

## 2.6. Outcome measures

All outcome measures were collected at pre-treatment, post-treatment and 3-month follow-up.

## 2.7. Primary outcome measure

The primary outcome measure of this study was depression assessed with the German version ([Hautzinger et al., 2006](#)) of the Beck Depression Inventory-II (BDI; ([Beck et al., 1996](#))), comprised of 21 multiple-choice items assessing specific symptoms of depression. Symptom severity was defined for mild or moderate depression (BDI score: 11–17); moderate to severe depression (BDI score: 18–29); and severe depression (BDI score  $\geq 30$ ) ([Hautzinger et al., 2006](#)). Recovery was defined as BDI-II at post-treatment measurement of  $\leq 10$ .