

## 2.4. Interventions

Online and face-to-face intervention groups received a brief (8 weeks) cognitive-behavioral therapy (CBT) program for depression (Hautzinger, 2003). This German manual is based on the cognitive theory of depression of Beck and colleagues (Hautzinger et al., 2006). The program involved the following CBT modules: (1) introduction, (2) behavioral analysis, (2) planning of activities, (3) daily structure, (4) life review, (5) cognitive restructuring, (6) social competence, and (7) relapse prevention. The life-review module at the mid-treatment time-point aimed to encourage participants to revisit past experiences and to activate positive memories and individual resources in order to achieve a balance between positive and negative memories (Preschl et al., 2012). Further, patients in both groups were given the same psychoeducation and received the treatment modules in the same chronological order. Patients in the face-to-face condition attended one-hour weekly treatment sessions for 8 weeks with their allocated psychologist in the Department of Psychopathology and Clinical Intervention at the University of Zurich. They were also given weekly homework assignments (e.g., daily structure diaries, negative thoughts log).