

## 2.3. Procedure

Primary and secondary outcome measures were collected at pre-treatment, post-treatment and 3-month follow-up. All measures for both intervention groups were administered through online diagnostics. A number of studies have shown that online format questionnaires produce results as valid as pen-and-paper questionnaires (Fidy, 2008; Hollandare et al., 2010). The 62 applicants included in the study were randomized by a true random-number service (<http://www.random.org>) using a 1:1 ratio, with 32 participants randomly allocated