Baseline: type 2 diabetes mellitus + minor depression + age 65-85 years

Randomization:
- SH-group (N=132) 12 x 2 hrs.
- CBT-group (N=132) 12 x 2 hrs.

Short-term treatment phase:
- TAU (N=51) feedback of condition to physician

Long-term maintenance phase:
- SH-group ongoing SH-groups 1/month
- CBT-group ongoing CBT-groups 1/month

1-year follow-up:
- Primary outcome: HRQoL Mental Component (SF36)
- Secondary outcome: HRQoL Physical Component (SF36), HbA1c, depression symptoms, prophylaxis of major depression, diabetes-specific QoL, diabetes-related complication, mortality

Short-term phase: 12 weeks
cognitive behavioural therapy (CBT) vs. treatment as usual (TAU) vs. guided self-help intervention (SH)

Long-term phase: + 1 year (in first funding phase)
(Perspective: yearly follow-up, primary outcome = mortality)