

Intervention contents

Depression

Guided self-help (GSH)

1-5 (avg. 3) sessions
(30-45 minutes), planned for
weekly delivery.

Content:

- Introduction and goal setting
- Psychoeducation on depression and the CBT model
- Behavioral activation and values (increasing meaningful and pleasant activities)
- Monitoring thoughts and emotions
- Cognitive restructuring (challenging automatic thoughts)
- Relaxation and breathing techniques.
- Mindfulness and acceptance skills
- Relapse prevention and future planning

Face-to-face cognitive-behavioral therapy (fCBT)

5-10 (avg. 7) sessions
(45-60 minutes), planned for
weekly delivery.

Content:

- Session 1: Introduction to CBT model, goal setting, psychoeducation on depression, values and value-based actions, activity diary
- Session 2: Deepening values work, recognizing the vicious cycle of depression, behavioral activation
- Session 3: Psychoeducation on emotions and emotional awareness
- Session 4: Cognitive restructuring (identifying and challenging cognitive distortions)
- Session 5: Mindfulness and physical wellbeing (sleep, exercise, diet)

Guided internet-delivered cognitive behavioral therapy (g-iCBT)

7 sessions, planned for weekly
delivery

Content:

- Session 1: Introduction to HUS g-iCBT program and CBT model, psychoeducation on depression, avoidance, and behavioral activation
- Session 2: Recognizing emotions, vicious cycle of depression, and negative thinking biases
- Session 3: Identifying automatic thoughts, situation analysis, behavioral activation
- Session 4: Cognitive restructuring (challenging automatic thoughts and cognitive distortions)
- Session 5: Core beliefs and conditional assumptions
- Session 6: Relaxation, sleep and wellbeing, problem solving, acceptance skills
- Session 7: Summary, values, relapse prevention, and feedback

		- Session 6: Avoidance and acceptance, preparing for therapy ending - Session 7: Review, relapse prevention, and planning next steps.	
Anxiety	1-5 (avg. 3) sessions (30-45 minutes), planned for weekly delivery.	5-10 (avg. 7) sessions (45-60 minutes), planned for weekly delivery.	12 sessions, planned for weekly delivery
	Content: - Introduction and goal setting - Psychoeducation on anxiety and the CBT model - Relaxation and breathing techniques - Mindfulness and acceptance skills - Exposure to worries and avoided situations - Problem solving - Evaluating and challenging unhelpful thoughts - Relapse prevention and future planning	Content: - Session 1: Introduction to CBT model, goal setting, psychoeducation on anxiety, scheduling worry time - Session 2: Bodily sensations and stress, relaxation and physical wellbeing plan - Session 3: Problem solving - Session 4: Intolerance of uncertainty - Session 5: Avoidance and exposure (imaginal), challenging worrying and negative beliefs	Content: - Session 1: Introduction to HUS g-iCBT program and CBT model, psychoeducation on generalized anxiety - Session 2: Bodily stress response, worry and relaxation - Session 3: Worry and avoidance, intolerance of uncertainty - Session 4: Avoidance and core beliefs - Session 5: Challenging negative beliefs about worrying - Session 6: Positive beliefs about worrying and cognitive restructuring - Session 7: Challenging worrying

- Session 6: Mindfulness and acceptance skills
- Session 7: Review, relapse prevention and future planning
- Session 8: Acceptance vs. submission
- Session 9: Intolerance of uncertainty, perfectionism, and need for control
- Session 10: Problem solving vs. worrying (solvable vs. unsolvable worries)
- Session 11: Social skills, needs, and assertiveness
- Session 12: Summary, relapse prevention, and feedback