176 individuals applied for the Get Happy Program within timeframe (06/03/12 – 1/06/12)

Unsuccessful Application (n=105)
- Severe depressive symptoms on PHQ-9 (n = 8)
- Subclinical depressive symptoms on PHQ-9 (n=7)
- Substance abuse or dependence (n=4)
- Psychotic mental illness (n=5)
- Suicidal ideation/history of suicidality (n = 20)
- Non-resident/under 18 years of age (n=8)
- Taking exclusion criteria medications (n=9)

115 individuals met inclusion criteria

Could not contact (n = 14)

101 individuals completed telephone interview with MINI 5.0

Unsuccessful Telephone Interview (n=49)
- Subclinical (n = 17)
- Decided not to proceed (n = 10)
- No appropriate smartphone (n = 10)
- Recent commencement of CBT (n = 1)
- Completed similar e course (n=5)
- Changing medication/using exclusion medication (n = 6)

52 participants met all inclusion criteria and were randomized into T1 or T2

T1 – Mobile group (n = 22)

- Did not complete Pre-Treatment Questionnaires (n=7)

15 completed Pre-Treatment Questionnaires

Eligible for analysis (started lesson 1), n = 15
10 participants completed all lessons
(1 terminated at lesson 1, 1 at lesson 2, 2 at lesson 4, 1 at lesson 5)

10 Completed Post-Treatment Questionnaires

Completed 3 month Follow Up Questionnaires, n=9

T2 – Computer group (n = 30)

- Did not complete Pre-Treatment Questionnaires (n=9)
- Withdrawn (n=1)

20 completed Pre-Treatment Questionnaires

Eligible for analysis (started lesson 1), n = 20
14 participants completed all lessons
(2 terminated at lesson 1, 1 at lesson 3, 3 at lesson 5)

15 Completed Post-Treatment Questionnaires

Completed 3 month Follow Up Questionnaires, n=14