1 **Supplementary table 1:** Additional demographic data and recruitment sources.
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	Intervention		Care as usual	
	n = 509 (50.1%)		*n* = 504 (49.9%)	
	M	*SD*	*M*	*SD*
Age (yrs.)	42.8	11.0	42.9	11.0
	n	%	*n*	%
Sex (female)	350	68.8%	345	68.5%
Marital Status	n	%	n	%
Married and cohabiting	203	39.9%	222	44.0%
Married and not cohabiting	12	2.4%	16	3.2%
Single	118	23.2%	129	25.5%
Stable partner	106	20.9%	83	16.4%
Divorced	65	12.8%	50	9.9%
Widowed	5	1.0%	4	0.8
Schooling	*n*	%	*n*	%
Not yet completed	2	0.4%	0	0.0%
No degree	1	0.2%	0	0.0%
Lower secondary school	29	5.7%	24	4.8%
Middle secondary school	131	25.8%	112	22.2%
Higher secondary school qualifying for university of applied science	87	17.1%	85	16.8%
Higher secondary school qualifying for university	249	48.9%	271	53.8%
Other	10	2.0%	12	2.4%
Employment	*n*	%	*n*	%
Full time	220	43.3%	214	42.4%
Part time	117	23.0%	114	22.6%
Recruitment Source	*n*	%	*n*	%
In- or outpatient treatment	58	11.4%	51	10.1%
Other	451	88.6%	453	89.9%

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1 **Supplementary table 2:** Statistical analysis of secondary outcomes.

	Mixed Model Analysis				
	df	*t-value*	*p*	Effect Estimate	95% CI
PHQ-9	842	6.132	< .001	-1.572	[-2.075, -1.069]
HDRS-24	694	4.184	< .001	-2.174	[-3.194, -1.154]
QIDS-C16	668	3.047	.002	-0.935	[-1.538, -.333]
SF-12 Mental Health	803	4.037	<.001	2.247	[1.164, 3.330]
SF-12 Physical Health	803	1.195	.233	0.545	[-0.351, 1.441]
FEP-2 Total Mean	825	5.127	< .001	-0.180	[-0.249, -0.111]
	Logistic Regression Analysis				
	df	*z-value*	*p*	*OR*	95% CI
Current MDE (MINI)	696	1.590	0.112	0.677	0.416 – 1.092

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1 **Supplementary table 3:** Main and secondary outcomes (observed data).

	Post						Follow-Up					
	Intervention (*n* = 395)		Care as usual (*n* = 399)		Cohen's *d*		Intervention (*n* = 378)		Care as usual (*n* = 376)		Cohen's *d*	
	M	*SD*	*M*	*SD*		95% CI	*M*	*SD*	*M*	*SD*		(95% CI)
PHQ-9	7.35	4.00	9.04	4.43	0.40	[0.10, 0.69]	7.06	4.21	8.63	4.55	0.36	[0.05, 0.67]
HDRS-24	11.88	7.38	14.12	8.22	0.29	[-0.29, 0.97]				n.a.		
QIDS-C16	6.34	4,35	7.21	4.46	0.20	[-0.13, 0.53]				n.a.		
SF-12 MH	37.58	10.16	35.11	9.18	0.26	[-0.43, 0.94]	38.85	10.30	36.88	10.28	0.19	[-0.55, 0.94]
SF-12 PH	47.86	9.51	47.37	9.48	0.05	[-0.62, 0.73]	47.85	9.51	46.81	9.49	0.11	[-0.58, 0.80]
FEP-2	2,53	0,63	2,74	0,62	0.34	[0.29, 0.38]	2,48	0,62	2,70	0,67	0.34	[0.30, 0.39]
	n	%	*n*	%	*NNT*	95% CI	*n*	%	*n*	%	*NNT*	95% CI
Minimally clinically important PHQ-9 improvement	143	36.3%	83	20.8%	6	[5, 11]	150	39.7%	96	25.5%	7	[5, 13]
Current MDE (MINI)	37	10.6%	47	13.5%	34	[-33, 53]				n.a.		

2 The effect sizes are given as Cohen's d for continuous outcomes and NNT for dichotomous outcomes.

Supplementary Table 4: Main outcome (PHQ-9) at post and at follow-up in the mildly (PHQ-9: 5-9) compared to the moderately (PHQ-9 10-14) depressed subgroup. Only the moderately depressed subgroup received e-mail support. The effect size is given as Cohen's *d* (imputed data).

	Intervention			Care as usual			Effect Size	
Baseline	*n*	*M*	*SD*	*n*	*M*	*SD*	Cohen's *d* [95% CI]	
Mildly depressed	192	7.62	1.19	187	7.70	1.25	0.07	[-0.06, 0.19]
Moderately depressed	317	11.81	1.40	317	11.89	1.31	0.06	[-0.04, 0.16]
Post								
Mildly depressed	192	6.53	3.59	187	7.68	3.79	0.31	[0.09, 0.54]
Moderately depressed	317	8.15	4.17	317	10.02	4.35	0.44	[0.18, 0.70]
Follow up	*n*	*M*	*SD*	*n*	*M*	*SD*	Cohen's *d* [95% CI]	
Mildly depressed	192	6.08	3.86	187	7.28	4.17	0.30	[0.05, 0.55]
Moderately depressed	317	8.05	4.20	317	9.52	4.34	0.35	[0.08, 0.61]

Supplementary Table 5: Main outcome (PHQ-9) at post and at follow-up in those taking antidepressant medication compared those not taking antidepressant medication. The effect size is given as Cohen's *d* (imputed data).

	Intervention			Care as usual			Effect Size	
Baseline	*n*	*M*	*SD*	*n*	*M*	*SD*	Cohen's *d* [95% CI]	
With antidepressant medication	193	10.39	2.45	204	10.29	2.50	-0.04	[-0.28, 0.20]
Without antidepressant medication	202	9.98	2.40	194	10.22	2.43	0.10	[-0.14, 0.34]
Post	*n*	*M*	*SD*	*n*	*M*	*SD*	Cohen's *d* [95% CI]	
With antidepressant medication	193	7.98	4.25	204	9.18	4.56	0.27	[-0.16, 0.71]
Without antidepressant medication	202	6.75	3.65	194	8.90	4.31	0.54	[0.15, 0.93]
Follow up	*n*	*M*	*SD*	*n*	*M*	*SD*	Cohen's *d* [95% CI]	
With antidepressant medication	193	7.79	4.28	204	8.40	4.59	0.14	[-0.30, 0.57]
Without antidepressant medication	202	6.56	3.95	194	8.85	4.52	0.54	[0.13, 0.96]

Supplementary Table 6: Main outcome (PHQ-9) at post and at follow-up in those receiving concomitant psychiatric or psychotherapeutic treatment compared those not receiving concomitant treatment. The effect size is given as Cohen's *d* (imputed data).

	Intervention			Care as usual			Effect Size	
Baseline	*n*	*M*	*SD*	*n*	*M*	*SD*	Cohen's *d* [95% CI]	
With concomitant treatment	187	10.36	2.47	200	10.21	2.44	-0.06	[-0.30, 0.18]
Without concomitant treatment	322	10.16	2.40	304	10.42	2.38	0.11	[-0.08, 0.30]
Post	*n*	*M*	*SD*	*n*	*M*	*SD*	Cohen's *d* [95% CI]	
With concomitant treatment	187	8.03	4.25	200	9.05	4.36	0.24	[-0.19, 0.66]
Without concomitant treatment	322	7.26	3.89	304	9.23	4.27	0.48	[0.17, 0.80]
Follow up	*n*	*M*	*SD*	*n*	*M*	*SD*	Cohen's *d* [95% CI]	
With concomitant treatment	187	7.79	4.32	200	8.32	4.57	0.12	[-0.32, 0.56]
Without concomitant treatment	322	7.02	4.08	304	8.93	4.30	0.46	[0.13, 0.78]