

## ESM 1

### Technological and practical implementation

The face-to-face CBT was carried out by educationalists or psychologists who were completing three- to five-year training in child and adolescent psychotherapy. The online coaching was conducted by a certified child and adolescent psychotherapist.

The technological implementation of the online coaching was realized in accordance with the guidelines for webcam-based telemental health of the German National Association of Statutory Health Insurance Physicians (Kassenärztliche Bundesvereinigung [KBV], 2020a).

The webcam-based online coaching was delivered via software that has been certified regarding data protection and security (Patientus GmbH [www.patientus.de] and Arztkonsultation GmbH [www.arztkonsultation.de]) (Kassenärztliche Bundesvereinigung [KBV], 2020b). The following hardware and equipment were used for the real-time VTC: The therapist used a computer with a webcam in the outpatient clinic. The patients used their own computer with a webcam, laptop, tablet or smartphone as well as a headset. Additionally, a chest mount harness for action cams was lent to each patient. The patients could mount their smartphone in the chest harness. On the one hand, this enabled the therapist to observe the ERP from the patient's perspective, and on the other hand, the patient could, for example, move easily around his/her home without having to carry one of the terminals in his/her hands. This perspective was chosen depending on the ERP assignment. Patients who did not own a suitable terminal and headset or who could not use their own smartphone and/or headset, e.g. because their OCD led them to consider it to be contaminated, were provided with a smartphone and/or headset for the time of study participation.

### References

Kassenärztliche Bundesvereinigung (KBV). (2020a). *Videosprechstunde*. Retrieved 15 July 2020, from <https://www.kbv.de/html/videosprechstunde.php>.

Kassenärztliche Bundesvereinigung (KBV). (2020b). *Zertifizierte Videodienstleister*. Retrieved 15 July 2020, from [https://www.kbv.de/media/sp/Liste\\_zertifizierte\\_Videodienstleister.pdf](https://www.kbv.de/media/sp/Liste_zertifizierte_Videodienstleister.pdf).