

The online intervention was given as a guided intervention with intensive therapist contact, based on the principles applied in a number of previous studies ([Lange et al., 2003](#); [Ruwaard et al., 2007](#); [Ruwaard et al., 2009](#); [Wagner et al., 2006](#)). The internet-based treatment manual was derived from the same cognitive-behavioral treatment modules for depression as the face-to-face intervention ([Hautzinger, 2003](#)). The therapist time involved responding to texts, requiring 20–50 min per text, depending on the therapist's experience with internet-based therapies.