Assessed for eligibility (BDI-II ≥ 14) (n=)

Excluded (n=)
- Did not meet inclusion criteria (n=)
- Declined to participate (n=)
- Other reasons (n=)

Randomized (n=)

Allocated to control (n=)
- Received allocated intervention (n=)
- Did not receive allocated intervention (n=)

Allocated to treatment (n=)
- Received allocated intervention (n=)
- Did not receive allocated intervention (n=)

Discontinued intervention (unable to commit to further sessions following initial session)
- Session 1(n=)
- Session 2(n=)
- Session 3(n=)
- Session 4(n=)
- Session 5(n=)

Lost to 6-week follow-up (n=)
Lost to 2-week follow-up (n=)
Completed (n=)

Analysed (n=)
Excluded from analysis (n=)