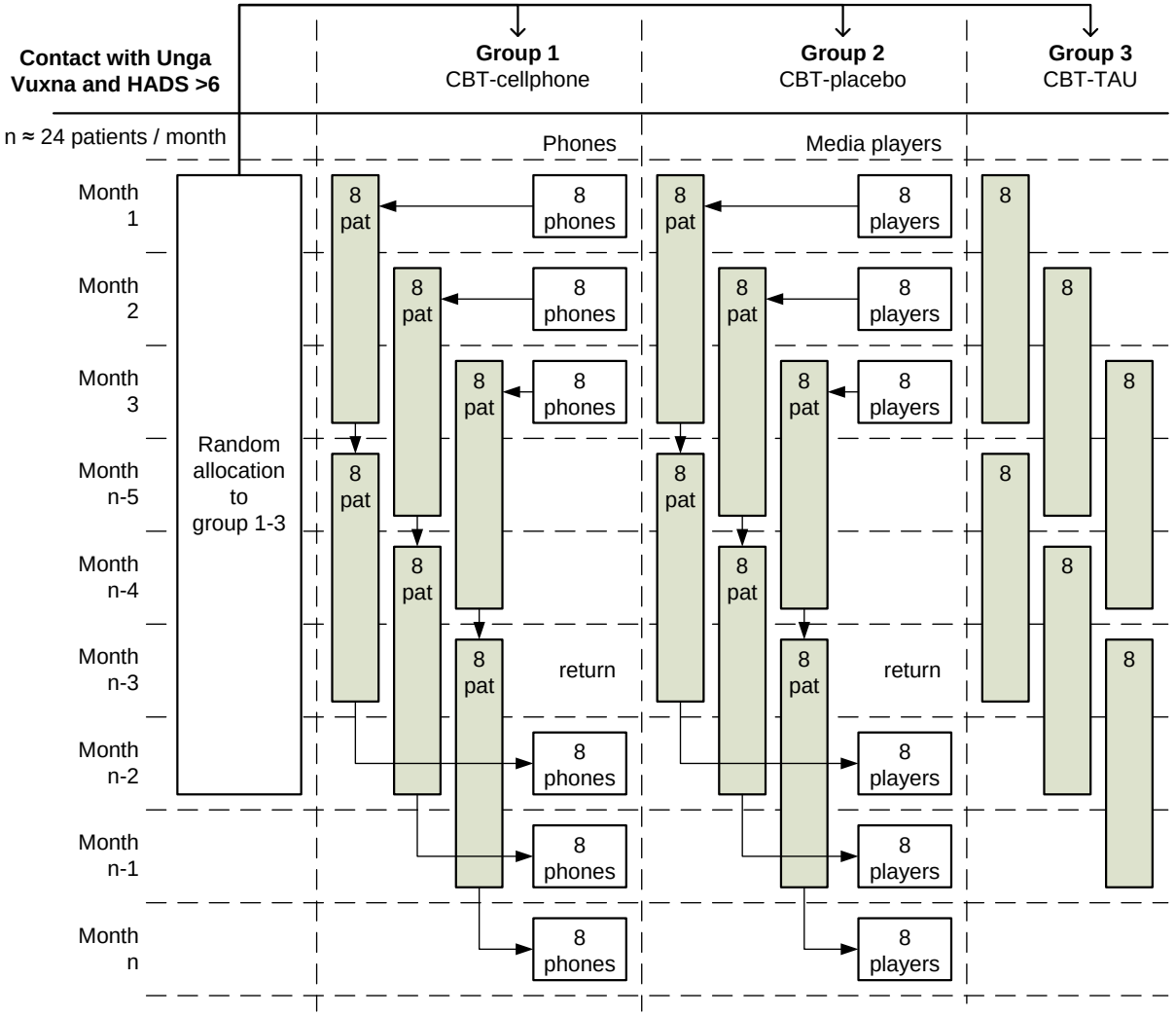
Contact with Unga Vuxna and HADS >6
Group 1
CBT-cellphone
Group 2
CBT-placebo
Group 3
CBT-TAU
n ≈ 24 patients / month
Phones
Media players
Month 1
Month 2
Month 3
Month n-5
Month n-4
Month n-3
Month n-2
Month n-1
Month n
Random allocation to group 1-3
8 pat
8 phones
8 players
return