# **Participant Timeline**

# Step 1: Initial Access Participant accesses the REDCap link to register.

## Step 2: Eligibility Screening

- Resides, works, or studies in Porto Alegre
- Age 18–24 years
- Signed informed consent
- Able to attend eight scheduled sessions
- PHQ-9 score ≥ 5, without suicidal ideation

#### Step 3: Medical Interview

- Sociodemographic questionnaire
- Structured interview (M.I.N.I.)

# Exclusion Criteria:

- Current manic or hypomanic episode
- Current or past psychotic disorder
- Substance use disorder in past 12 months (except tobacco)
- Suicide risk or ideation

## Step 4: Inclusion and Randomization

Eligible participants are randomized to:

- Intervention Group (IPT-G)
- Control Group (Waitlist/Usual Care)