

Table 2. Overview of instruments used in treatment (Tx) RCTs Sweden. Inspired by Weisel et al 2019 [15]. All follow-ups are timed from the point of pre-treatment randomization.

Nr.	Phase	Category	Construct	Questionnaire	T0. Baseline	T1 Prior to first Tx module	Weekly during Tx	T2. Mid-Tx after 3 rd Tx module	T3. End of Tx (8 w)	T4. 6m	T5. 12m	T6. 24m
1	Screen	Mental health	Demographic / mental health screen	WHO-WMH-ICS	Data from 1 st term						3 rd term	5 th term
1.1	Information	Referral	Referral	Resources	✓							
2	Screen	Tx now?	Exclusion	3 Qs	✓							
2.1	Screen	Mental health	Co-morbidity	DSM-5 CCSM +	✓			✓	✓	✓	✓	✓
3	Screen/Weekly/primary outcome	Mental health	Depression	PHQ-9	✓	✓	✓	✓	✓	✓	✓	✓
4	Screen/Weekly/primary outcome	Mental health	Anxiety	GAD-7	✓	✓	✓	✓	✓	✓	✓	✓
5	Screen (as long as relevant)	Mental health	Pandemic-related anxiety	GAD-7-COVID	✓							
6	Screen + all phases	Well-being	Well-being	WHO-5	✓	✓	✓	✓	✓	✓	✓	✓
7	Pre-Tx	Tx prep	Motivational component	Telephone interview		✓						
8	Pre-Tx	Tx prep	Tx expectancy	CEQ		✓		✓				
9	Pre-Tx	Tx prep	Attitudes towards professional help	ATSPPHS		✓					✓	✓
10	Mid-Tx assessment	Risk factor	Risk factor Sleep	ISI		✓		✓	✓	✓	✓	✓
11	Mid-Tx assessment	Skill	Behavioral Activation-Depression	BADS		✓		✓	✓	✓	✓	✓
12	Mid-Tx assessment	Skill	Managing negative thoughts	SOCT-P		✓		✓	✓			✓
13	Mid-Tx assessment	Tx-process	Tx alliance	WAI-SR for internet Tx				✓	✓			
14	Secondary outcome	Well-being	Quality of life	WHOQOL-Bref		✓					✓	✓
15	Secondary outcome	Risk factor	Alcohol	AUDIT-C		✓			✓	✓	✓	✓
16	Secondary outcome	Risk factor	Risk factor Self-esteem	RSES		✓			✓	✓	✓	✓
17	Secondary outcome	Risk factor	Risk factor Resilience	CD-RISC-25		✓			✓	✓	✓	✓
18	Secondary outcome	Risk factor	Emotion regulation	DERs-16		✓			✓	✓	✓	✓
19	Secondary outcome	Risk factor	Worry	PSWQ		✓			✓	✓	✓	✓
20	Secondary outcome	Risk factor	Personality	BFI-10		✓					✓	✓
21	Secondary outcome	Health econ.	Other help accessed	TIC-P		✓				✓	✓	✓
22	Secondary outcome	Tx-process	Tx satisfaction	CSQ				✓ (22.1)	✓	✓		✓
23	Secondary outcome	Tx-process	Tx negative effects	NEQ				✓	✓	✓		✓
24	Qualitative study	Tx-process	Interview guide	Qual interview						✓		
25	Qualitative study	Tx-seeking	Interview guide	Qual interview						✓		

Instrument abbreviations

- WHO-WMH-ICS survey
 - DSM-5 Level 1 CCSM
 - PHQ-9
 - GAD-7
 - GAD-7- COVID
 - WHO-5
 - Telephone interview
 - CEQ
 - ATSPPHS
 - ISI
 - BADS
 - SOCT-P
 - WAI-SR adapted for internet
 - WHOQOL-Bref
 - AUDIT-C
 - RSES
 - 1CD-RISC-25
 - DERs-16
 - PSWQ
 - BFI-10
 - TIC-P
 - CSQ
 - 22.1 CSQ, adapted
 - NEQ
 - Qualitative interview
 - Qualitative interview
- World Mental Health-College Student Initiative Survey
- Diagnostic and Statistical Manual of Mental Disorders Cross-Cutting Symptom Measure (26 items), American Psychiatric Assoc. [1, 2]
- Patient Health Questionnaire (9 items), Kroenke et al 2001 [3]
- General Anxiety Disorder questionnaire (7 items), Spitzer et al 2006 [4]
- GAD-7 adapted for COVID-19 pandemic, Wahlund et al, 2020 [5]
- World Health Organization Well-being questionnaire (5 items), Topp et al 2015 [6]
- Research group's original guide based on student user input (Berman, Granlund, Molander et al, 2021, unpublished)
- Credibility-Expectancy Questionnaire (5 items), Devilly & Borkovec 2000 [7]
- Attitudes towards seeking professional psychological help scale (10 items), Surgenor, 1985 [8]
- Insomnia Severity Index (7 items), Morin et al, 2011 [9]
- Behavioral Activation for Depression Scale (25 items), Kanter et al 2007, 2010 [10, 11]
- Skills of Cognitive Therapy – Patient/participant version (8 items), Jarrett et al, 2011[12]
- Working Alliance Inventory – Self-Report (12 items) Tracey & Kokotowitc 1989 [13]
- World Health Organization Quality of Life Scale – Brief (26 items), Skevington et al, 2004 [14]
- Alcohol Use Disorders Identification Test – Consumption (3 items), Bush et al 1998 [15]
- Rosenberg Self-Esteem Scale (10 items), Rosenberg, 1979; [16, 17]
- Connor-Davidson Resilience Scale (25 items), Connor-Davidson et al. 2003; Velickovic et al 2020 [18, 19], permission granted
- Difficulties in Emotion-Regulation Scale (16 items), Swedish version Bjureberg et al, 2015 [20]
- Penn-State Worry Questionnaire (16 items), Berle et al, 2011, Swedish version, E Andersson, E Hedman et al 2017 [21, 22]
- Big Five Inventory-10 (10 items), Rammstedt & John, 2007 [23]
- Healthcare consumption and productivity loss in patients with a psychiatric disorder (56 items); Bouwmans et al., 2013 [24]
- Client Satisfaction Questionnaire (8 items), Attkisson & Zwick 1982 [25]
- Client Satisfaction Questionnaire (8 items), adapted for mid-Tx assessment
- Negative treatment effects questionnaire (20 items), Rozental et al 2019 [26]
- Qualitative interview on experience of treatment intervention
- Qualitative interview concerning experience of mental health/treatment-seeking experience

Full references for questionnaires

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