

## Multimedia Appendix 1

### Modes of delivery of computerized cognitive behavioral therapy

Computerized cognitive behavioral therapy (CCBT) is a generic term for the delivery of CBT via an interactive computer interface delivered by a personal computer, internet, or interactive voice response system. Early versions of CCBT were delivered offline using CD-ROMs and were subsequently adapted for web-based delivery.

- **Computer-based CBT**

CBT program delivered using offline electronic products, such as CD-ROMs.

Examples: Beating the Blues CD-ROM package (UK), Good Day Ahead-The multimedia program for cognitive therapy DVD-ROM package (US).

- **Internet-based CBT**

CBT program delivered using non-web based internet components, such as emails or video chat.

Examples: Out of depression; DAVID (Sweden) [1].

- **Web-based CBT**

CBT delivered using a web-based interactive program. Web-based CBTs are often offered without therapist guidance (unguided interventions), but can be combined with minimal, albeit regular, therapist contact (therapist-guided interventions).

Examples: Mood GYM (Australia) [2], Beating the Blues (UK) [3], Deprexis (Germany) [4], Wellbeing program (Australia) [5].

- **Blended CBT**

Blended CBT is a relatively new format where online and face-to-face interventions are intergraded into one treatment protocol.

Examples: Blended CBT combining web-based Good Day Ahead program and face-to-face sessions (US) [6].

## REFERENCES

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