

Screening

150 participants are randomised to the 3 groups

(1) Smartphone-supplemented iCBT with therapist support (n = 50)

(2) Smartphone-supplemented iCBT without therapist support (n = 50)

+ 50

(3) Active waiting-list control group (n = 50)

Mid-treatment measurements with GAD-7 and PHQ-9 at 24 and 48 days into treatment

Post-measurement

12 month follow-up

36 month follow-up