Supplementary material Table S1

Summary of Treatment Contents

First section (sessions 1-4): Introduction and psychoeducation

Session	CBASP	CBT-M	CBT-E
1	Explore individual course and symptoms of depression Address patient's expectations, increase hope, decrease unrealistic expectations		
2	Develop a model of depression (cause, maintenance, interpersonal learning) Explain goals and contents of CBASP Homework: List significant others	Develop a model of depression (cause, maintenance) Education: Influence of mindfulness exercises on depression Homework: Daily protocol (activity, events, mood)	Develop a model of depression (cause, maintenance) Education: Influence of physical exercise on depression Homework: Daily protocol (activity, events, mood)
3	Significant Other History (start)	Discuss last week protocol Education: Biological and psychological effects of pleasurable activities on mood and health, recommendations for mindful activities Therapist-guided preparation of activity plans for weeks 5-8 Homework: Self-guided preparation of activity plans for weeks 5-8	Discuss last week protocol Education: Biological and psychological effects of exercise on mood and health, recommendations for physical activity Therapist-guided preparation of activity plans for weeks 5-8Homework: Self-guided preparation of activity plans for weeks 5-8
4	Significant Other History (continuation) Generate a Transference Hypothesis	Discuss homework Check understanding for relation of mindfulness activities and mood Increase motivation for mindfulness activities	Discuss homework Check understanding for relation of physical activity and mood Increase motivation for exercises

		Problem-solving strategies to reduce barriers to mindfulness activities Further therapist-guided preparation of activity plans for weeks 5-8 Homework: Finishing activity plans for weeks 5-8	Problem-solving strategies to reduce barriers to physical activity Further therapist-guided preparation of activity plans for weeks 5-8 Homework: Finishing activity plans for weeks 5-8

Second section (sessions 5-8): Specifics of CBASP Situation Analyses, or resp. behavioral activation in cbt-arms (mindfulness vs. physical exercise)

Session	CBASP	CBT-M	CBT-E
5	Explain Situation Analyses by a simple interpersonal situation chosen by patient Homework (until end of treatment): Choose an interpersonal situation	Evaluation of activity plans Repetition of education Further motivation and, if necessary, problem solving First exercise in session: Focus on olfactory sense (with stimuli as lemons, herbs, etc.)	Evaluation of activity plans Repetition of education Further motivation and, if necessary, problem solving
6 - 8	Each session: Situation Analyses In case of “hot spots” (behavior relevant for transference hypotheses): Disciplined Personal Involvement and Interpersonal Discrimination Exercise	Each session: Review last week’s mindfulness exercises Check understanding and compliance Exercise in session: Focus on one sense (haptic, iconic, echoic) per week Further motivation and, if necessary, problem solving Evaluation and adaption of activity plans	Each session: Review last week’s physical exercises Check understanding and compliance Further motivation and, if necessary, problem solving Evaluation and adaption of activity plans
9		Resumé 4 weeks of intense focusing on sensory channels	Resumé 4 weeks of increased physical activity

		Motivate for maintenance of mindful activities	Motivate for maintenance of physical activities

Third section (sessions 9-16): Situation analyses, or resp. Cognitive Therapy

Session	CBASP	CBT-M	CBT-E
10	Each session: Situation Analyses Disciplined Personal Involvement Interpersonal Discrimination Exercise In addition, if indicated: Social Skills Training, Problem Solving	Explain connection of feelings and thoughts Introduce “automatic thoughts” Learn about relevance of automatic thoughts by examples of Ellis’ A B C model Identify patient’s characteristic automatic thoughts Homework: A B C analysis Motivate for maintenance of mindful (CBT-M) or physical activities (CBT-E)	
11		Extend model by “disputation” and “effect” to A B C D E First try to discuss and modify automatic thoughts Homework: A B C D E analysis Motivate for maintenance of mindful (CBT-M) or physical activities (CBT-E)	
12		Further discussion and modification of automatic thoughts Homework: Daily protocol of automatic thoughts Motivate for maintenance of mindful (CBT-M) or physical activities (CBT-E)	
13		Techniques on questioning automatic thoughts, further exercise Techniques on stopping dysfunctional thoughts and rumination Motivate for maintenance of mindful (CBT-M) or physical activities (CBT-E)	
14		Identify general beliefs that complicate patient’s life Motivate for maintenance of mindful (CBT-M) or physical activities (CBT-E)	
15		Optimize self-esteem Appraisal of success and failure Motivate for maintenance of mindful (CBT-M) or physical activities (CBT-E)	
16	Maintenance of situation analyses / mindfulness / physical activities Relapse prevention		

	Resumé of helpful elements in therapy