

However, analysis revealed that from post-treatment to 3-month follow-up a difference between the internet-based intervention and the face-to-face group could be found. Symptom reductions were maintained for all primary and secondary outcomes for the online group three months after treatment. In contrast to this, participants in the face-to-face group significantly worsened from post-treatment to 3-month follow-up in terms of depressive symptoms. Further, significant differences were found for the face-to-face group from post-treatment to the 3-month follow-up for symptoms of anxiety and automatic negative thoughts and a nearly significant effect was observed for depression. Altogether it appears that the treatment effects from pre-treatment to 3-month follow-up were larger in the online group than in the face-to-face group. Moreover, at the 3-month follow-up more participants in the online group indicated clinically significant changes than in the face-to-face group. Reasons for this might include that the online intervention has less personal guidance and therefore puts a stronger focus on self-responsibility to conduct the treatment modules and homework assignments than the face-to-face intervention. This might evoke a stronger, longer-lasting sense of self-efficacy in handling negative thoughts and depressive behavior. Further, no significant difference could be