Psychiatrist diagnosis of depression in- or outpatients

Screening by research-assistant
Check inclusion/ exclusion criteria
HRSD ≥ 14

Informed consent
Inclusion in EFF-D

Biometric values = BV
Cycle test = CT
Electronic Questionnary = EQ
Blood samples = BS

Blinded randomisation
by random envelopes

Control Group
Treatment as usual
Psychotherapy
Medication
Lifestyle
psychoeducation

Intervention Group
Treatment as usual
Psychotherapy
Medication
Lifestyle
psychoeducation

T = 0

T = 3 BV, CT, EQ
T = 6 BV, CT, EQ, BS
T = 12 BV, CT, EQ

End of Intervention period

20 sessions 1 hr. RT/NW supervised
20 sessions 1 hr. RT/NW individually
HR freq. Polar

End of Intervention period