

Supplement DS1 The role of ICBT therapists

The online therapists in this study were qualified psychologists or 'probationary' psychologists completing their final (fifth) year of training while under the direct supervision of a senior psychologist. All therapists had basic or advanced training in cognitive behavioural therapy (CBT). Their role was to assist patients with module specific problem solving, provide additional explanations when needed/requested, offer ideas on how to design homework in relation to the methods explained in the modules, and provide method specific feedback. In practice, the therapists also acted as coaches who encouraged patients to continue working through the modules, and deepened the patient's understanding and utilization of the module content. In this sense they performed 'therapy', however it was always consistent with basic CBT-principles and the specific condition/problem the modules presented. No quantitative measure of therapist adherence was made, but the therapist manual and the limited time spend on each patient made deviations from the program and module content unlikely.

Table DS1 Sensitivity analysis - complete case (n=945)

Group by time Interaction	Reduction in depression severity			
	Beta	SE	95% CI	p
Primary end point				
Treatment as usual (ref)				
Physical exercise	-.35	.10	-.55 to -.16	.000
ICBT	-.39	.09	-.58 to -.19	.000
Interim assessment				
Treatment as usual (ref)				
Physical exercise	-.47	.10	-.67 to -.28	.000
ICBT	-.49	.09	-.68 to -.29	.000

Note: Missing cases were imputed using Last Observation Carried Forward (LOCF). All analyses adjusted for age, gender and anti-depressant use.

Table DS2 Sub-group analysis - concurrent depression and anxiety only (n=633)

Group by time Interaction	Reduction in depression severity			
	Beta	SE	95% CI	p
Primary end point				
Treatment as usual (ref)				
Physical exercise	-.22	.13	-.49 to .03	.088
ICBT	-.39	.13	-.65 to -.13	.003
Interim assessment				
Treatment as usual (ref)				
Physical exercise	-.56	.13	-.83 to -.29	.000
ICBT	-.60	.13	-.88 to -.33	.000

Note: All analyses adjusted for age, gender and anti-depressant use.