Figure 1. Flow-chart

Referral to MHC by GP

Brief screening by MHC

RT electronically receive details of potential participants from MHCs

Screening of potential participants by RT by checking for exclusion criteria

Exclusion Criteria:
1. Not willing to sign IC
2. Instable use of medication
3. No current DSM IV disorder
4. Suicidal ideation
5. Bipolar or psychotic disorder

T0: Baseline measurements

Randomisation

Internet-based intervention

Week 1-5: Online treatment with coach

Waiting list

Week 8: T1 Assessment: Post-treatment

Start Psychological Treatment As Usual at MHC for both groups

Week 26: T2 Assessment: Follow-up I

Week 52: T3 Assessment: Follow-up II

RT= Research Team
MHCs= Mental Health Centers
IC= Informed Consent