

Table 1. Summary of the structure and content included in the two interventions.

Module	cCBT: Beating the Blues		cCRT: ForemenRehab
1	Problem definition and identifying pleasurable events Identifying thinking errors and distraction techniques		Introduction to attention and areas of the brain involved, followed by attention training exercises
2	<i>Cognitive</i> Identifying negative automatic thoughts	<i>Behavioral</i> Choice of Scheduling pleasurable events	Introduction to memory and areas of the brain involved, followed by memory training exercises
3	Introduction to thinking errors and distraction techniques	<i>or</i> Structured problem solving	
4	Evaluating negative automatic thoughts	Switch to learning remaining technique Scheduling pleasurable events <i>or</i> Structured problem solving	Introduction to executive functioning and areas of the brain involved, followed by executive functioning training exercises
5			Choice of Attention Memory Visual perception
6	Identifying and evaluating core beliefs	Choice of Graded exposure to anxiety-provoking stimuli	<i>and/or</i> Executive functioning to suit individual need
7	Attributional style	Structured ways of breaking tasks down <i>or</i> Sleep management	
8	Action planning and conclusions		