

Measure	Group	Pre	Post	Effect size	Effect size	6-month	Effect size
				(between)	(within)	Follow-up	(within)
					Pre-Post	(FU)	Pre-FU
PDSS	Internet	14.1 (4.3)	6.3 (4.7)	0.00	1.73	4.1 (4.2)	2.35
	Group	14.2 (4.0)	6.3 (5.6)		1.62	5.0 (5.3)	1.96
MADRS	Internet	8.9 (5.2)	4.1 (3.8)	0.20	1.05	4.1 (6.1)	0.85
	Group	9.5 (4.9)	5.1 (5.7)		0.83	4.9 (6.6)	0.79
ASI	Internet	32.5 (11.6)	18.1 (12.1)	0.24	1.21	16.6 (11.9)	1.35
	Group	33.2 (12.4)	15.4 (10.0)		1.58	16.1 (11.1)	1.45
SDS 1. Work	Internet	5.5 (3.1)	2.2 (2.6)	0.30	1.15	1.9 (2.8)	1.22
	Group	5.9 (2.8)	3.1 (3.3)		0.92	2.6 (3.3)	1.08
SDS 2. Social	Internet	5.6 (2.8)	2.6 (2.8)	0.14	1.07	1.6 (2.5)	1.51
	Group	5.9 (2.5)	3.0 (3.0)		1.06	2.3 (3.0)	1.30
SDS 3. Family	Internet	4.1 (2.9)	1.4 (1.9)	0.41	1.10	1.5 (2.1)	1.03
	Group	4.6 (2.5)	2.4 (2.8)		0.83	1.8 (2.7)	1.08