

Table A. Items and response options of the questionnaire.

E-Health Literacy and digital media in patient care
How high do you rate the digital health literacy of your patients?
Low/ Moderate/ High/ Very high
Are you using the Internet to communicate with your patients?
Yes/ No
How often do you use video consultations with your patients?
Never/ Rarely/ Sometimes/ Often/ Very often
Knowledge and use of e-mental health interventions
Did you ever hear about e-mental health interventions for treatment support?
Yes/ No
I feel ... about e-mental health interventions for treatment support.
Very well informed/ Well informed/ Moderately informed/ Uninformed
Have you ever recommended an e-mental health intervention to your patients or integrated it in your patients' treatment?
Yes/ No
Questions for those who indicated use of an e-mental health intervention in the past
Which of the following e-mental health interventions have you ever recommended? ¹
moodgym/ iFightDepression/ Selfapy/ HelloBetter/ deprexis/ Novego/ Other
How exactly did you integrate the e-mental health intervention in the treatment? ¹
To bridge the waiting period/ For supplementary self-help/ Integrated into treatment/ As aftercare/ As homework/ Others.
To how many patients did you recommend an e-mental health interventions so far?
1–5 patients/ 6–10 patients/ 11–15 patients/ 16–20 patients/ More than 20 patients
How do you evaluate the effort of recommending e-mental health interventions as part of your treatment?
High/ Rather high/ Rather low/ Low
How interested are your patients in applying an e-mental health intervention?
Very high/ High/ Moderate/ Low/ Not at all
I felt that the use of e-mental health intervention as part of patient care was ...
Very helpful/ Helpful/ Less helpful/ Not helpful at all.
I am ... with the use of e-mental health intervention as part of the patient care.
Very satisfied/ Satisfied/ Rather satisfied/ Not satisfied at all
Questions for those who did not indicate use of an e-mental health intervention in the past
To what extent do you intend to use online programs in the future as part of patient care?
I would like to use them soon/ I do not want to use them at all/ I don't know yet

If you have not used e-mental health interventions, what were the reasons?¹

Simply forgot/ Lack of interest from patients/ Negative feedback from patients/ Concerns about whether patients will be able to manage the use on their own/ Anonymity of the Internet/ Doubts about the effectiveness of the program/ Missing informational material to hand out/ Lack of time during a patient consultation/ Lack of preparation time before patient consultation/ Stress due to high patient volume/ Uncertain who the program is suitable for/ Insufficient knowledge about the program/ Privacy concerns/ Other.

Notes. Selfapy, HelloBetter, deprexis, and Novego were DiGA at the time of the survey, moodgym and iFightDepression were free e-mental health interventions.

¹ Multiple response options were possible.