Table 1

CARE Guideline for Case Reports (CARE Checklist, 2013; adapted to Blended Psychotherapy)

Case Report Topic	CARE-ItemNo	Short Description	Reported
Title	1	Case Report, issues of prime interest	✓ Title page
Keywords	2	2-5 Keywords	✓ Title page
Summary	3a	Characteristics of the case, goals	✓ Abstract
	3b	Main symptoms and clinical findings	✓ Abstract
	3c	Diagnoses, interventions, results	✓ Abstract
	3d	Conclusion - quintessence	✓ Abstract
Introduction	4	Overview background of treatment and case, state of research, relevant literature, goals and research question	✓ Background
	9a/b	General description of the intervention (type/delivery) and basic conditions	✓ Description of the Treatment Elements of the bPT
	-	Procedure for writing the case report	✓ Method
IC	13	Informed Consent	✓ Method
			✓ Case Report Sources/Measures:
Patient information	5a	Demographic characteristics (e.g. age, gender, occupation, family status)	Demographics (T0)
	5b	Main symptoms/complaints	MINI (T0), clinical findings (T0), PHQ-9 (T0)
	5c	Anamnesis, comorbidities	Tic-P (T0), patient survey and general practitioner survey (T0)
	5d	Previous and current treatments and their results	Tic-P (T0), GP survey (T0)
	-	Treatment expectations, preferences	CEQ (T0), patient survey (T0),
	8d	Prognosis, reasons for participation	clinical judgment
Clinial findings	6	Relevant findings of the somatic examination	GP survey (T0)
Timeline	7	Important time points and courses of the treatment case with regard to diagnosis, interventions and results	MINI (T0, T3), PHQ-9 (all), GP survey (T0, T1), EMA, Tic-P (T0,1,2,3), therapy management, therapy file
Diagnostic procedure	8a	Diagnostic methods	Clinical structured interviews,
	8b/c	Diagnostic considerations and diagnostic challenges	psychometric assessments, test findings
Therapeutic intervention	9a	Type of intervention	Therapy file, therapist survey
	9b	Delivery of the intervention (course of treatment, chronogram)	therapy management, therapy file, log files, video analysis, EMA
	9c	Changes of intervention and notable occurences	Therapy management

Table 1 (continued):

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Case Report Topic	CARE-ItemNo	Short Description	Reported
			✓ Case report
Outcomes and Follow-up	10c	Adherence of the intervention use	Therapy management
	10a, 12	Patient and physician judged results and treatment courses	PHQ9 (T1, T2, T3), EMA, PSTB/TSTB, treatment finding (T1), GP survey (T1)
	10b	Important findings of the follow-up checks	WAI (T1), TAI (T1), CSQ (T1), SUS (T1), MINI (T3), GP survey (T1), Tic-P (T1)
	10d	Unwanted and unexpected events	INEP (T3)
	10a	Catamnesis and clinical significance of results	RCI (PHQ-9), life events, patient survey (T3)
Patient perspective	12	Did the patient communicate the own opinion and experiences?	patient survey (T1)
Discussion	11d	Quintessence of the case report (results)	✓ Conclusion
	11a	Strengths and weaknesses of patient care	✓ Conclusion
	11b	Discussion of relevant literature	✓ Conclusion
	-	Discussion of the limitations of the case report	✓ Conclusion
	11c	Conclusion and implications for the future	✓ Conclusion

Note. All item numbers of the CARE checklist (2013), which were included in the case report, are written down in the column Item no. Link to original CARE checklist: http://www.care-statement.org/.
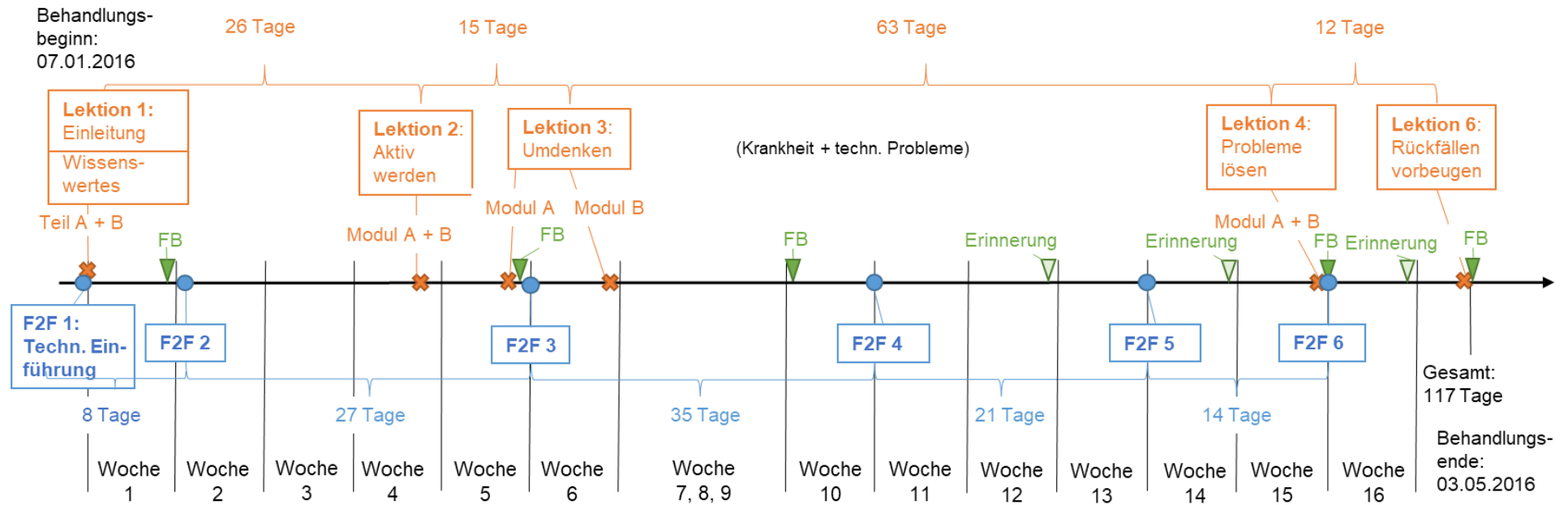
Figure 1. Timeline of Ms. Mai's treatment. This timeline shows the treatment course with regard to the time points of online lessons, face-to-face sessions, feedback and reminding mailings.
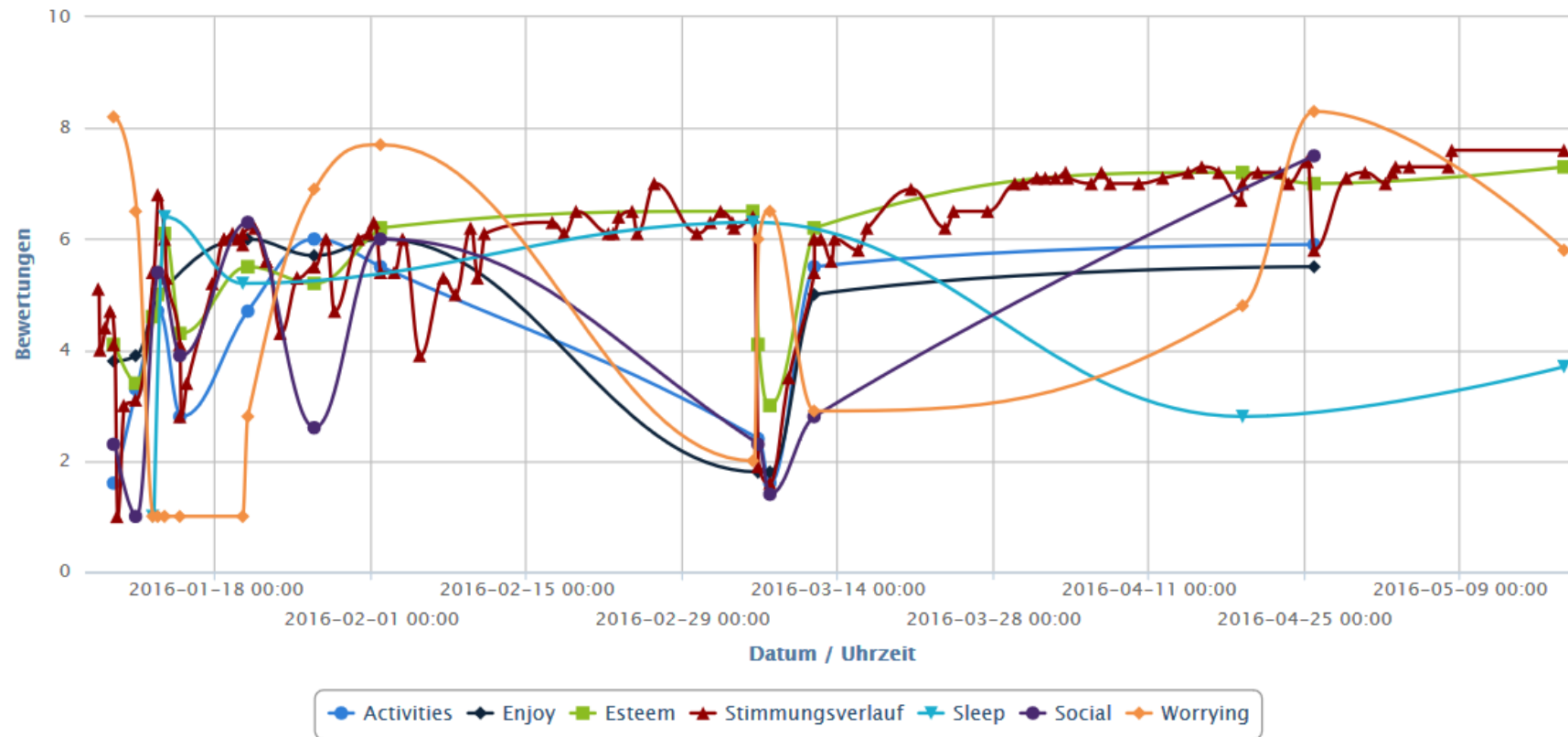
Figure 2. App-based measurements of progress (EMA data: activities, Enjoy, Esteem, Mood, Sleep, Social activities, Worrying) of Ms. Mai during the intervention.