

## Recruitment population

Inclusion: Young people 16-25 years old of parents with mental disorder or substance use disorder and no diagnosed disease according DSM IV, able to use a computer and fluent in Dutch

Screening eligible subject

Informed consent and baseline measurement

Randomization (n=214)

Exclusion:  
Diagnosed with illness acc DSM IV  
Not fluent in Dutch  
Not able to use computer and internet

Kopstoring program (n= 107)

Follow-up at 3 months

Follow-up at 6 months

Follow-up at 9 months

Extended follow-up for intervention group at 12 months

Waiting List Control (n= 107)

Follow-up at 3 months

Follow-up at 6 months

Follow-up at 9 months

Enrolment Kopstoring program