | 118.1                    | 82.8       |
| <b>Osaka</b>     | 97.9       | 103.9                    | 89.3       |
| <b>Hyogo</b>     | 173.8      | 90.2                     | 89.4       |
| <b>Nara</b>      | 5.5        | 100.0                    | 80.3       |
| <b>Wakayama</b>  | 32.9       | 80.3                     | 83.5       |
| <b>Tottori</b>   | 18.4       | 69.1                     | 100.3      |
| <b>Shimane</b>   | 483.8      | 84.2                     | 117.6      |
| <b>Okayama</b>   | 352.9      | 117.2                    | 97.3       |

|                  |       |       |      |
|------------------|-------|-------|------|
| <b>Hiroshima</b> | 18.9  | 82.3  | 94.4 |
| <b>Yamaguchi</b> | 61.6  | 84.8  | 93.5 |
| <b>Tokushima</b> | 1.4   | 90.2  | 89.4 |
| <b>Kagawa</b>    | 115.2 | 88.4  | 86.7 |
| <b>Ehime</b>     | 78.9  | 74.3  | 96.0 |
| <b>Kochi</b>     | 3.2   | 80.0  | 90.9 |
| <b>Fukuoka</b>   | 115.0 | 97.7  | 81.8 |
| <b>Saga</b>      | 1.8   | 76.3  | 80.0 |
| <b>Nagasaki</b>  | 5.5   | 81.2  | 91.4 |
| <b>Kumamoto</b>  | 251.2 | 90.9  | 84.9 |
| <b>Oita</b>      | 43.4  | 80.7  | 83.5 |
| <b>Miyazaki</b>  | 118.6 | 90.7  | 84.0 |
| <b>Kagoshima</b> | 103.4 | 79.7  | 75.3 |
| <b>Okinawa</b>   | 40.4  | 137.3 | 93.4 |

\*Standardized claim ratio of 100 indicates national mean (reference).

Abbreviation: CBT, cognitive behavioral therapy.