## Supplemental file 2. Screenshots of the I-BA interventions

1. Left: Psychoeducational video on depression. Right: Activity diary used throughout treatment.

STA	RT MEDDELANDEN MODULER	PROBLEM? SEKRETESS ර්	START MEDDELANDEN MODULER	PROBLI	em? Sekretess ර
1. The Ba	ics Modultext Activity diary		4. The Avoidance Trap Modultext Activity diary		
	<text><section-header><text><text><text><image/></text></text></text></section-header></text>		"Week 1" tab, and then twice a day, once in it meaningful it felt. The week starts on a Friday each weekend, completing weekly exercises I Instructions for Module 2-8. Starting from M tab to help you, containing a list of suggested diary. You can also enter your own activities.	Idery         week, your task is to explore how a week in your life looks. You do this by clicking on the morning and once in the afternoon/weening, fill in what you did and assess how yo since we open new modules on that day, and we recommend working on a new no between modules (typically from Friday to Thursday).         Addule 2, your task is to plan activities for the upcoming week. You have the "Activities that you can check, and they will appear in a dropdown list in the activities that you can check, and they will appear in a dropdown list in the activities that you can check, and they will appear in a dropdown list in the activities that you can check, and they will appear in a dropdown list in the activities that, you can check, and they will appear in a dropdown list in the activities that you can check, and they will appear in a dropdown list in the activities that, you can check, and they will appear in a dropdown list in the activities that, you can check, and they will appear in a dropdown list in the activities that, you can check, and they will appear in a dropdown list in the activity formiddag         Item constrained to the point appear in a dropdown list in the activity appear in a dropdown list in the activity and they fell. Click the plus sign each week to reveal Week 3         Ide up for a transformation to the plus sign each week to reveal Week 3         Item remining full they fell. Click the plus sign each week to reveal Week 3         Item remining full thandes det?         Item remining full thandes det? </th <th>nodule ities" Y</th>	nodule ities" Y

2. Left: The three fictional characters sharing their treatment goals. Right: Exercise on the avoidance trap.

START MEDDELANDEN MODULER	PROBLEM? SEKRETESS & START MEDDELANDEN MODULER	problem? sekretess එ
2. What matters to you? Modultext Activity diary	4. The Avoidance Trap Modultext Activity diary	
Examples of treatment goals		Sidan 9 av 19
	The avoida	nce trap - hmm, what is it?
As mentioned earlier, setting treatment goals can be helpful. These goals articulate what you aim to achieve during the treatment and underscore what is important to you. Click on the headlines to read about the goals Noomi and the others have for their treatments!	Avoidance is everyt suppress difficult en out of challenging si may provide relief i but make life and de	hotions or get tuations. It the moment, pression
Noomi's goals	worse in the long ru fallen into the avoid	ance trap. It is
Noomi - stressed about school, doesn't want to burden her parents, feeling sad, and resting a lot. Here are Noomi's goals for the treatment:	pattern. Now, we ar	when you're depressed, it's easy for avoidance to become a e curious to hear what you think about the film!
<ul> <li>Start dancing regularly again</li> <li>Socialize with friends every weekend.</li> </ul>		rourself in that you sometimes fall into the avoidance trap? If no, what do you not recognize?
<ul> <li>Study at specified times, no later than 7 PM on weekdays, and not on weekends.</li> </ul>	Skrivhär	
Amin's goals		are avoidance and depression related in your case?
Molly's goals	Steriv här	
FOREGAENDE SPARA NASTA	FÖREGÅENDE	SPARA

3. Left: Psychoeducation about common parent traps. Right: Information on validating one's adolescent's feelings.

START MEDDELANDEN MODULER	PROBLEM? SEKRETESS	START MEDDELANDEN MOD	DULER	PROBLEM? SEKRETESS O
1. Welcome and About Parenting Traps Modultext		2. Encourage och Validate Your Teen	Modultext	
Sidan 23 av 27 Parent traps – did you recognize yourself?			What? When?	
Did you recognize yourself in any of the parent traps? Check the list below.			How?	
<ul> <li>The nagging trap</li> </ul>			Example	
The talk and overthinking trap			Validate the feeling, not the action	
The resignation trap			Validate the teeling, not the action	
The conflict trap The-forget-yourself-trap			And	
Other thoughts:				
			Validating someone doesn't imply agreement with actions (e.g., frequently saving no to friends) or confirming that someone's experience is true (e.g. "I'm hopeles?"). It is about Achnowledging someons's featings in a given situation and expressing understanding. Validating feelings doesn't necessarily support avaiching certain people or situations: It simply recognizes the felt emotions.	
FÖREGÅENDE SPARA NÅSTA			FÖREGÅENDE SPARA NÄSTA	

4. Guided I-BA includes an encrypted messaging feature. Psychologist will respond within 1-2 working days. Example below with a fictitious patient.

START	MEDDELANDEN	MODULER	PROBLEM?	sekretess
	Hi T! Welcome to your online treatment! My name is Rebecca, and I look forward to being your therapist for the next ten week, to guide and support you along the way. I usually log in on Mondays, Wednesdays, and Fridays to check if you've written anything in the modules and give feedback. If you're wondering about anything, just message me here and I'll answer as soon as I can. Hope you get a good start on your treatment! Best wishes, Rebecca			
		Thank you!	Skickat idag 13:17 av m	ig
	diary. This week, you've I help you. You've sh	ou've started the treatment so well, and even with the activity learned about what depression is and how this treatment can nared how your depression began (conflicts with parents, tough d feeling lonely) and how it feels for you (e.g., self-criticism,		