Randomization (N=945)

12-week TAU intervention

(N=312)

12-week ICBT Intervention

(N=317)

Eligibility Screening by primary care physician (PHQ>9)

Baseline Assessment (N=945)

12-week PE intervention (N=316)

Moderate Intensity

(N= 108)

Light Intensity

(N=106)

N= 235 participated in VO2max test at baseline

(n= 181 provided valid test results)

Vigorous Intensity

(N= 102)

N= 142 participated in VO2max test at follow-up

(n=125 provided valid VO2max measurements at follow-up)

Vigorous Intensity (n = 33), Moderate Intensity (n = 38) and Light Intensity (n = 39) had valid VO2max test measurements at both baseline and follow-up.

**Supplementary figure 1:** Study flow chart.