Applied to participate \((N = 191)\)

Did not respond after enrolling \((n = 68)\)

Screened \((n = 123)\)

Excluded \((n = 61)\) due to:
- Other psychiatric disorder \((n = 16)\)
- High suicidality \((n = 8)\)
- Bipolar disorder \((n = 6)\)
- Low symptom severity \((n = 16)\)
- No informed consent \((n = 15)\)

Randomly allocated \((n = 62)\)

Face-to-face group \((n = 30)\)

Completed posttest \((n = 28)\)

Online group \((n = 32)\)

Completed posttest \((n = 25)\)