

Table 1

Demographic and descriptive characteristics of the online and face-to-face groups at baseline.

	Online group (<i>n</i> =32)	Face-to-face group (<i>n</i> =30)
Age (M, SD)	37.25 (11.41)	38.73 (11.41)
Age range	20–67	19–62
Gender (% female)	78%	50%
Educational level (%)		
Primary education	16	27
Secondary education	37	27
University	47	47
Marital status (%)		
Single	59	57
Partnership/married	19	20
Divorced	16	7
Widowed	6	17
Professional status (%)		
Full-time work	72	67
Sick leave	3	10
Unemployed	22	20
Retired	0	3
No current antidepressants (%)	91	70
BDI-score, pre-test (M, SD)	22.96 (6.07)	23.41 (7.63)
BDI pre-test (11–17) in %	16.7	23.3
BDI pre-test (18–29) in %	63.3	56.7
BDI pre-test (≥ 30) in %	20	20
Completer in %	78	93