* **Participant Flow:**
* **Baseline Characteristics:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Setting | 1 | 2 | 3 | 4 | 5 | Total |
| Intakes | 11 | 9 | 1 | 23 | 4 | 48 |
| Eligible for Training1 | 5 | 5 | 1 | 151 | 4 | 30 |
| Drop out before post-intervention measurement | 2 | 0 | 0 | 4 | 0 | 6 |
| Pre- and post- measurements available | 3 | 5 | 1 | 111 | 4 | 24 |
| Female | 3 | 5 | 0 | 6 | 4 | 18 (75%) |
| Age of participants of which pre- and post-measurements are available *M* (SD) | 31.00 (7.55) | 49.60 (6.11) |  | 44.64 (10.85) | 41.25 (17.37) | 43.35 (11.74) |

1  = Settings were instructed via the web-based self-directed training protocol best to include participants showing *reduced autobiographical memory training* as shown by a score on the *autobiographical memory test* of less than 7/10 at a pre-intervention assessment. However, setting 4 decided to include 4 participants in their training with scores of 7/10 and 8/10 on the AMT.

* **Outcome Measures:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Setting | 1 | 2 | 3 | 4 | 5 | Total | |
| Memory Specificity – AMT | |  |  |  |  | |
| Pre-, M (SD) | 5.33 (.58) | 3.40 (2.30) | 5.00 | 6.00 (1.18) | 4.50 (1.92) | 5.08 (1.77) | |
| Post-, M (SD) | 9.33 (1.16) | 7.20 (2.39) | 9.00 | 8.09 (1.51) | 5.75 (2.22) | 7.71 (1.99) | |
| *t* | 6.93\*\* | 2.73 |  | 4.08\*\* | 5.00\* | 6.31\*\*\* | |
| *Mean difference, 95% CIb* | 4.00 | 1.22 |  | 1.23 | 2.50 | 2.61  [1.90 – 3.32] | |
| n | 3 | 5 | 1 | 11 | 4 | 24 | |
| Depressive symptoms – BDI-II | |  |  |  |  |
| Pre-, M (SD) | 37.00 | 36.20 (11.76) |  |  |  | 36.33 (10.52) | |
| Post-, M (SD) | 34.00 | 14.80 (7.56) |  |  |  | 18.00 (10.35) | |
| n | 1 | 5 |  |  |  | 6 | |
| Depressive symptoms – PHQ-9 | |  |  |  |  |
| Pre-, M (SD) |  |  |  | 16.45 (5.17) | 17.50 (5.07) | 16.73 (4.98) | |
| Post-, M (SD) |  |  |  | 13.09 (5.65) | 12.25 (3.59) | 12.87 (5.07) | |
| n |  |  |  | 11 | 4 | 15 | |

*Note*. AMT = Autobiographical Memory Test; BDI-II = Beck Depression Inventory II; PHQ-9 = Patient Health Questionnaire 9.

*b* A mean of pre-post difference scores is calculated per setting. A 95% CI is calculated for the total sample by using a pooled SD of the pre-intervention scores.

\* p < .05 \*\* p < .01 \*\*\* p < .001

* **Adverse Events:**  There were no adverse events associated with this trial.