Recruitment by media attention and posters, through recruitment in general practitioners and secondary mental health care centers, i.e. they are asked to refer eligible participants by providing the study’s information letter including response form and informed consent.

Interested individuals reply to the information letter, or by the study’s telephone number or e-mail address (media).

Researchers globally screen participants willing to participate by telephone for inclusion and exclusion criteria (and sends information and a written consent form if participant responded through media).

Does the participant meet screening criteria and is willing to provide informed consent?

Yes

Trained researcher checks whether informed consent is received and answers remaining questions. Afterwards appointment for pre-treatment SCID-I interview and HDRS by telephone is made to determine whether participant meets study inclusion criteria.

Does the participant meet full inclusion criteria?

Yes

Participant is randomized
Stratified by number of previous depressive episodes and type of care as usual

Treatment as Usual (TAU)
Mobile Cognitive Therapy + TAU

Pre-treatment measures T₀

Assessments during treatment (T₁; 6 weeks) and after treatment at 3, 6, 9, 2, 15, 18, 21 and 24 months