Directly referred to specialized mental health care:  
\[ n = 5 + 4 = 9 \]

Inclusion stepped care:  
\[ n = 60 \]

Drop-out:  
\[ n = 7 \]

(Guided) Self-help (meeting with psychiatric nurse):  
\[ n = 44 \]

Recovered:  
\[ n = 4 \]

Drop-out:  
\[ n = 7 \]

PST:  
\[ n = 17 \]

Recovered:  
\[ n = 5 \]

Drop-out:  
\[ n = 7 \]

Specialized mental health care:  
\[ n = 9 + 7 = 16 \]

Recovered:  
\[ n = 1 \]