Individuals are recruited from four medical centers in the Netherlands. The SF-36 is administered as part of routine care. If the mental health scale score is \( \leq 23 \), patients are eligible for the study and an informed consent is given to the patient.

The researcher is informed by mail which patients fulfill the inclusion criteria (SF-36 mental health scale score \( \leq 23 \), a diagnosis of Crohn’s disease or ulcerative colitis, age at or above 18 and sufficient command of Dutch).

Randomization
Stratified by medical center, disease type and gender.

Experimental condition
Waiting-list control condition

Assessments
- **Axis-I disorders:** Structured Clinical Interview for DSM-IV (SCID-I interview)
- **Quality of Life:** Short Form Health Survey (SF-36), Inflammatory Bowel Disease Questionnaire (IBDQ)
- **Anxiety and Depression:** The Hospital Anxiety and Depression Scale (HADS), The Center for Epidemiologic Studies Depression Scale (CES-D)
- **Dysfunctional Attitudes:** The Dysfunctional Attitude Scale (DAS),
- **Disease related cognitions:** The Illness Perception Questionnaire-Revised (IPQ-R),
- **Coping:** The Utrechtse Coping Lijst (UCL)

Experimental condition

**T\(_{\text{baseline}}\)** measurement (Immediately before treatment)

**T\(_{\text{mid-treatment}}\)** measurement (1 month after start of treatment)

**T\(_{\text{follow-up after CBT measurement}}\)** (1 month after end of treatment)

Waiting-list control condition

**T\(_{\text{baseline}}\)** measurement (3.5 months before treatment)

**T\(_{\text{mid-treatment}}\)** measurement (1 month after start of treatment)

**T\(_{\text{follow-up after CBT measurement}}\)** (1 month after end of treatment)