



**T0:** Beginning of treatment:  
 CBT: 1<sup>st</sup> treatment session  
 GSH-I: 1<sup>st</sup> face-to-face session  
 (activation of Internet program)

**T1:** Mid-treatment:  
 CBT: 10<sup>th</sup> session  
 GSH-I: 2 months

**T2:** End of treatment:  
 CBT: 20<sup>th</sup> session  
 GSH-I: 4 months, 2<sup>nd</sup> face-to-face session  
 (deactivation of Internet program)

**T3:** Follow-up:  
 6 months after T2  
 (+/- 4 weeks allowed)

**T4:** Follow-up:  
 12 months after T3  
 (+6/- 3 months allowed)