500 participants are randomised to the 5 groups

Recruitment in several stages:

1. PE without treatment rationale (n = 100)
2. PE with treatment rationale (n = 100)
3. BA with treatment rationale (n = 100)
4. BA without treatment rationale (n = 100)
5. Waiting list control group with delayed treatment (n = 100)

24 month follow-up

Weekly online measurements and a total of 8 telephone interviews during follow-up period