Invitation/ information letters to patients from participating general practices (estimated N = 20,000)

Screening for eligibility (online self-report questionnaires)

Screening for eligibility (clinical telephone interview)

Informed consent and baseline assessment (T0)
Randomization of 36 counselors

Web-based ACT intervention (N = 120)
Complete short questionnaire nine times during intervention

Treatment-as-usual (N = 120)
Complete short questionnaire four times during intervention

Post-treatment assessment (T1)
14 weeks after T0 (expected N = 180)
Online self-report questionnaires and telephone interview

First follow-up assessment (T2)
26 weeks after T0 (expected N = 168)
Online self-report questionnaires

Post-treatment assessment (T3)
52 weeks after T0 (expected N = 144)
Online self-report questionnaires and telephone interview

Patients do not receive letter if:
Age < 55 or > 75
Severe cognitive impairment
Unstable, severe medical condition

Exclusion:
GAD-7 score 5 < or > 15
PHQ-9 score > 20
No computer / Internet
Psychological treatment in past three months
Non Dutch-speaking

Exclusion
High suicide risk
(_HISTORY) of mania or psychosis
Substance use disorder
Severe role impairment
Use of psychiatric medication

Figure 1. Diagram of patient flow through the phases of the study