

Table 1. Intervention modules**1a. Overview**

Week	Module type	Theme	Title
1	Standard ¹	Psychoeducation	It's about you
2	Track choice ²	Behavioral activation I	Map your activities
2	Track choice ²	Anxiety and GAD	Anxiety and constant worry
3	Track choice ²	Behavioral activation II	Change through action
3	Track choice ²	Anxiety and exposure	Anxiety
4	Tailored choice ³	Rank #1	
5	Tailored choice ³	Rank #2	
6	Tailored choice ³	Rank #3	
7	Standard ¹	Acceptance	Acceptance
8	Standard ¹	Maintenance	Continue to take care of yourself

1b. Tailored choice. All elective module options are presented to participants at the start of their treatment program. The participant then ranks the top three preferences.

Week	Module type	Theme	Title
N/A	Tailored choice ³	Emotion and affect regulation	Everything we feel
N/A	Tailored choice ³	Cognitive restructuring	Change your thoughts
N/A	Tailored choice ³	Stress management	Manage stress
N/A	Tailored choice ³	Relaxation	Relaxation
N/A	Tailored choice ³	Sleep hygiene	Change your sleep
N/A	Tailored choice ³	Social anxiety	Anxiety and social contact
N/A	Tailored choice ³	Panic anxiety	Anxiety and panic
N/A	Tailored choice ³	Perfectionism	Being perfect?

¹ Standard: The module is provided to all participants.

² Track choice: The module is based on the participant's main problem area.

³ Tailored choice: The participant selects three modules. Access is provided manually by the guide assigned to the participant, both for the guided and unguided groups.

Note. Each participant's individual treatment plan is manually coded onto the platform following randomization. For all participants, access to standard and tailored materials is given automatically, in sequence.