Figure 1: Flow chart of the study design

Screening of GAD-diagnosis

Participants with a GAD-diagnosis based on the DSM-V criteria (N = 60)

Randomisation

n = 20

Manualized CBT protocol for GAD
Adherence priming
mid (6-week) & post (14-week assessment)
6-month follow up

Manualized CBT protocol for GAD
Resource priming
mid (6-week) & post (14-week assessment)
6-month follow up

Manualized CBT protocol for GAD
Supportive resource priming
mid (6-week) & post (14-week assessment)
6-month follow up