Random selection from 45 and Up Study Cohort as per sampling frame (n=8,000)

Invitation to participate sent via Email

Potential participant visits trial website; trial information provided

Online informed consent

Assessment of eligibility based on online inclusion/exclusion questions (PHQ-9 and current psychotherapy)

Complete baseline assessment and cognitive assessment (t = 0 weeks)

Confirm continued willingness to participate (t = 1 week)

Randomisation (t = 1 week)

Allocated to Online Intervention Treatment: e-couch (n=320)

Completion of program and online post-program assessment (n=?)

Completion of 6-month online follow-up assessment (n=?)

Completion of 12-month online follow-up assessment (n=?)

Allocated to Online Attention Control: HealthWatch (n=320)

Completion of program and online post-program assessment (n=?)

Completion of 6-month online follow-up assessment (n=?)

Completion of 12-month online follow-up assessment (n=?)

Loss to follow-up or discontinued (n=?)