Invitation with study information and informed consent to every employee who shows interest in the study (by emailing their name and private email address)

Return of informed consent

Baseline measurement (T0)

Randomization

Exclusion criteria:
- <16 CES-D
- Absenteeism
- Unstable use of medication
- Legal labor dispute
- Treatment from occupational care from the company

Internet intervention group

Care-As-Usual (CAU)

Intervention Happy@Work

Post treatment measurement (T1)

Follow-up 6 months (T2)

Follow-up 12 months (T3)

Post treatment measurement (T1)

Self-help book of Happy@Work

Follow-up 6 months (T2)

Follow-up 12 months (T3)