

SPIRIT Figure. Schedule of screening/enrolment, interventions, and assessments.

TIMEPOINT	STUDY PERIOD						
	Screening/enrollment		Post-allocation			Follow-up	
	$-t_1$	t_0	t_1	t_2	t_3	t_4	t_5
SCREENING AND ENROLMENT:							
Informed consent (before eligibility screen)	X						
Eligibility screen	X						
Enrollment		X					
INTERVENTIONS:							
<i>Guided ICare Prevent</i>			↔				
<i>Unguided ICare Prevent</i>			↔				
<i>CAU</i>			X	X	X		
ASSESSMENTS:							
<i>Depression (CES-D)</i>	X						
<i>Depression (QIDS)</i>	X				X	X	X
<i>Depression (PHQ-9)</i>			X	X	X	X	X
<i>Anxiety (GAD-7)</i>	X			X	X	X	X
<i>Anxiety (SIGH-A)</i>	X				X	X	X
<i>Demographic data</i>	X						
<i>Mental disorder diagnosis self-reported</i>	X						
<i>Experience with psychotherapy</i>	X						
<i>Clinical diagnosis (M.I.N.I.)</i>	X					X	X
<i>Academic performance (PSS, ECTS)</i>			X	X	X	X	X
<i>Costs (CSRI)</i>			X			X	X

Alcohol use (AUDIT-C)		X	X	X	X	X
Alliance (WAI-SR) **			X			
Behavioral activation (BADSF)		X		X	X	X
Reasons for dropout **				X		
Expectations (CEQ)		X				
Incongruence (INKK)		X		X	X	X
Motivation (TEQ)		X	X	X		
Negative effects of treatment (INEP) **				X		
Personality (BFI-10)		X				
Potential risk factors *		X				
Program evaluation (CSQ-8) **			X	X		
Quality of life (AQoL, EQ-5D-8L)		X		X	X	X
Resilience (CD-RISC)		X	X	X	X	X
Sleep quality (PSQI)		X		X	X	X
Support **			X			
Wellbeing (WHO-5)		X		X	X	X
Worry (PSWQ-3)		X		X	X	X

Note. t₁= Informed consent and subsequent screening; t₀= Enrollment; t₁= Baseline; t₂= after completion of session 5 or 5 weeks after randomisation; t₃= Post-intervention, t₄= 6 month follow-up; t₅= 12 month follow-up

*= optional; ** = only in intervention groups