Successful recruitment

Exclusion: Not willing to sign informed consent (adolescent or parents), refusal to study randomization.

Week 0: Assessment I – Baseline
Exclusion: CES-D > 40, HADS > 14, BDI-II suicide item > 1.

Randomization

PST
WL

Week 3: Assessment II – Treatment phase
Assessment II - Treatment phase (control condition)

Week 5: Assessment III – Treatment end
Assessment III – Treatment end (control condition)

Week 17: Assessment IV – 4-month follow-up
Assessment IV - 4-month follow-up (control condition) / start intervention

Week 22:

Week 35: Assessment V – 8-month follow-up
Assessment VI – 4-month follow-up

Week 52: Assessment VI – 12-month follow-up
Assessment VII – 8-month follow-up

Week 69:

Assessment VIII – 12-month follow-up