

Psychiatrist diagnosis of depression
In -or-outpatients

Screening by
research-assistant
Check inclusion/
exclusion criteria
HRSD \geq 14

Informed consent
+
Inclusion in EFF-D

T= 0

Biometric values = BV
Cycle test = CT
Electronic Questionnaire = EQ
Blood samples = BS

Blinded randomisation
by random envelopes

Control Group
Treatment as usual
Psychotherapy
Medication
Lifestyle
psychoeducation

Intervention Group
Treatment as usual
Psychotherapy
Medication
Lifestyle
psychoeducation

+

T = 3 BV,CT,EQ

T = 6 BV,CT,EQ,BS

T = 12 BV,CT,EQ

20 sessions 1 hr. RT/NW supervised
20 sessions 1 hr. RT/NW individually
HR freq. Polar

End of
Intervention period