**T0**
- Beginning of treatment:
  - CBT: 1st treatment session
  - GSH-I: 1st face-to-face session (activation of Internet program)

**T1**
- Mid-treatment:
  - CBT: 10th session
  - GSH-I: 2 months

**T2**
- End of treatment:
  - CBT: 20th session
  - GSH-I: 4 months, 2nd face-to-face session (deactivation of Internet program)

**T3**
- Follow-up:
  - 6 months after T2 (+/- 4 weeks allowed)

**T4**
- Follow-up:
  - 12 months after T3 (+6/- 3 months allowed)

Follow-up: total 18 months

**Timeline**
- T0
- T1
- T2
- T3
- T4

- 2 months
- 2 months
- 6 months
- 12 months

- 4 months (+ 6 weeks allowed)

max. 2 wks