

Supplementary Material

Appendix A: Detailed description of statistical procedures

First, we tested whether the one-factor structure of the CCTS-SR as reported by Strunk et al. (2014) would fit the data from a new sample by conducting a confirmatory factor analysis (CFA) on the Dutch version of the CCTS-SR. Item responses were ordinal Likert data, so the weighted least squares means and variance adjusted (WLSMV) was used with delta parameterization to estimate factor loadings and their standard errors using Mplus [1]. Model fit was tested using the chi-square test (i.e. a non-significant effect or χ^2/df values of less than 3:1 suggest good model fit), the Comparative Fit Index (CFI; fit is considered adequate if the CFI value is $>.90$, and good if $>.95$), Tucker-Lewis Index (TLI adequate if the TLI value is $>.90$, $>.95$ will indicate good fit), and the Root Mean Square Error of Approximation (RMSEA; the cut-off value is $RMSEA < .08$, better is $< .05$; [2]). In case of bad fit, factor loadings and modification indices were inspected to check whether there were items that showed low factor loadings on the factor(s), or that shared a common factor unrelated to the factor(s) in the CFA model. If present, items with factor loadings $< .30$ were deleted, while the subsequent remaining items with an error covariance $>.25$ on the modification indices were inspected. In cases where we suspected that high similarity between the items were responsible for high error covariance between items, the item with the lowest factor loading was deleted. After deleting these items, the CFA was conducted again to see whether deletion of items improved model fit. Similarity of the 29-item one-factor model on the CCTS-SR in the present study (computed using maximum-likelihood extraction and oblique rotation (direct Oblimin, $\delta=0$) in SPSS) versus in the study of Strunk and colleagues was investigated by computing Tucker's Coefficient of Congruence. Values between $.84$ - $.95$ correspond to fair similarity, values $>.95$ to equal factors [3].

Second, we conducted exploratory factor analysis (EFA) to investigate the factor structure of the IPSS-SR. For EFA, maximum-likelihood extraction and oblique rotation (direct Oblimin, $\delta=0$) were used and the factorability of data was tested by using the Kaiser-Meyer-Olkin (KMO) measure. Factor retention was based on a combination of parallel analysis ($n=1000$ random datasets; principal axis factor analysis; permutations of raw data [4]), inspecting the eigenvalues (i.e., eigenvalues > 1 indicate a potential stable factor), the scree test (i.e., the screeplot indicates a break in the size of the

eigenvalues, the eigenvalues at the left from the break were taken as factors) and rational grounds (i.e., evaluating whether the factors would make psychological sense). For the factor solution that was suggested by the EFA and to be tested using CFA, the number of factors was forced into the EFA and simple structure was approximated by deleting items with factor loadings $< .3$ and subsequent cross-loadings less than $.15$ difference from an item's highest factor loading in the rotated solution (using the pattern matrix) [5,6].

Subsequently, the resulting model from the EFA was tested using CFA (using the same dataset) and compared with fit of the theory-based five-factor model of the IPSS-SR. Item responses were ordinal Likert data, so the weighted least squares means and variance adjusted (WLSMV) was used with delta parameterization to estimate factor loadings and their standard errors using Mplus [1]. CFA model fit was tested using the same criteria as described for the CCTS-SR above.

Third, we computed Cronbach's alpha as an indicator of internal consistency for both final questionnaires.

Fourth, using the final version of the IPSS-SR and CCTS-SR, we tested the Pearson correlations between therapy skills and the demographics, baseline assessment of treatment specific targets and depressive symptoms. Spearman correlations were used for correlations with educational level.

References

1. Muthén LK, Muthén BO. Mplus User's Guide: Statistical Analysis with Latent Variables: User's Guide. 2004;
2. Brown TA. Confirmatory factor analysis for applied research. Guilford Publ. 2014;
3. Lorenzo-Seva U, ten Berge JMF. Tucker's congruence coefficient as a meaningful index of factor similarity. *Methodology*. 2006;2(2):57–64.
4. O'Connor BP. SPSS and SAS programs for determining the number of components using parallel analysis and Velicer's MAP test. *Behav Res Methods, Instrumentation, Comput [Internet]*. 2000;(32):396–402. Available from: <https://people.ok.ubc.ca/briocconn/nfactors/rawpar.sps>

5. Vet HC, Terwee CB, Mokkink LB, Knol DL. Measurement in medicine: a practical guide. Cambridge Univ Press. 2011;
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Appendix B: One-factor model 1 and 2 CCTS-SR

Table 6 CCTS-SR: CFA one-factor solution factor loadings (unstandardized) with standard errors

Original item	Model 1	Model 2
CCTS-SR 1	.50 (.04)	.50 (.04)
CCTS-SR 2	.31 (.05)	.32 (.05)
CCTS-SR 3	.46 (.05)	.46 (.05)
CCTS-SR 4	.46 (.05)	.46 (.05)
CCTS-SR 5	.48 (.04)	.49 (.04)
CCTS-SR 6	.60 (.04)	.61 (.04)
CCTS-SR 7	.78 (.03)	.78 (.3)
CCTS-SR 8	.62 (.04)	.63 (.04)
CCTS-SR 9	.72 (.03)	.74 (.03)
CCTS-SR 10	.52 (.04)	.50 (.04)
CCTS-SR 11	.73 (.03)	.75 (.03)
CCTS-SR 12	.60 (.04)	.60 (.04)
CCTS-SR 13	.60 (.04)	Deleted
CCTS-SR 14	.61 (.04)	.53 (.04)
CCTS-SR 15	.65 (.03)	.65 (.04)
CCTS-SR 16	.48 (.04)	.48 (.04)
CCTS-SR 17	.50 (.04)	.40 (.05)
CCTS-SR 18	.49 (.04)	Deleted
CCTS-SR 19	.43 (.05)	.41 (.05)
CCTS-SR 20	.77 (.03)	.78 (.03)
CCTS-SR 21	.69 (.03)	.70 (.03)
CCTS-SR 22	.51 (.04)	.52 (.04)

CCTS-SR 23	.73 (.03)	.74 (.03)
CCTS-SR 24	.69 (.03)	.70 (.03)
CCTS-SR 25	.48 (.04)	.46 (.05)
CCTS-SR 26	.55 (.04)	.55 (.04)
CCTS-SR 27	.60 (.04)	.61 (.04)
CCTS-SR 28	.77 (.02)	.78 (.03)
CCTS-SR 29	.57 (.04)	.58 (.04)

Note. CCTS-SR = Competencies of Cognitive Therapy Scale - Self Report; CFA = confirmatory factor analysis.

Appendix C: Competencies of Cognitive Therapy Scale – Self Report (English)

Instructions

The following questions ask you about how much (if at all) you have used some specific, strategies to cope with negative moods in **the last two weeks**.

There are several questions about “automatic thoughts” and ways you may have reacted to these thoughts. To understand these questions, it is important to know what is meant by the term automatic thoughts. Automatic thoughts are thoughts that come to mind without much conscious effort throughout your day-to-day life. At times, such thoughts may occur without your taking any special notice of them. This questionnaire deals primarily with negative automatic thoughts. For example, someone who got passed over for a promotion at work might think “I must have made too many mistakes. I was a bad employee.”

With the understanding of automatic thoughts described above, please use the following scale to indicate how well it describes your thoughts, beliefs and behaviors over the last two weeks.

1	2	3	4	5	6	7
Not at all		Somewhat		Significantly		Completely

Please respond to every question honestly and to the best of your ability.

- | | |
|---------------|--|
| 1 2 3 4 5 6 7 | 1. Rather than letting a challenge overwhelm me, I imagined how to break the challenge down, developed a plan, and worked on it step-by-step. |
| 1 2 3 4 5 6 7 | 2. At times when my mood was at its lowest, I stepped back and recognized that my self evaluations were probably overly negative. |
| 1 2 3 4 5 6 7 | 3. I was aware of some specific patterns in negative thinking that have tended to affect the way I interpret new situations. |
| 1 2 3 4 5 6 7 | 4. I made an effort to evaluate my negative thoughts by considering just the facts. |
| 1 2 3 4 5 6 7 | 5. I examined evidence from my past or present to more carefully consider whether my negative thoughts are accurate or not. |
| 1 2 3 4 5 6 7 | 6. When my negative thoughts and emotions really bothered me, I had a specific action plan of things I could do to cope. |
| 1 2 3 4 5 6 7 | 7. When I had a negative emotional reaction, I noticed my negative thinking, and took time to evaluate my negative thoughts. |
| 1 2 3 4 5 6 7 | 8. When I evaluated a situation as negative, I tried to think of how someone else would view the situation, and I used that to help me decide how to re-evaluate the situation myself. |

- 1 2 3 4 5 6 7 9. I questioned my original negative thoughts and made an effort to develop alternative conclusions.
- 1 2 3 4 5 6 7 10. I recognized that negative feelings are related to negative thoughts I have about myself.
- 1 2 3 4 5 6 7 11. When I found myself upset about something, I took note of what I was thinking and worked to develop a more balanced view.
- 1 2 3 4 5 6 7 12. I recognized that beliefs I formed on the basis of past events and relationships may no longer be applicable in the same way today.
- 1 2 3 4 5 6 7 13. I have been recognizing that inaccurate, negative thoughts and judgments help to maintain my depression.
- 1 2 3 4 5 6 7 14. I have been aware of specific patterns in my negative thinking – beliefs that tend to fuel my negative emotions.
- 1 2 3 4 5 6 7 15. When I found myself worrying that something bad would happen, I reminded myself that the consequences might not be so terrible even if it did happen.
- 1 2 3 4 5 6 7 16. When I made an effort to correct my negative thinking, I was confident that my mood would get better.
- 1 2 3 4 5 6 7 17. When I was upset, I made an effort to engage in enjoyable activities that would be likely to improve my mood.
- 1 2 3 4 5 6 7 18. When I have felt down, I engaged in activities that were enjoyable or gave me a sense of accomplishment (to try to help my mood).
- 1 2 3 4 5 6 7 19. I have been confident that if I made an effort to be less pessimistic, my mood would improve.
- 1 2 3 4 5 6 7 20. I caught myself thinking negatively, recognized the negative bias, and re-evaluated the situation.
- 1 2 3 4 5 6 7 21. I often caught myself thinking in an irrational way and I actively worked to develop more rational views.
- 1 2 3 4 5 6 7 22. When I had a task that I might have had trouble undertaking, I made an effort to break the task up into smaller parts.
- 1 2 3 4 5 6 7 23. I took time to review specific thoughts I had during the most upsetting parts of my day.
- 1 2 3 4 5 6 7 24. When I blamed myself for something bad that happened, I took time to consider other factors that may have been involved.
- 1 2 3 4 5 6 7 25. I believed that working to more carefully evaluate my negative thoughts would probably help ease my depression.

- 1 2 3 4 5 6 7 26. I noticed specific automatic thoughts as they occurred.
- 1 2 3 4 5 6 7 27. Rather than avoiding a difficult decision, I weighed my options, developed a solution, and followed through with the decision I made.
- 1 2 3 4 5 6 7 28. When I got upset, I took time to step back from a situation and consider that my negative thoughts might be inaccurate.
- 1 2 3 4 5 6 7 29. When I had a tough interpersonal issue to address, I thought through how to be assertive in addressing the issue, tried to anticipate obstacles I might encounter, and initiated a conversation on the

Appendix D: Competencies of Cognitive Therapy Scale – Self Report (Dutch)

Instructie

De volgende vragen hebben betrekking op de mate waarin u de **afgelopen twee weken** gebruik heeft gemaakt van verschillende strategieën om te kunnen omgaan met negatieve emoties.

Er zitten vragen tussen die zich richten op het hebben van zogenaamde ‘automatische gedachten’ en de manier waarop u op deze gedachten heeft gereageerd. Om deze vragen goed te kunnen beantwoorden is het belangrijk dat u weet wat er met de term automatische gedachten wordt bedoeld. Automatische gedachten zijn gedachten die in u opkomen zonder dat u daar moeite voor hoeft te doen. Mogelijk heeft u deze gedachten soms zelfs zonder dat u het opmerkt. Deze vragenlijst richt zich met name op negatieve automatische gedachten. Zoals, bijvoorbeeld, wanneer iemand geen promotie krijgt op zijn werk zou hij kunnen denken: ‘Wat ben ik toch een slechte werknemer, ik heb veel te veel fouten gemaakt.’

Probeer u bij het beantwoorden van de vragen in gedachten te houden wat er met automatische gedachten wordt bedoeld. Geeft u op onderstaande schaal aan in hoeverre de stellingen aansluiten bij uw gedachten, gevoelens en gedrag gedurende **de afgelopen twee weken**. Wij willen u vragen zo eerlijk mogelijk antwoord te geven.

1	2	3	4	5	6	7
Helemaal niet		Een beetje		Regelmatig		Altijd

1. In plaats me te laten overspoelen door een uitdaging stelde ik mezelf voor hoe ik deze uitdaging zou kunnen aangaan, hoe ik hiervoor een plan maakte en dat ik dit plan stap voor stap volgde.

1 2 3 4 5 6 7

2. In periodes waarin mijn stemming zeer laag was, kon ik met wat afstand naar mezelf kijken en concluderen dat mijn evaluaties over mijzelf waarschijnlijk erg negatief waren.

1 2 3 4 5 6 7

3. Ik was me er bewust van dat sommige patronen in negatief denken de manier waarop ik nieuwe situaties interpreteer beïnvloeden.

1 2 3 4 5 6 7

4. Ik heb moeite gedaan om mijn negatieve gedachten te evalueren door alleen naar de feiten te kijken.

1 2 3 4 5 6 7

5. Om goed te kunnen bepalen of mijn gedachten wel of niet klopten heb ik gekeken of er bewijzen in mijn heden of verleden zijn die mijn gedachten ondersteunen.

1 2 3 4 5 6 7

6. Op de momenten dat ik echt last had van mijn negatieve gedachten en emoties had ik een specifiek actieplan voorhanden van dingen die ik zou kunnen doen om hier mee om te gaan.

1 2 3 4 5 6 7

7. Wanneer ik ergens emotioneel negatief op reageerde herkende ik mijn negatieve denken en heb ik tijd genomen om mijn negatieve gedachten te evalueren.

1 2 3 4 5 6 7

8. Op momenten dat ik een situatie negatief beoordeelde, heb ik geprobeerd te bedenken hoe iemand anders dit zou beoordelen en dit gebruikt om de situatie zelf opnieuw te beoordelen.

1 2 3 4 5 6 7

9. Ik heb kritisch gekeken naar mijn negatieve gedachten en geprobeerd alternatieve conclusies te ontwikkelen.

1 2 3 4 5 6 7

10. Ik heb me gerealiseerd dat negatieve gevoelens gerelateerd zijn aan de negatieve gedachten die ik over mezelf heb.

1 2 3 4 5 6 7

11. Op momenten dat ik overstuur was, heb ik mezelf bewust gemaakt van wat ik dacht en geprobeerd de situatie op een meer evenwichtige manier te bekijken.

1 2 3 4 5 6 7

12. Ik heb me gerealiseerd dat conclusies die ik op basis van vorige gebeurtenissen en relaties heb gemaakt, vandaag de dag niet altijd meer gelden.

1 2 3 4 5 6 7

13. Ik heb me gerealiseerd dat incorrecte, negatieve gedachten en beoordelingen mijn depressie in stand houden.

1 2 3 4 5 6 7

14. Ik ben me bewust van specifieke patronen in mijn negatieve denken die er voor zorgen dat ik negatieve emoties ervaar.

1 2 3 4 5 6 7

15. Op momenten dat ik me zorgen maakte dat er mogelijk iets vervelend zou gaan gebeuren heb ik mijzelf eraan herinnerd dat, zelfs al zou er iets vervelends gebeuren, de consequenties van deze gebeurtenis helemaal niet zo erg zouden zijn.

1 2 3 4 5 6 7

16. Op momenten dat ik probeerde mijn negatieve denken te corrigeren had ik er vertrouwen in dat mijn stemming zou verbeteren.

1 2 3 4 5 6 7

17. Wanneer ik overstuur was probeerde ik actief deel te nemen aan leuke bezigheden die mijn stemming zouden kunnen verbeteren.

1 2 3 4 5 6 7

18. Op momenten dat ik me neerslachtig voelde zocht ik bezigheden die prettig waren of me een gevoel van voldoening gaven (om op deze manier mijn stemming te verbeteren).

1 2 3 4 5 6 7

19. Ik ben er zeker van dat mijn stemming zou verbeteren als ik zou proberen minder pessimistisch te zijn.

1 2 3 4 5 6 7

20. Toen ik mezelf betrapte op negatief denken, herkende ik hierin de denkfout en heb ik de situatie opnieuw geëvalueerd.

1 2 3 4 5 6 7

21. Ik heb mezelf vaak betrappt op irrationeel denken en vervolgens hard mijn best gedaan om een meer rationale manier van denken te ontwikkelen.

1 2 3 4 5 6 7

22. Op momenten dat ik een taak moest doen die wel eens lastig zou kunnen zijn, heb ik geprobeerd deze taak in kleine deeltaken onder te verdelen.

1 2 3 4 5 6 7

23. Op momenten dat ik overstuur raakte heb ik de tijd genomen mijn gedachten te onderzoeken.

1 2 3 4 5 6 7

24. Op momenten dat ik mijzelf de schuld gaf van iets vervelends dat gebeurd was, heb ik de tijd genomen om te evalueren welke andere factoren hierin kunnen hebben meegespeeld.

1 2 3 4 5 6 7

25. Ik geloof dat het werken aan de vaardigheid om mijn negatieve gedachten te evalueren eraan kan bijdragen dat mijn depressie verminderd.

1 2 3 4 5 6 7

26. Ik was me bewust van mijn automatische gedachten.

1 2 3 4 5 6 7

27. In plaats van het vermijden van een moeilijke beslissing, woog ik mijn opties tegen elkaar af en bedacht ik een oplossing die ik vervolgens uitvoerde.

1 2 3 4 5 6 7

28. Op momenten dat ik overstuur was heb ik even afstand van de situatie genomen om te bedenken dat mijn negatieve gedachten onjuist zouden kunnen zijn.

1 2 3 4 5 6 7

29. Op momenten dat ik voor moeilijkheden op relationeel gebied stond, heb ik er over nagedacht hoe ik deze kwestie op een assertieve manier zou kunnen aanpakken. Ik heb geprobeerd te anticiperen op mogelijke obstakels en ben een gesprek begonnen over de betreffende kwestie.

1 2 3 4 5 6 7

Appendix E. Factor loadings (pattern and structure matrix) for the initial EFA 7-factor solution on the IPSS-SR.

Pattern matrix

Factor	1	2	3	4	5	6	7
Item 1	.569	.109	-.040	.097	.025	.029	.049
Item 2	.033	.365	-.080	-.107	.132	.228	.127
Item 3	.095	.062	.344	-.119	.024	.099	.014
Item 4	.000	.620	.076	-.046	.058	-.198	-.139
Item 5	.052	.806	-.013	-.037	.023	-.081	-.089
Item 6	-.032	.778	.007	.049	.088	.064	-.041
Item 7	.104	.211	.018	-.140	.275	.399	-.060
Item 8	-.050	.014	.691	.051	.072	-.084	.096
Item 9	.096	.542	.143	-.135	.112	-.009	-.011
Item 10	-.223	-.159	.310	-.098	.153	.333	.207
Item 11	.076	.059	-.013	.108	.774	-.097	.042
Item 12	.410	.063	.085	-.079	.016	.040	.520
Item 13	-.014	.620	.004	-.016	-.030	.167	.174
Item 14	.081	.143	.874	.006	-.145	-.015	-.067
Item 15	-.034	.007	.081	-.858	-.129	-.054	.084
Item 16	.065	.038	.092	-.078	.098	.549	-.097
Item 17	.041	.009	.163	-.259	.016	.328	.066
Item 18	.047	.537	.081	.064	-.115	.185	.090
Item 19	.103	.163	-.036	-.601	.146	-.03	-.108
Item 20	.510	.029	.145	-.286	.040	-.052	.012
Item 21	-.038	.036	-.015	-.084	.641	.159	-.054

Item 22	.142	.009	-.048	-.004	.013	.642	.156
Item 23	-.056	-.021	-.127	-.839	.044	.116	.032
Item 24	.027	-.087	.249	-.117	.204	.334	-.053
Item 25	.104	.097	-.069	-.339	-.008	.683	.025
Item 26	.876	-.049	-.014	.042	.047	.203	-.067
Item 27	-.014	.415	-.285	-.112	.024	-.027	.180
Item 28	-.067	-.004	.353	-.086	.160	.310	-.029
Item 29	.356	-.015	.012	-.342	.067	.219	-.120
Item 30	.559	.039	.129	-.123	.039	.000	.394
Item 31	.429	-.144	-.020	-.126	.276	-.019	.207

Structure matrix

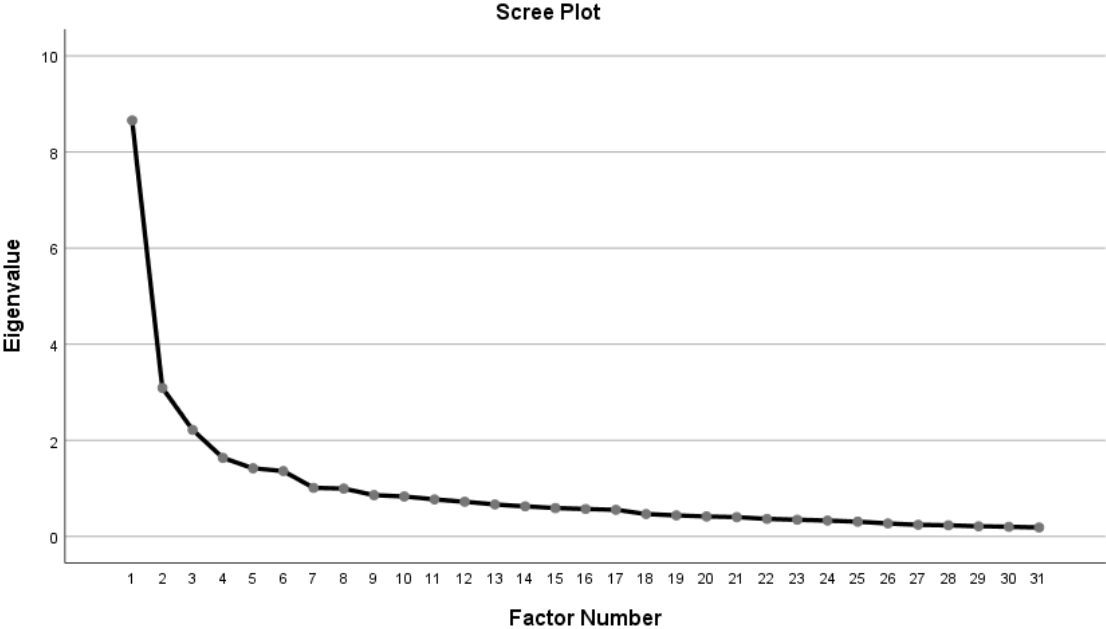
Factor	1	2	3	4	5	6	7
Item 1	.592	.249	.002	-.131	.194	.161	.190
Item 2	.298	.465	.136	-.366	.328	.401	.248
Item 3	.213	.151	.417	-.293	.209	.302	.093
Item 4	.122	.606	.064	-.138	.118	-.072	-.106
Item 5	.245	.834	.013	-.211	.150	.039	-.006
Item 6	.198	.777	.066	-.185	.212	.163	.041
Item 7	.385	.366	.246	-.480	.533	.601	.116
Item 8	.014	.030	.665	-.098	.150	.150	.077
Item 9	.327	.624	.225	-.366	.340	.226	.097
Item 10	-.023	-.090	.471	-.818	.281	.492	.242
Item 11	.286	.172	.091	-.17	.736	.166	.074
Item 12	.602	.257	.164	-.351	.247	.338	.651

Item 13	.239	.657	.122	-.259	.151	.293	.272
Item 14	.119	.171	.851	-.183	.036	.236	-.027
Item 15	.213	.193	.231	-.813	.167	.286	.198
Item 16	.261	.158	.308	-.372	.359	.645	.066
Item 17	.247	.144	.334	-.461	.274	.518	.197
Item 18	.212	.552	.134	-.151	.053	.242	.181
Item 19	.348	.347	.130	-.688	.394	.279	.033
Item 20	.622	.244	.241	-.483	.318	.266	.180
Item 21	.230	.167	.176	-.36	.714	.397	.028
Item 22	.354	.148	.174	-.332	.287	.706	.335
Item 23	.250	.191	.102	-.856	.339	.423	.179
Item 24	.201	.034	.481	-.360	.403	.517	.056
Item 25	.321	.222	.167	-.354	.283	.717	.216
Item 26	.901	.205	.114	-.311	.367	.410	.184
Item 27	.157	.444	-.242	-.173	.075	.028	.227
Item 28	.098	.074	.495	-.311	.341	.475	-.008
Item 29	.513	.194	.196	-.548	.371	.451	.074
Item 30	.728	.273	.218	-.418	.315	.347	.560
Item 31	.562	.066	.087	-.347	.435	.265	.330

Appendix F. Eigenvalues of the parallel analysis on the IPSS-SR (no factors predefined; only first 10 eigenvalues are given).

Root	Raw Data	Means	Percentile
1	8.19	.98	1.10
2	2.55	.86	.95
3	1.76	.77	.85
4	1.19	.69	.77
5	.95	.62	.69
6	.83	.56	.62
7	.50	.50	.56
8	.49	.45	.50
9	.35	.40	.44
10	.31	.35	.40

Appendix G. Screeplot on the IPSS-SR (no factors predefined).



Appendix H. Factor loadings (pattern matrix) for the 4-factor solution on the IPSS-SR.

Factor	1	2	3	4
Item 1	.657	.095	.147	-.145
Item 2	.188	.350	-.174	.136
Item 3	.099	.084	-.045	.386
Item 4	-.107	.650	.009	-.043
Item 5	-.031	.834	-.024	-.095
Item 6	-.052	.800	.018	.062
Item 7	.260	.215	-.213	.334
Item 8	-.054	.033	.101	.528
Item 9	.111	.565	-.099	.122
Item 10	-.037	-.169	-.158	.583
Item 11	.282	.103	.005	.141
Item 12	.655	.031	-.034	.022
Item 13	.082	.599	-.019	.115
Item 14	-.034	.156	.125	.589
Item 15	-.049	.036	-.741	.046
Item 16	.171	.036	-.129	.496
Item 17	.152	.006	-.283	.370
Item 18	.076	.515	.056	.120
Item 19	.110	.200	-.563	-.018
Item 20	.536	.050	-.167	.01
Item 21	.162	.070	-.220	.257
Item 22	.385	-.036	-.122	.295
Item 23	-.034	-.009	-.941	-.023

Item 24	.116	-.072	-.136	.548
Item 25	.289	.054	-.152	.318
Item 26	.909	-.040	.093	-.004
Item 27	.076	.394	-.180	-.308
Item 28	-.051	.016	-.138	.594
Item 29	.393	.002	-.311	.125
Item 30	.757	.023	-.039	.016
Item 31	.650	-.142	-.092	-.019

Appendix I. Factor loadings (pattern and structure matrix) for the 4-factor solution on the IPSS-SR minus item 11 and 21.

Pattern matrix:

Factor	1	2	3	4
Item 1	.655	.102	.155	-.135
Item 2	.189	.352	-.176	.135
Item 3	.100	.088	-.045	.393
Item 4	-.109	.647	.006	-.041
Item 5	-.032	.831	-.024	-.092
Item 6	-.049	.798	.016	.058
Item 7	.262	.218	-.220	.315
Item 8	-.054	.039	.115	.545
Item 9	.112	.567	-.099	.126
Item 10	-.031	-.165	-.161	.578
Item 11				
Item 12	.655	.039	-.026	.043
Item 13	.086	.601	-.017	.120
Item 14	-.031	.163	.132	.627
Item 15	-.043	.039	-.736	.062
Item 16	.177	.041	-.137	.483
Item 17	.130	.011	-.284	.374
Item 18	.080	.518	.060	.132
Item 19	.110	.2017	-.564	-.021
Item 20	.530	.057	-.164	.041
Item 21				

Item 22	.392	-.030	-.121	.290
Item 23	-.024	-.007	-.930	-.021
Item 24	.119	-.067	-.143	.535
Item 25	.296	.596	-.153	.331
Item 26	.903	-.029	.097	.007
Item 27	.076	.393	-.178	-.310
Item 28	-.046	.019	-.143	.585
Item 29	.393	.008	-.311	.124
Item 30	.753	.033	-.032	.038
Item 31	.643	-.135	-.092	-.019

Structure matrix:

Factor	1	2	3	4
Item 1	.577	.265	-.128	.021
Item 2	.428	.474	-.393	.290
Item 3	.274	.179	-.240	.448
Item 4	.091	.605	-.089	.002
Item 5	.228	.161	-.183	.005
Item 6	.226	.785	-.175	.133
Item 7	.529	.397	-.495	.490
Item 8	.068	.058	-.045	.497
Item 9	.383	.643	-.330	.259
Item 10	.161	-.066	-.293	.601
Item 11				
Item 12	.693	.268	-.351	.251
Item 13	.330	.648	-.243	.223

Item 14	.149	.195	-.096	.595
Item 15	.328	.213	-.746	.229
Item 16	.397	.191	-.384	.584
Item 17	.375	.168	-.467	.505
Item 18	.264	.546	-.147	.198
Item 19	.431	.374	-.658	.218
Item 20	.637	.279	-.436	.259
Item 21				
Item 22	.524	.164	-.388	.442
Item 23	.396	.211	-.910	.271
Item 24	.322	.071	-.354	.609
Item 25	.479	.233	-.405	.455
Item 26	.850	.248	-.313	.240
Item 27	.197	.425	-.209	-.183
Item 28	.200	.109	-.315	.619
Item 29	.576	.230	-.534	.342
Item 30	.790	.295	-.399	.276
Item 31	.635	.099	-.349	.186

Appendix J: Factor loadings and standard error for the final four-factor model IPSS-SR (model 10)

Item	Factor 1	Factor 2	Factor 3	Factor 4
IPSS-SR-1	.55 (.04)			
IPSS-SR-2		.68 (.04)		
IPSS-SR-3			.67 (.07)	
IPSS-SR-4		.53 (.04)		
IPSS-SR-5		.76 (.03)		
IPSS-SR-6		.78 (.03)		
IPSS-SR-7	.73 (.04)			
IPSS-SR-8			.57 (.05)	
IPSS-SR-9		.77 (.04)		
IPSS-SR-10	Item has been deleted			
IPSS-SR-11	.71 (.03)			
IPSS-SR-12	.51 (.05)			
IPSS-SR-13		.71 (.04)		
IPSS-SR-14			.76 (.04)	
IPSS-SR-15				.73 (.03)
IPSS-SR-16	Item has been deleted			
IPSS-SR-17	Item has been deleted			
IPSS-SR-18		.57 (.05)		
IPSS-SR-19				.78 (.03)
IPSS-SR-20	.71 (.03)			
IPSS-SR-21	.60 (.04)			
IPSS-SR-22	Item has been deleted			

IPSS-SR-23			.81 (.03)
IPSS-SR-24	Item has been deleted		
IPSS-SR-25	Item has been deleted		
IPSS-SR-26	.79 (.03)		
IPSS-SR-27		.39 (.05)	
IPSS-SR-28			.64 (.06)
IPSS-SR-29			.77 (.04)
IPSS-SR-30	.82 (.02)		
IPSS-SR-31	.61 (.04)		

Note. CFA= confirmatory factor analysis; IPSS-SR= Interpersonal Psychotherapy Skills Scale Self-Report.

Appendix K: Interpersonal Psychotherapy Skills Inventory - Self Report – initial questionnaire

Instructions

The present questionnaire focuses on different ways you might have been dealing with your depression during the past two weeks. Some questions focus on how you cope with life changes or deal with other people. Other questions will focus on how your relationships have an influence on the way you feel.

Use the following scale to indicate how well it describes your behavior over the last two weeks. Please be as honest as possible.

IPSS-SR 1. If I encounter problems in daily life, I seek support from other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 2. I am aware of my feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 3. Severe disease or passing away of a significant other can result in depressed feelings.

Before answering the following question, think about a situation in your own life that includes severe disease or passing away from a significant other.

I can talk about this situation without getting overwhelmed by my feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 4. I am aware that a dispute with another person could have an influence on how I feel.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 5. I am aware that the experience of depressed feelings can be related to a major life change.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 6. I am aware that the experience of depressed feelings can be related to the absence of worthy relationships with other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 7. I am aware of the positive consequences of being in contact with other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 8. Severe disease or passing away of a significant other can result in depressed feelings.

Before answering the following question, think about a situation in your own life that includes severe disease or passing away from a significant other.

I can imagine a life without this significant other.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 9. I correctly notice that miscommunication can result in reciprocal annoyance.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 10. I am able to reflect on major life transitions.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 11. I am scared to start new social connections.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 12. If I would need support, I am well able to tell other people what kind of support I need.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 13. I am aware that my relationships have an influence on how I feel.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 14. Severe disease or passing away of a significant other can result in depressed feelings.

Before answering the following question, think about a situation in your own life that includes severe disease or passing away from a significant other.

I am capable of making something of my life without this significant other.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 15. When I have a dispute with another person, I am well able to distinguish between my own feelings and another ones feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 16. I am aware that a major life change can offer me new possibilities in life.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 17. I stay aware of my own feelings, even if someone else has another feeling or opinion.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 18. When I feel broken, I am aware that these feelings could be related to my relationships with other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 19. I am well capable of placing myself in another one's feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 20. If I am in dispute with another person, I do not avoid the problem but discuss the problem with the person that is involved.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 21. I make new social connections.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 22. When I feel upset, I take the time to investigate my feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 23. I am well capable of distinguishing my own feelings from another one's feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 24. Even in case of major life changes, I am able to imagine a meaningful life.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 25. I give thought to my own feelings, even when I feel bad.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 26. When I am upset I discuss my feelings with other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 27. Severe disease or passing away of a significant other can result in depressed feelings.

Before answering the following question, think about a situation in your own life that includes severe disease or passing away from a significant other.

I am aware that depressed feelings could be related to the severe disease or passing away from this significant other.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 28. I am well capable of coping with major life changes.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 29. When I am in dispute with another person, I come up with a plan to solve the problem.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 30. I well am able to express my feelings to other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 31. Other people support me if I encounter problems.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

Appendix L: Interpersonal Psychotherapy Skills Inventory - Self Report- final version (English)

Instructions

The present questionnaire focuses on different ways you might have been dealing with your depression during the past two weeks. Some questions focus on how you cope with life changes or deal with other people. Other questions will focus on how your relationships have an influence on the way you feel.

Use the following scale to indicate how well it describes your behavior over the last two weeks. Please be as honest as possible.

Scoring: Item 11 (IPSS-SR 11) should be reversely coded.

Factor 1 Communication skills and social support

IPSS-SR 1. If I encounter problems in daily life, I seek support from other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 7. I am aware of the positive consequences of being in contact with other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 11. I am scared to start new social connections.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 12. If I would need support, I am well able to tell other people what kind of support I need.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 20. If I am in dispute with another person, I do not avoid the problem but discuss the problem with the person that is involved.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 21. I make new social connections.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 26. When I am upset I discuss my feelings with other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 30. I well am able to express my feelings to other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 31. Other people support me if I encounter problems.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

Factor 2 Understanding my own feelings

IPSS-SR 2. I am aware of my feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 4. I am aware that a dispute with another person could have an influence on how I feel.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 5. I am aware that the experience of depressed feelings can be related to a major life change.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 6. I am aware that the experience of depressed feelings can be related to the absence of worthy relationships with other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 9. I correctly notice that miscommunication can result in reciprocal annoyance.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 13. I am aware that my relationships have an influence on how I feel.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 18. When I feel broken, I am aware that these feelings could be related to my relationships with other people.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 27. Severe disease or passing away of a significant other can result in depressed feelings.

Before answering the following question, think about a situation in your own life that includes severe disease or passing away from a significant other.

I am aware that depressed feelings could be related to the severe disease or passing away from this significant other.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

Factor 3 Coping with grief and major life change

IPSS-SR 3. Severe disease or passing away of a significant other can result in depressed feelings.

Before answering the following question, think about a situation in your own life that includes severe disease or passing away from a significant other.

I can talk about this situation without getting overwhelmed by my feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 8. Severe disease or passing away of a significant other can result in depressed feelings.

Before answering the following question, think about a situation in your own life that includes severe disease or passing away from a significant other.

I can imagine a life without this significant other.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 14. Severe disease or passing away of a significant other can result in depressed feelings.

Before answering the following question, think about a situation in your own life that includes severe disease or passing away from a significant other.

I am capable of making something of my life without this significant other.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 28. I am well capable of coping with major life changes.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

Factor 4 Understanding other persons' feelings

IPSS-SR 15. When I have a dispute with another person, I am well able to distinguish between my own feelings and another one's feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 19. I am well capable of placing myself in another one's feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 23. I am well capable of distinguishing my own feelings from another one's feelings.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

IPSS-SR 29. When I am in dispute with another person, I come up with a plan to solve the problem.

1 = not at all 2= rarely 3=somewhat 4=regularly 5=often 6=very often 7=completely

Appendix M: Interpersonal Psychotherapy Skills Inventory - Self Report- final version (Dutch)

Instructie

De volgende vragen hebben betrekking op de mate waarin u de afgelopen twee weken gebruik heeft gemaakt van verschillende manieren om te kunnen omgaan met uw depressieve klachten.

Een aantal vragen gaan over hoe u met andere mensen of veranderingen omgaat. De andere vragen gaan na hoe uw relaties met anderen uw gevoelsleven beïnvloeden. Geeft u op onderstaande schaal aan in welke mate de stellingen op u van toepassing waren gedurende de afgelopen twee weken. Wij willen u vragen zo eerlijk mogelijk antwoord te geven.

Scoring: Item 11 moet omgescoord worden.

Factor 1 Communicatievaardigheden en sociale steun

IPSS-SR 1. Wanneer ik in mijn dagelijks leven tegen problemen aanloop zoek ik hiervoor steun bij anderen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 7. Ik heb oog voor de positieve kanten van mijn contacten met anderen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 11. Ik durf geen nieuwe sociale contacten te maken.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 12. Wanneer ik steun nodig zou hebben, kan ik bij anderen goed onder woorden brengen welke steun ik nodig heb.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 20. Wanneer ik met iemand een conflict heb, bespreek ik dit met de ander in plaats van het probleem te ontwijken.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 21. Ik maak nieuwe sociale contacten.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 26. Wanneer er gevoelens zijn die mij dwars zitten, bespreek ik die met anderen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 30. Ik kan bij anderen mijn gevoelens goed onder woorden brengen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 31. Ik krijg steun van anderen wanneer ik tegen problemen aanloop.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

Factor 2 Understanding my own feelings

IPSS-SR 2. Ik ben mij bewust van mijn gevoelens.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 4. Ik ben mij ervan bewust dat een conflict met een ander invloed zou kunnen hebben op mijn gevoelens.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 5. Ik realiseer me dat het ervaren van sombere gevoelens kan samenhangen met een grote verandering in iemands leven.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 6. Ik realiseer me dat het ervaren van sombere gevoelens kan samenhangen met het ontbreken van goede relaties met anderen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 9. Ik begrijp goed dat misverstanden in de communicatie voor onderlinge irritaties kunnen zorgen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 13. Ik ben me ervan bewust dat mijn relaties met anderen van invloed zijn op mijn gevoelens.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 18. Als ik me geestelijk slecht voel, ben ik me ervan bewust dat dit te maken kan hebben met mijn relaties met anderen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 27. Een ernstige ziekte of overlijden van een dierbare kan tot sombere gevoelens leiden. Neem voor het beantwoorden van onderstaande vraag een situatie uit uw eigen leven in gedachten waarin een van uw dierbaren ernstig ziek was of is overleden.

Ik realiseer me dat sombere gevoelens kunnen samenhangen met een ernstige ziekte of overlijden van deze dierbare.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

Factor 3 Coping with grief or major life change

IPSS-SR 3.

Een ernstige ziekte of overlijden van een dierbare kan tot sombere gevoelens leiden. Neem voor het beantwoorden van onderstaande vraag een situatie uit uw eigen leven in gedachten waarin een van uw dierbaren ernstig ziek was of is overleden.

Ik kan hier over praten zonder overspoeld te raken door gevoelens.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 8. Een ernstige ziekte of overlijden van een dierbare kan tot sombere gevoelens leiden. Neem voor het beantwoorden van onderstaande vraag een situatie uit uw eigen leven in gedachten waarin een van uw dierbaren ernstig ziek was of is overleden.

Ik kan mezelf een leven zonder deze dierbare voorstellen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 14. Een ernstige ziekte of overlijden van een dierbare kan tot sombere gevoelens leiden. Neem voor het beantwoorden van onderstaande vraag een situatie uit uw eigen leven in gedachten waarin een van uw dierbaren ernstig ziek was of is overleden.

Ik kan mezelf in het leven goed redden zonder deze dierbare.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 28. Ik zou goed kunnen omgaan met een grote verandering in mijn leven.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

Factor 4 Understanding other persons' feelings

IPSS-SR 15. Het lukt me goed om bij een conflict met een ander een onderscheid te maken tussen mijn eigen gevoelens en die van anderen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 19. Het lukt me goed om me in de gevoelens van anderen te verplaatsen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 23. Het lukt me goed om een onderscheid te maken tussen mijn eigen gevoelens en die van anderen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal

IPSS-SR 29. Wanneer ik met iemand een conflict heb, maak ik een plan om dit op te lossen.

1 = helemaal niet 2= zelden 3=soms 4=regelmatig 5=vaak 6=heel vaak 7=helemaal