

| <b>Week</b>   | <b>Appointment<sup>1</sup></b>           | <b>Therapeutic Intervention<sup>2</sup></b>  | <b>Enhancement</b>   |
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| <b>Week 1</b> | <b>Face-to-face</b><br>(45 minutes)      | Introduction to the eCBT concept<br>Introduction app<br>Psychoeducation<br>OC symptom inventory, 3 Top Problems<br>Preparation homework: administration of symptoms  | App system:<br>- psychoeducation tool<br>- listing OC symptoms<br>- assessments and outcomes<br>- reminders  |
| <b>Week 2</b> | <b>Face-to-face</b><br>(45 minutes)      | Evaluation ratings<br>OC symptom inventory and hierarchy<br>Start ERP: set up ERP-exercises;<br>practicing ERP in the session<br>Prepare homework (ERP)<br>Evaluation experiences with the app and solving problems            | App system:<br>- ratings and results<br>- listing OC symptoms<br>- ERP-exercises<br>- reminders              |
|               | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home   | Videoconferencing software   |
| <b>Week 3</b> | <b>Face-to-face</b><br>(45 minutes)      | Evaluation ratings<br>Update list OC symptoms<br>Evaluation ERP-exercises (homework)<br>ERP: prepare new ERP-exercise;<br>practicing ERP in the session<br>Optional: Cognitive interventions (CI)<br>Preparation homework: ERP | App system:<br>- ratings and results<br>- listing OC symptoms<br>- ERP-exercises<br>- reminders              |
|               | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home   | Videoconferencing software   |
| <b>Week 4</b> | <b>Face-to-face</b><br>(45 minutes)      | Evaluation ratings<br>Update list OC symptoms<br>Evaluation ERP-exercises (homework)<br>ERP: prepare new ERP-exercise;<br>practicing ERP in the session<br>CI (optional)<br>Introduction toolbox<br>Preparation homework: ERP  | App system:<br>- ratings and results<br>- listing OC symptoms<br>- ERP-exercises<br>- toolbox<br>- reminders |
|               | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home   | Videoconferencing software   |
| <b>Week 5</b> | <b>Face-to-face</b><br>(45 minutes)      | Evaluation ratings<br>Update list OC symptoms<br>Evaluation ERP-exercises (homework)<br>ERP: prepare new ERP-exercise;<br>practicing ERP in the session<br>CI (optional)<br>Toolbox<br>Preparation homework: ERP               | App system:<br>- ratings and results<br>- listing OC symptoms<br>- ERP-exercises<br>- toolbox<br>- reminders |
|               | <b>Videoconferencing</b>                 | Therapist-guided ERP at home   | Videoconferencing software   |

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|                         |  | (15 minutes)   |  |
| <b>Week 6 &amp; 7</b>   | <b>Face-to-face</b><br>(45 minutes)      | Evaluation ratings<br>Update list OC symptoms<br>Evaluation ERP-exercises (homework)<br>ERP: prepare new ERP-exercise;<br>practicing ERP in the session<br>CI (optional)<br>Toolbox<br>Preparation homework: ERP | App system:<br>- ratings and results<br>- listing OC symptoms<br>- ERP-exercises<br>- toolbox<br>- reminders                               |
|                         | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home   | Videoconferencing software   |
|                         | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home   | Videoconferencing software   |
| <b>Week 8 &amp; 9</b>   | <b>Face-to-face</b><br>(45 minutes)      | Evaluation ratings<br>Update list OC symptoms<br>Evaluation ERP-exercises (homework)<br>ERP: prepare new ERP-exercise;<br>practicing ERP in the session<br>CI (optional)<br>Toolbox<br>Preparation homework: ERP | App system:<br>- ratings and results<br>- listing OC symptoms<br>- ERP-exercises<br>- toolbox<br>- reminders                               |
|                         | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home   | Videoconferencing software   |
|                         | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home   | Videoconferencing software   |
| <b>Week 10 &amp; 11</b> | <b>Face-to-face</b><br>(45 minutes)      | Evaluation ratings<br>Update list OC symptoms<br>Evaluation ERP-exercises (homework)<br>ERP: prepare new ERP-exercise;<br>practicing ERP in the session<br>CI (optional)<br>Toolbox<br>Preparation homework: ERP | App system:<br>- ratings and results<br>- listing OC symptoms<br>- ERP-exercises<br>- toolbox<br>- reminders                               |
|                         | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home   | Videoconferencing software   |
|                         | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home   | Videoconferencing software   |
| <b>Week 12 &amp; 13</b> | <b>Face-to-face</b><br>(45 minutes)      | Evaluation ratings<br>Update list OC symptoms<br>Evaluation ERP-exercises (homework)<br>ERP: prepare new ERP-exercise;<br>practicing ERP in the session<br>CI (optional)<br>Toolbox<br>Relapse prevention plan   | App system:<br>- ratings and results<br>- listing OC symptoms<br>- ERP-exercises<br>- toolbox, incl relapse prevention plan<br>- reminders |

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|                |  | Preparation homework: ERP / relapse prevention  |   |
|                | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home  | Videoconferencing software  |
|                | <b>Videoconferencing</b><br>(15 minutes) | Therapist-guided ERP at home  | Videoconferencing software  |
| <b>Week 14</b> | <b>Face-to-face</b><br>(45 minutes)      | Evaluation ratings<br>Update list OC symptoms<br>Evaluation ERP-exercises / relapse prevention (homework)<br>Refine relapse prevention plan | App system:<br>- ratings and results<br>- listing OC symptoms<br>- ERP-exercises<br>- toolbox, incl relapse prevention plan |

*Note:* <sup>1</sup>Extra therapist contact via videoconferencing (duration: 15 minutes) is compensated by a reduction of face-to-face sessions (duration: 45 minutes) in the second part of the treatment; <sup>2</sup>For clinical considerations (e.g., in case of a comorbid disorder), individual adaptations to the treatment schedule are allowed as long as the therapist adheres to the treatment principles and content as described in the manual.