Recruitment via mental health professionals’ referrals, general practitioners’ referrals, media attention, posters and advertisements.

Interested individuals screened by telephone to assess eligibility after verbal consent is obtained.

Does patient (probably) meet in- and exclusion criteria? → No → Exclude

Yes

Study procedure explained in detail and information is sent by mail. After ≥ week, the patient is contacted again.

Patient still interested in participation? → No → Exclude

Yes

Patient is invited for the research interview, in which the in- and exclusion criteria are assessed in detail. Informed consent is taken.

Eligible and informed consent obtained? → No → Exclude

Yes

Randomization (stratification variables: research centre; full vs. partial remission (IDS-C ≤ 11 versus > 11); number of depressions in the past (3-4 versus ≥ 5); CBT experience (yes/no); gender). Baseline questionnaires taken (T0).

Preference for MBCT

MBCT → mADM + MBCT

Assessments during MBCT

Medication consultations

Follow-up assessments at T1 (3 months post-randomization), T2 (6 months), T3 (9 months), T4 (12 months) and T5 (15 months).