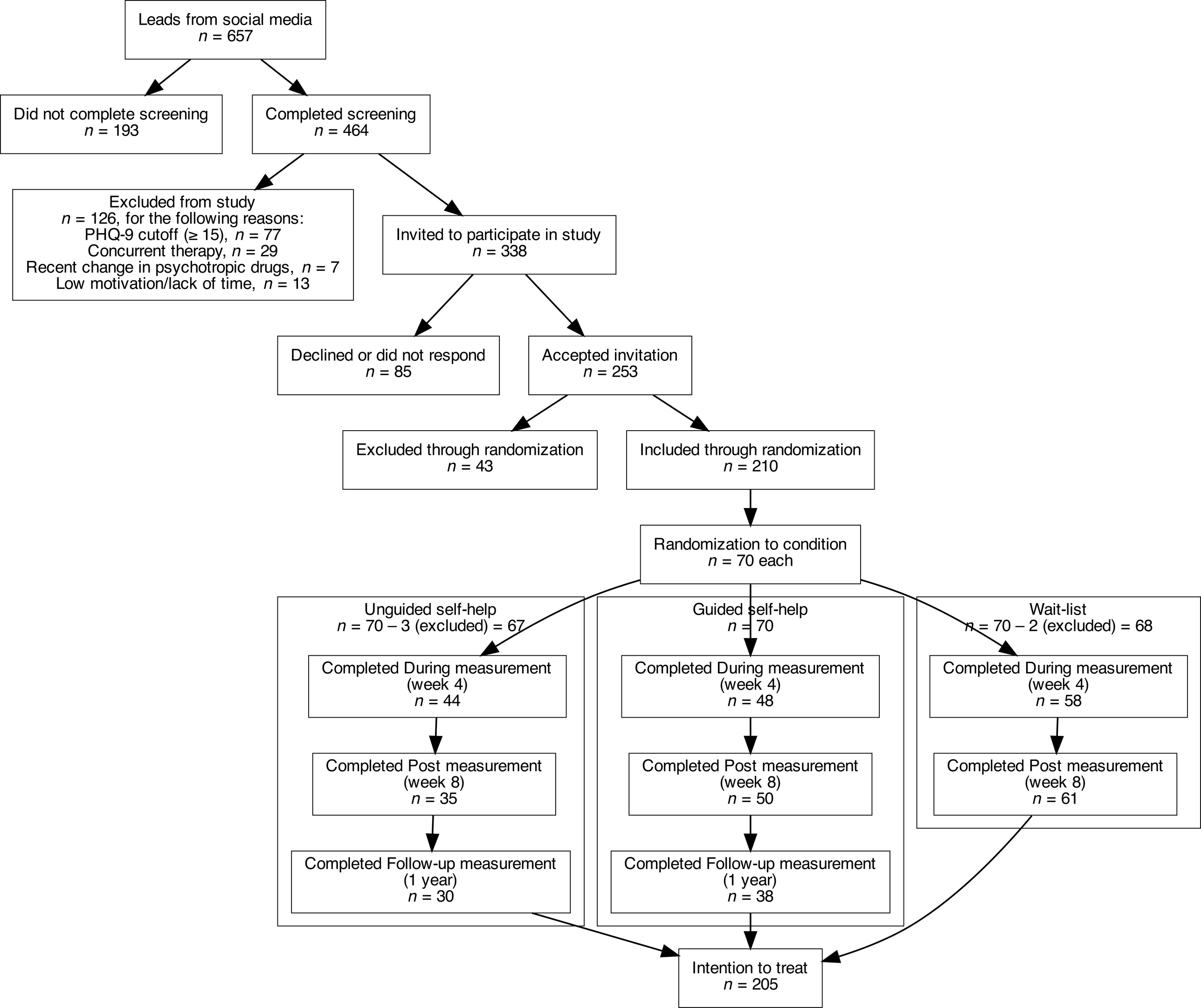
Leads from social media
n = 657
Did not complete screening
n = 193
Completed screening
n = 464
Excluded from study
n = 126, for the following reasons:
PHQ-9 cutoff (≥ 15), n = 77
Concurrent therapy, n = 29
Recent change in psychotropic drugs, n = 7
Low motivation/lack of time, n = 13
Invited to participate in study
n = 338
Declined or did not respond
n = 85
Accepted invitation
n = 253
Excluded through randomization
n = 43
Included through randomization
n = 210
Randomization to condition
n = 70 each
Unguided self-help
n = 70 – 3 (excluded) = 67
Completed During measurement
(week 4)
n = 44
Completed Post measurement
(week 8)
n = 35
Completed Follow-up measurement
(1 year)
n = 30
Guided self-help
n = 70
Completed During measurement
(week 4)
n = 48
Completed Post measurement
(week 8)
n = 50
Completed Follow-up measurement
(1 year)
n = 38
Wait-list
n = 70 – 2 (excluded) = 68
Completed During measurement
(week 4)
n = 58
Completed Post measurement
(week 8)
n = 61
Intention to treat
n = 205