

Participants will be recruited via the research website (www.geton-training.de) that is announced in newspapers, on-air media and related websites.

People who applied for participation are asked to complete a screening questionnaire.

Exclusion criteria

- CES-D < 16
- suicidal risk (BDI item 9 > 1)
- currently in psychotherapy
- on a waiting list for psychotherapy
- psychotherapy in the past 6 months

Participants screened positive and willing to give informed consent are scheduled for a diagnostic interview by telephone (SCID/DSM-IV section for mood disorders) to assess whether they meet study inclusion criteria.

Exclusion criteria

- acute depressive episode, bipolar disorder or psychosis according to DSM-5 criteria
- history of MDD in the past 6 months

Participants who meet the study inclusion criteria and none of the exclusion criteria, signed the informed consent form, and who completed the baseline assessment (T0) are randomised.

GET.ON Mood

Psychoeducation-only

Post-treatment (T1, 6 weeks), 6-months follow-up (T2), 12-months follow-up (T3)