

Depression has become a very prevalent and costly disorder and in most countries therapeutic services do not manage to meet the needs presented by this growing demand. This trial gives preliminary results that a brief internet-based intervention for depression is as effective as comparable face-to-face interventions. Internet-based intervention may be the solution for tackling this epidemic in a more cost-effective way than traditional face-to-face therapies. However, further research is needed to replicate these findings and possible differences in underlying mechanisms between online and face-to-face interventions need to be evaluated.