

Multimedia Appendix 3

The framework of the 12-week web-based cognitive behavioral therapy blended with face-to-face sessions for major depression

Session #	Suggested structure	Goals of the face-to-face session	Suggested website module /Homework
1,2	<ul style="list-style-type: none"> ✓ Review symptoms, course of the illness and developmental history ✓ Clarify patient's problems ✓ The treatment goal will be discussed and set. ✓ Educate patient about depression and CBT ✓ Provide a summary and elicit feedback 	<ul style="list-style-type: none"> ✓ Establish rapport ✓ Gather information about the patient's problems and develop a problem list ✓ Provide education about depression and an overview of the program 	<ul style="list-style-type: none"> ✓ Read the guidebook ✓ "What is depression?" ✓ "What is CBT?"
3,4,5	<ul style="list-style-type: none"> ✓ Understand the interaction between behavior and mood ✓ Reduce depressive behavior: behavioral activation 	<ul style="list-style-type: none"> ✓ Learn and practice about behavioral activation 	<ul style="list-style-type: none"> ✓ "Behavioral activation" ✓ Fill in the activity chart
6,7,8	<ul style="list-style-type: none"> ✓ Understand dysfunctional thoughts ✓ Create a dysfunctional thought record ✓ Acquire flexible thinking: cognitive reconstructing 	<ul style="list-style-type: none"> ✓ Identify mood and automatic thoughts ✓ Challenge automatic thoughts 	<ul style="list-style-type: none"> ✓ "Challenging the thought" ✓ Fill in the three-column thought record ✓ Fill in the seven-column thought record
9,10,11	<ul style="list-style-type: none"> ✓ Define problems ✓ Setting achievable goals and exploring the solution: problem-solving 	<ul style="list-style-type: none"> ✓ Learn problem-solving skills 	<ul style="list-style-type: none"> ✓ "Problem-solving steps" ✓ Fill in the problem-solving step form
12	<ul style="list-style-type: none"> ✓ Identify triggers for relapse, develop a relapse prevention plan and utilize relapse prevention strategies ✓ Wrap-up 	<ul style="list-style-type: none"> ✓ Highlight relapse prevention ✓ Termination 	