**Table S1.** Stages of development of panic disorder (adapted from Cosci & Fava, 2013)

|  |  |
| --- | --- |
| **1** | Prodromal phase: subclinical symptoms of agoraphobia/social anxiety/generalized anxiety disorder/hypochondriasis |
| **2** | Acute manifestations of agoraphobia/social anxiety/generalized anxiety disorder/ hypochondriasis |
| **3** | Panic disorder with worsening of anxiety and hypochondriacal symptoms. Demoralization and/or major depression may occur |
| **4** | Chronic panic disorder and agoraphobia/social anxiety/generalized anxiety disorder/hypochondriasis (in attenuated or persistent form). Increased liability to major depression |

**Table S2.** Stages of development of unipolar depression (adapted from Cosci & Fava, 2013)

|  |  |
| --- | --- |
| **1** | Prodromal phase: No depressive symptoms (generalized anxiety, irritability, anhedonia, sleep disorders) with mild functional change or decline and/or Mood symptoms (sad mood, subsyndromal depression) |
| **2** | Major depressive episode |
| **3** | Residual phase: No depressive symptoms (sleep disturbance, generalized anxiety, irritability, anorexia, impairment libido) and/or Mood symptoms (depressed mood, guilt, hopelessness) and/or Dysthymia |
| **4** | Recurrent depression or Double depression. |
| **5** | Chronic major depressive episode |

**Table S3.** Steps for implementing the sequential approach in recurrent depression (adapted from Fava & Tomba, 2010)

|  |  |
| --- | --- |
|  | 1. Careful assessment of patient 3 months after starting antidepressant drug treatment, with special reference to residual symptoms. 2. Cognitive behavioral treatment for residual symptoms, including cognitive restructuring and/or homework exposure. 3. Tapering of antidepressant drug treatment at the slowest possible pace. 4. Addition of well-being enhancing therapy and lifestyle modification. 5. Discontinuation of antidepressant drugs. 6. Careful assessment of patient 1 month after drug discontinuation. |

**References**

Cosci F, Fava GA. Staging of mental disorders: systematic review. Psychother Psychosom. 2013;82(1):20-34.

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