Supplementary Table 5: Items from the World Health Organization Trial Registration Data Set

1. Primary registry and trial-identifying number: ISRCTN registry number: ISRCTN28972230
2. Date of registration in primary registry: 26/06/2018
3. Secondary identifying numbers: Protocol/serial number: 01NVF17050
4. Sources of monetary or material support: Innovation fund of the Federal Joint Committee (G-BA), Intramural Junior Research Group Grant from the University of Potsdam, partial funding from a grant from the Graduate School of the University of Potsdam.
5. Primary sponsor: University of Potsdam, Social and Preventive Medicine
6. Secondary sponsor(s):
7. Contact for public queries:
8. Contact for scientific queries: Prof. Dr. med. Dr. phil. Michael A. Rapp & Dr. phil. Andreas Heißel Social and Preventive Medicine, University of Potsdam
9. Public title: The STEP.De study – a multi-center cluster-randomized effectiveness trial of exercise therapy for patients with depressive symptoms in health care services: Study protocol
10. Scientific title: See 9
11. Countries of recruitment: Germany
12. Health condition(s) or problem(s) studied: Depression
13. Intervention(s): Exercise intervention vs. treatment as usual (TAU) psychotherapy
14. Key inclusion criteria: Both male and female patients aged between 18 and 65 years suffering from any of the following disorders as evinced by chart documentation and validated in confirmatory structured interviews (Structural Clinical Interview I for DSM - IV (SCID - I); Axis 1: psychological disorders, depression section): 1. Mild or moderate depressive episode (F 32.0, F 32.1) 2. Recurrent depressive disorder, current episode mild or moderate (F 33.0, F 33.1) 3. Dysthymia (F34.1) 4. Adjustment disorder (F43.2) 5. Reaction to serve stress (F 43.8, F 43.9) 6. Neurasthenia (F48.0) 7. Mixed anxiety and depressive disorder (F 41.2) Ability to engage in regular physical exercise according to the adjusted Physical Readiness Questionnaire. Key exclusion criteria: 1. Ongoing outpatient psychotherapy 2. Physical disability 3. Legal guardianship 4. Active substance dependence or severe use disorder 5. Other serious mental or neurological illness 6. Presence of long-term medication with benzodiazepines or opiates (several weeks) 7. High-dose (> .7 DDD) pharmacotherapy with tricyclics or neuroleptics
15. Study type: longitudinal two-arm cluster-randomized non-inferiority trial

16. Date of first enrolment: 01.07.2018
17. Target sample size: 480
18. Recruitment status: Recruiting
19. Primary outcome(s): Depression severity measured with the Beck Depression Inventory (BDI-II) at baseline and after the intervention.
20. Key secondary outcome(s): 1. Depressive symptoms: Hamilton Rating Scale for Depression (HAM-D) 2. Work ability (WHO Disability Assessment Schedule 2.0, WHODAS 2.0; Work and Social Adjustment Scale, WSAS) 3. Physical activity (IPAQ) 4. Psychopathological symptoms (modified VDS90-R) 5. Self-efficacy (GSE-6) 6. Psychological need frustration and satisfaction (BPNSFS) 7. Quality of life (SF-12, EQ-5D) 8. Health care climate (HCCQ) 9. Sports motivation (BRQ-12) 10. Mindfulness (MASS) 11. Telemetric physical activity recordings 12. Depression severity as assessed by the BDI at all timepoints will be used for secondary analyses to explore sustainability of treatment effects 13. Health insurance data will be used for health economic analysis using a difference-in-difference approach All ratings will be performed by raters partially blinded for the interventional character of the study at baseline, after two and four months, and two, six, and twelve months after the exercise intervention.