

## Supplementary Material

**Table S1** *Cost of delivering SSTP*

Activity	Average Hours	Cost of Band 6 NHS staff
1. Group session	2.5	£135
2. Individual telephone sessions between the therapist and each parent	0.5	£27
3. Session preparation for each therapist		
I. 90 minutes prior to session	1.5	£81
II. 30 minutes after session	0.5	£27
<b>Total hours spent on case</b>	<b>5</b>	<b>£270</b>

**Table S2** *Unit costs healthcare resource use. All costs are reported in GBP 2019/2020*

	Unit cost per contact	Source	
<b>HOSPITAL SERVICES</b>			
Inpatient stays	£467 - £2685*	NHS	Reference cost
Outpatient appointments			
Audiology	£114	NHS	Reference cost
Gastroenterology	£223	NHS	Reference cost
Neurology	£345	NHS	Reference cost

Occupational therapy	£155	NHS	Reference cost
Paediatrics	£232	NHS	Reference cost
Psychiatry	£361	NHS	Reference cost
Psychology	£218	NHS	Reference cost
Speech and Language therapy	£105	NHS	Reference cost
Accident & Emergency	£182	NHS	Reference cost

### **COMMUNITY SERVICES**

General Practitioner	£39	PSSRU	
Practice nurse	£44	PSSRU	
Health visitor	£68	NHS	Reference cost
Community paediatrician	£329	NHS	Reference cost
Social worker	£52	PSSRU	
Educational psychologist	£90	NHS	Reference cost
Special educational need co-ordinator/Early years co-ordinator	£28†		
Any parental group	£29	PSSRU	
Play therapist	£40†		
Art/music/drama therapist	£15†		
Occupational therapist	£155	NHS	Reference

		cost	
Speech and language therapist	£111	NHS	Reference cost
Physiotherapist	£110	NHS	Reference cost
Dietician/Nutritionist	£90	NHS	Reference cost
Osteopath	£40†		
Alternative therapies	£6.5 - £1,775 †		

\*Depends on reason they were admitted; † priced at the level parents reported they paid for similar private therapies

**Table S3** *Unit costs medication*

	Size	Unit	NHS indicative price
AadFer 140mg/5ml oral solution (Essential-Healthcare Ltd)	200	ml	£3.37
Abidec Multivitamin drops (Omega Pharma Ltd)	25	ml	£3.87
Acidex oral suspension aniseed (Pinewood Healthcare)	500	ml	£2.56
Alfredes 7.5mg/5ml syrup (Syri Ltd)	100	ml	£89
Alimemazine 10mg/5ml oral solution sugar free (Alliance Healthcare (Distribution) Ltd)	100	ml	£182
Allerief 2mg/5ml oral solution (Crescent Pharma Ltd)	150	ml	£2.21
Amoxicillin 125mg/5ml oral suspension (A A H Pharmaceuticals Ltd)	100	ml	£1.29
AquaDerm Aqueous cream (Impectron Ltd)	500	gram	£3.99
Atrovent 20micrograms/dose inhaler CFC free (Boehringer Ingelheim Ltd)	200	dose	£5.56

Aveeno cream (Johnson & Johnson Ltd)	500	ml	£6.47
Azithromycin 200mg/5ml oral suspension (A A H Pharmaceuticals Ltd)	30	ml	£11.04
Baclofen 5mg/5ml oral solution sugar free (A A H Pharmaceuticals Ltd)	300	ml	£2.65
Benadryl Allergy Children's 1mg/ml oral solution (McNeil Products Ltd)	100	ml	£3.49
Benylin - Children's cough relief	125	ml	£4.30
Benzydamine 0.15% oromucosal spray sugar free (A A H Pharmaceuticals Ltd)	30	ml	£2.40
Calcium 500mg effervescent tablets sugar free (A A H Pharmaceuticals Ltd)	76	tablet	£12.96
Calcium gluconate 1g effervescent tablets (A A H Pharmaceuticals Ltd)	28	tablet	£18.35
Calpol Infant 120mg/5ml oral suspension (McNeil Products Ltd)	100	ml	£2.47
Carbamazepine 100mg/5ml oral suspension sugar free (A A H Pharmaceuticals Ltd)	300	ml	£10.28
Children's Mindlinx® Complex 60g	60	gram	£31.99
Chloramphenicol 1% eye ointment (Alliance Healthcare (Distribution) Ltd)	4	gram	£2.09
Circadin 2mg modified-release tablets (Flynn Pharma Ltd)	30	tablet	£15.39
Clenil Modulite 100micrograms/dose inhaler (Chiesi Ltd)	200	dose	£7.42
Clenil Modulite 50micrograms/dose inhaler (Chiesi Ltd)	200	dose	£3.70
Clobazam 5mg/5ml oral suspension sugar free (A A H Pharmaceuticals Ltd)	250	ml	£150
Co-amoxiclav 125mg/31mg/5ml oral suspension (A A H Pharmaceuticals Ltd)	100	ml	£1.86
Co-trimoxazole 40mg/200mg/5ml oral suspension sugar free (A A H Pharmaceuticals Ltd)	100	ml	£9.95

Cyclizine 50mg/1ml solution for injection ampoules (A A H Pharmaceuticals Ltd)	5	ampoule	£9.45
Dermol 200 shower emollient (Dermal Laboratories Ltd)	200	ml	£3.55
Dexamethasone 2mg/5ml oral solution sugar free (A A H Pharmaceuticals Ltd)	150	ml	£42.30
Diacomit 250mg capsules (Alan Pharmaceuticals)	60	capsule	£284
Diacomit 500mg capsules (Alan Pharmaceuticals)	60	capsule	£493
Docusate 12.5mg/5ml oral solution sugar free (A A H Pharmaceuticals Ltd)	300	ml	£12.69
Doublebase gel (Dermal Laboratories Ltd)	500	ml	£5.83
Epaderm cream (Molnlycke Health Care Ltd)	500	ml	£7.01
Epanutin 30mg/5ml oral suspension (Upjohn UK Ltd)	500	ml	£4.27
Epanutin Infatabs 50mg chewable tablets (Upjohn UK Ltd)	200	tablet	£13.18
Epilim 200mg/5ml liquid (Sanofi)	300	ml	£7.78
Epilim Chronosphere MR 250mg granules sachets	30	sachets	£30
Epilim Chronosphere MR 500mg granules sachets (Sanofi)	30	sachets	£30
Epimax original cream (Aspire Pharma Ltd)	500	gram	£2.49
EpiPen Jr. 150micrograms/0.3ml (1 in 2,000) solution for injection auto-injectors (Mylan)	1	pre-filled injection	£34.30
Erythromycin ethyl succinate 125mg/5ml oral suspension (A A H Pharmaceuticals Ltd)	100	ml	£5.81
Erythromycin ethyl succinate 250mg/5ml oral suspension (A A H Pharmaceuticals Ltd)	100	ml	£9.52
Eumovate 0.05% cream (GlaxoSmithKline UK Ltd)	100	gram	£5.44
Eumovate 0.05% ointment (GlaxoSmithKline UK Ltd)	30	gram	£1.86
Feredet 190mg/5ml oral solution (TriOn Pharma Ltd)	200	ml	£4.89
Ferrous sulfate 200mg tablets (A A H	28	tablet	£1.22

Pharmaceuticals Ltd)			
Fintepla 2.2mg/ml oral solution (Zogenix International Ltd)			hospital only
Floradix Kids Liquid Iron & Vitamin Formula	250	ml	£12.95
Focus Supplement for Kids	60	ml	£54.00
Fucidin H cream (LEO Pharma)	30	gram	£6.02
Gabapentin 100mg capsules (A A H Pharmaceuticals Ltd)	100	capsule	£2.02
Gabapentin 50mg/ml oral solution sugar free (A A H Pharmaceuticals Ltd)	150	ml	£65.37
Gaviscon Infant oral powder sachets (Forum Health Products Ltd)	30	sachets	£6.65
GlucoGel 40% gel original (BBI Healthcare Ltd)	75	gram	£7.16
Haliborange 3-12 Years Omega-3 & Multivitamins	60	tablets	£10
Hydrocortisone 0.5% cream (A A H Pharmaceuticals Ltd)	15	gram	£1.28
Hydromol Intensive 10% cream (Alliance Pharmaceuticals Ltd)	100	gram	£4.45
Ibuprofen 100mg/5ml oral suspension sugar free (Accord Healthcare Ltd)	100	ml	£2.12
Ironorm 125mg/ml oral drops (Wallace Manufacturing Chemists Ltd)	15	ml	£21.76
Keppra 100mg/ml oral solution (UCB Pharma Ltd)	150	ml	£33.48
Lactulose 10g/15ml oral solution 15ml sachets sugar free (A A H Pharmaceuticals Ltd)	10	sachets	£2.55
Lamictal 2mg dispersible tablets (GlaxoSmithKline UK Ltd)	30	tablet	£18.81
Lansoprazole 15mg orodispersible tablets (A A H Pharmaceuticals Ltd)	28	tablet	£3.15
Lariam 250mg tablets (Neon Healthcare Ltd)	8	tablet	£14.53
Laxido Orange oral powder sachets sugar free (Galen Ltd)	30	sachets	£4.29
Levemir FlexPen 100units/ml solution for injection	5	pre-filled	£42.00

3ml pre-filled pens (Novo Nordisk Ltd)		injection	
Levetiracetam 100mg/ml oral solution sugar free (A A H Pharmaceuticals Ltd)	300	ml	£8.09
Levothyroxine sodium 25micrograms/5ml oral solution sugar free (Advanz Pharma)	100	ml	£50.87
Levothyroxine sodium 50microgram tablets (A A H Pharmaceuticals Ltd)	28	tablet	£1.77
Lisinopril 5mg/5ml oral solution sugar free (A A H Pharmaceuticals Ltd)	150	ml	£154.11
Loratadine 5mg/5ml oral solution (Alliance Healthcare (Distribution) Ltd)	100	ml	£6.46
Melatonin 2mg modified-release tablets (A A H Pharmaceuticals Ltd)	30	tablet	£15.39
Meptid 200mg tablets (Almirall Ltd)	112	tablet	£22.11
Metronidazole 200mg/5ml oral suspension (A A H Pharmaceuticals Ltd)	100	ml	£44.21
Mezzopram 10mg dispersible gastro-resistant tablets (NorthStar Healthcare Unlimited Company)	28	tablet	£6.58
Midazolam 5mg/1ml oromucosal solution prefilled oral syringes sugar free (Xiromed)	4	unit dose	£70
Modigraf 0.2mg granules sachets (Astellas Pharma Ltd)	50	sachets	£71.30
Montelukast 4mg granules sachets sugar free (Alliance Healthcare (Distribution) Ltd)	28	sachets	£4.03
Movicol Paediatric Plain oral powder 6.9g sachets (Norgine Pharmaceuticals Ltd)	30	sachets	£4.38
Neocate Junior powder unflavoured (Nutricia Ltd)	400	gram	£30.62
Norditropin SimpleXx 10mg/1.5ml solution for injection cartridges (Novo Nordisk Ltd)	1	cartridge	£212.70
NovoRapid 100units/ml solution for injection 10ml vials (Novo Nordisk Ltd)	1	vial	£14.08
Nurofen for Children 100mg/5ml oral suspension orange (Reckitt Benckiser Healthcare (UK) Ltd)	100	ml	£2.58

Nutrini Multifibre liquid (Nutricia Ltd)	500	ml	£8.77
Oilatum Emollient (Thornton & Ross Ltd)	500	ml	£5.80
Omeprazole 10mg/5ml oral suspension sugar free (A A H Pharmaceuticals Ltd)	75	ml	£101.39
Omeprazole 20mg/5ml oral suspension sugar free (A A H Pharmaceuticals Ltd)	75	ml	£196.19
Omnitrope SurePal 5 5mg/1.5ml solution for injection cartridges (Sandoz Ltd)	5	cartridge	£368.74
Otrivine Child nasal drops (GlaxoSmithKline Consumer Healthcare UK Ltd)	10	ml	£1.91
PaediaSure liquid banana (Abbott Laboratories Ltd)	200	ml	£2.83
Paracetamol 120mg/5ml oral suspension paediatric (A A H Pharmaceuticals Ltd)	100	ml	£1.74
Paraldehyde 50% in olive oil rectal solution	10	ml	£106.02
Piriton 2mg/5ml syrup (GlaxoSmithKline Consumer Healthcare UK Ltd)	150	ml	£2.78
Piriton Allergy 4mg tablets (GlaxoSmithKline Consumer Healthcare UK Ltd)	30	tablets	£2.23
Pizotifen 500microgram tablets (A A H Pharmaceuticals Ltd)	28	tablet	£2.24
Protopic 0.03% ointment (LEO Pharma)	20	gram	£23.33
Ranitidine 75mg tablets (Bell,Sons & Co (Druggists) Ltd)	12	tablet	£0.36
Resource ThickenUp powder (Nestle Health Science)	227	gram	£4.66
Senokot 7.5mg/5ml Syrup 12 Years Plus (Forum Health Products Ltd)	500	ml	£7.61
Seravit Paediatric powder pineapple (Nutricia Ltd)	200	gram	£20.88
Slenyto 1mg modified-release tablets (Flynn Pharma Ltd)	60	tablet	£41.20
Slenyto 5mg modified-release tablets (Flynn Pharma Ltd)	30	tablet	£103
Sodium picosulfate 5mg/5ml oral solution sugar	100	ml	£2.69



free (A A H Pharmaceuticals Ltd)			
Sulpiride 200mg/5ml oral solution sugar free (A A H Pharmaceuticals Ltd)	150	ml	£50.89
Sytron oral solution (Forum Health Products Ltd)	500	ml	£14.95
Tacrolimus 0.1% ointment (A A H Pharmaceuticals Ltd)	30	gram	£21.83
Tegretol 100mg tablets (Novartis Pharmaceuticals UK Ltd)	84	tablet	£2.07
Timodine cream (Alliance Pharmaceuticals Ltd)	30	gram	£3.37
Timolol 0.25% eye drops (A A H Pharmaceuticals Ltd)	5	ml	£5.60
Topamax 15mg sprinkle capsules (Janssen-Cilag Ltd)	60	capsule	£14.79
Trimethoprim 50mg/5ml oral suspension sugar free (Alliance Healthcare (Distribution) Ltd)	100	ml	£12.86
Trimovate cream (Ennogen Healthcare Ltd)	30	gram	£12.45
Ventolin 100micrograms/dose Evohaler (GlaxoSmithKline UK Ltd)	200	dose	£1.50
Vitabiotics Wellkid Calcium Liquid	150	ml	£5
Zerocream	500	gram	£6.32

**Table S4** *Healthcare resource use*

		Baseline		4 months		12 months	
		SSTP	TAU	SSTP	TAU	SSTP	TAU
		155	106	137	92	129	83
<b>HOSPITAL SERVICES</b>							
Inpatient stays	Yes (n)	12	5	5	4	3	7
	Yes (%)	8%	5%	4%	4%	2%	8%
	For those with an admission						
	Mean	5	4	1.8	2.8	1.3	5.3
	SD	9.6	2.9	0.8	0.5	0.6	7.4
Outpatient appointments	Yes (n)	86	64	52	45	56	42
	Yes (%)	55%	60%	38%	49%	43%	51%
	For those that used the service						
	Mean	3.2	3.6	2.8	2.6	2.2	3.4

	SD	2.6	3.6	2.4	2.4	2.5	4.3
Accident and Emergency Attendances	Yes (n)	33	32	21	21	18	13
	Yes (%)	21%	30%	15%	23%	14%	16%
	For those that used the service						
	Mean	1.8	2.1	1.4	1.4	1.9	2.1
	SD	1.1	2.3	1.0	1.0	3.3	2.1
<b>COMMUNITY SERVICES</b>							
General Practitioner	Yes (n)	77	59	43	35	44	31
	Yes (%)	50%	56%	31%	38%	34%	37%
	For those that used the service						
	Mean	2.9	3.3	3.0	2.4	1.8	2.9
	SD	3.0	3.5	5.8	2.2	1.3	3.3
Practice nurse	Yes (n)	27	25	14	9	14	11
	Yes (%)	17%	24%	10%	10%	11%	13%
	For those that used the service						
	Mean	1.6	1.5	1.9	1.2	1.1	1.7
	SD	1.3	1.3	2.5	0.4	0.3	1.0
Health visitor	Yes (n)	51	33	17	19	9	11
	Yes (%)	33%	31%	12%	21%	7%	13%
	For those that used the service						
	Mean	2.2	2.0	1.9	2.3	1.1	1.8
	SD	2.2	1.4	2.0	1.3	0.3	1.3
Community paediatrician	Yes (n)	76	51	38	25	33	24
	Yes (%)	49%	48%	28%	27%	26%	29%
	For those that used the service						
	Mean	1.6	1.4	1.2	1.3	1.1	1.5
	SD	1.0	0.7	0.5	0.8	0.5	1.2
Social worker	Yes (n)	21	14	12	12	19	11
	Yes (%)	14%	13%	9%	13%	15%	13%
	For those that used the service						
	Mean	6.2	2.9	3.8	3.2	4	2.2
	SD	9.1	2.2	4.3	3.6	6.1	2.6
Educational psychologist	Yes (n)	32	20	19	13	21	15
	Yes (%)	21%	19%	14%	14%	16%	18%
	For those that used the service						
	Mean	2.5	1.6	1.2	1.6	1.2	2.4
	SD	4.4	1.0	0.4	1.2	0.5	3.8

Special educational need co- ordinator/Early years co-ordinator	Yes (n)	51	28	29	26	29	19
	Yes (%)	33%	26%	21%	28%	22%	23%
	For those that used the service						
	Mean	4.1	4.5	3.8	1.7	2.8	2.6
	SD	5.6	5.7	9.2	1.2	4.0	2.6
Any parental group	Yes (n)	29	14	49	9	16	7
	Yes (%)	19%	13%	36%	10%	12%	8%
	For those that used the service						
	Mean	6.3	4.3	4.9	4.6	4.6	5.4
	SD	4.5	5.1	3.2	3.5	2.6	6.2
Play therapist	Yes (n)	7	4	4	5	1	3
	Yes (%)	5%	4%	3%	5%	1%	4%
	For those that used the service						
	Mean	14.4	10	6.8	6	2	9.3
	SD	7.4	6.7	2.5	4.7	-	3.1
Art/music/drama therapist	Yes (n)	3	5	4	3	4	4
	Yes (%)	2%	5%	3%	3%	3%	5%
	For those that used the service						
	Mean	22	10.4	4.3	6.3	3.3	7.8
	SD	3.5	8.5	4.7	1.5	4.5	12.2
Occupational therapist	Yes (n)	38	23	19	20	30	24
	Yes (%)	25%	22%	14%	22%	23%	29%
	For those that used the service						
	Mean	4.6	5.6	3.7	4.0	5.4	6.5
	SD	4.9	7.2	4.1	6.3	7.7	7.8
Speech and language therapist	Yes (n)	99	71	65	47	61	42
	Yes (%)	64%	67%	47%	51%	47%	51%
	For those that used the service						
	Mean	5.7	6.2	4.5	5.3	6.9	7.6
	SD	7.5	9.6	6.5	9.5	15.0	9.7
Physiotherapist	Yes (n)	23	11	13	10	16	10
	Yes (%)	15%	10%	9%	11%	12%	12%
	For those that used the service						
	Mean	3.3	5.5	2.2	2.4	8.7	7.1
	SD	2.5	7.4	2.5	1.6	4.6	3.5
Dietician/Nutritionist	Yes (n)	18	14	12	8	5	5
	Yes (%)	12%	13%	9%	9%	4%	6%

		For those that used the service					
	Mean	1.5	2.9	1.3	1.6	1.6	1
	SD	1.2	3.5	0.7	0.9	1.3	-
Osteopath	Yes (n)	1	3	1	0	0	1
	Yes (%)	1%	3%	1%	0%	0%	1%
		For those that used the service					
	Mean	1	1.7	1	-	-	1
	SD	-	0.6	-	-	-	-
Alternative therapies	Yes (n)	3	7	5	5	3	4
	Yes (%)	2%	7%	4%	5%	2%	5%
		For those that used the service					
	Mean	24	6.7	2.2	11	10.2	13.3
	SD	35.6	9.6	1.6	11.8	10	16
<b>EDUCATION AND CHILDCARE</b>							
Childminder/Nanny (non-residential)	Yes (n)	5	3	1	3	1	0
	Yes (%)	3%	3%	1%	3%	1%	0%
		For those that used the service					
	Mean weeks	22.2	24.3	18	3.7	12	-
	SD	5.8	1.5	-	5.5	-	-
Mainstream nursery	Yes (n)	83	60	48	35	21	21
	Yes (%)	54%	57%	35%	38%	16%	25%
		For those that used the service					
	Mean weeks	17.7	17.1	11.8	12.9	19.0	19.6
	SD	7.0	7.9	4.2	4.3	7.1	6.3
Mainstream playgroup/scheme	Yes (n)	3	3	3	1	2	2
	Yes (%)	2%	3%	2%	1%	2%	2%
		For those that used the service					
	Mean weeks	12	19.3	9.3	4	14	12
	SD	10.6	4.2	7.6	-	8.5	17.0
Mainstream primary school	Yes (n)	33	11	47	20	63	26
	Yes (%)	21%	10%	34%	22%	49%	31%
		For those that used the service					
	Mean weeks	15.3	12.7	11.0	11.8	16.2	15.4
	SD	9.2	8.7	4.6	4.5	7.2	8.4
Specialist nursery	Yes (n)	9	9	8	6	5	6

	Yes (%)	6%	8%	6%	7%	4%	7%
	For those that used the service						
	Mean						
	weeks	11.8	19.2	7	9.3	16.8	17.2
	SD	5.7	5.8	5.3	5.4	9.0	5.9
Specialist playgroup/scheme	Yes (n)	3	2	3	0	1	0
	Yes (%)	2%	2%	2%	0%	1%	0%
	For those that used the service						
	Mean						
	weeks	20	19	11	-	8	-
	SD	5.3	9.9	7.5	-	-	-
Specialist primary school	Yes (n)	4	8	8	10	16	15
	Yes (%)	3%	8%	6%	11%	12%	18%
	For those that used the service						
	Mean						
	weeks	16.3	14.4	11.3	10.4	15.5	15.1
	SD	3.3	9.9	4.1	4.4	7.9	6.9