Digital cognitive–behavioural therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway: protocol for a multicentre randomised controlled trial

Håvard Kallestad, Simen Saksvik, Øystein Vedaa, Knut Langsrud, Gunnar Morken, Stian Lydersen, Melanie R Simpson, Signe Karen Dorheim, Bjorn Holmoy, Sara G Selvik, Kristen Hagen, Tore Charles Stiles, Allison Harvey, Lee Ritterband, Børge Sivertsen, Jan Scott

ABSTRACT

**Introduction** Insomnia is highly prevalent in outpatients receiving treatment for mental disorders. Cognitive–behavioural therapy for insomnia (CBT-I) is a recommended first-line intervention. However, access is limited and most patients with insomnia who are receiving mental healthcare services are treated using medication. This multicentre randomised controlled trial (RCT) examines additional benefits of a digital adaptation of CBT-I (dCBT-I), compared with an online control intervention of patient education about insomnia (PE), in individuals referred to secondary mental health clinics.

**Methods and analysis** A parallel group, superiority RCT with a target sample of 800 participants recruited from treatment waiting lists at Norwegian psychiatric services. Individuals awaiting treatment will receive an invitation to the RCT, with potential participants undertaking online screening and consent procedures. Eligible outpatients will be randomised to dCBT-I or PE in a 1:1 ratio. Assessments will be performed at baseline, 9 weeks after completion of baseline assessments (post-intervention assessment), 33 weeks after baseline (6 months after the post-intervention assessment) and 61 weeks after baseline (12 months after the post-intervention assessment). The primary outcome is between-group difference in insomnia severity 9 weeks after baseline. Secondary outcomes include between–group differences in levels of psychopathology, and measures of health and functioning 9 weeks after baseline. Additionally, we will test between-group differences at 6-month and 12-month follow-up, and examine any negative effects of the intervention, any changes in mental health resource use, and/or in functioning and prescription of medications across the duration of the study. Other exploratory analyses are planned.

**Strengths and limitations of this study**

- Use of an automated intervention in individuals awaiting assessment for face-to-face treatment for mental disorders could yield important information about how to stratify treatment interventions and offer insights into the role of sleep patterns in mental disorders.
- A large-scale multicentre trial, with broad eligibility criteria, undertaken in a public sector service, increases the likelihood that findings are generalisable to other clinical settings.
- Sample size allows for detection of medium-small effect sizes on secondary outcomes.
- Limitations include potential sampling biases, for example, recruitment via self-ratings of insomnia rather than clinical evaluation.
- The sample comprises non-urgent referrals to mental health services, so translation of the findings to acutely ill psychiatric populations may be limited.

Correspondence to Dr Håvard Kallestad; havard.kallestad@ntnu.no

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For numbered affiliations see end of article.
BACKGROUND

Insomnia is characterised by subjectively reduced sleep quality, in the form of delayed sleep onset or frequent or prolonged awakenings at night, and is associated with reduced daytime functioning. It is highly prevalent in individuals with mental disorders. In a study of more than 2000 secondary psychiatric outpatient clinic attendees in Norway, about 70% reported a concurrent sleep disturbance regardless of primary diagnosis; and 40% reported severe sleep difficulties. Traditionally, insomnia has been regarded as a secondary problem that often arises among those experiencing a primary mental disorder. Recently, this view has been challenged, and the current edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) now advises clinicians to record ‘insomnia disorder’ as an independent comorbidity (rather than a secondary diagnosis). This change is important for clinical practice as it has increased the prominence of insomnia as a separate condition in psychiatric populations and draws attention to the suboptimal outcomes of standard psychiatric treatments in individuals with co-occurring insomnia. Further, it is increasingly clear that even when insomnia symptoms are a core symptom of the presenting syndrome, they may be more treatment refractory than other phenomena with 40%–70% of individuals who show improvement with antidepressant treatments continuing to report ongoing sleep difficulties.

Overall, clinicians and researchers now acknowledge the reciprocal relationship between sleep and mental disorders, such that they often perpetuate and exacerbate each other. This has raised awareness of the need to target interventions for insomnia, rather than assuming that it will simply be resolved following general psychological interventions for insomnia, such as cognitive–behavioural therapy for insomnia (CBT-I)

While medications are employed for insomnia, there is reluctance to co-prescribe these medications with the complex regimes that are routinely used to treat mental disorders. Concerns range from their addictive potential, the risk of drug interactions especially with polypharmacy and their low level of medium-to-long-term effectiveness. As such, there is a growing interest in the application of psychological interventions for insomnia, such as cognitive–behavioural therapy for insomnia (CBT-I) which has a more favourable risk-to-benefit ratio and is a recommended first-line treatment for insomnia. Further, several review articles and meta-analyses that synthesise data from randomised controlled trials (RCTs) demonstrate that this intervention may also be effective in reducing sleep problems in individuals with comorbid physical and/or mental disorders.

Taken together, it is clear that trials of CBT-I would be a useful addition to the knowledge base regarding sleep and mental disorders. However, there is a paucity of trained CBT-I therapists and insufficient numbers of expert practitioners are available within specialist mental health services. This undermines the feasibility and utility of conducting large-scale RCTs relying on face-to-face therapy as it would be difficult to translate the findings to day-to-day practice. Self-guided, fully automated digital CBT-I (dCBT-I) has been developed, tested and employed as a means of increasing access to the intervention to large, geographically spread populations. Automated dCBT-I has previously been shown to reduce insomnia severity among individuals with comorbid mental disorders in non-clinical populations, to reduce depressive symptoms in individuals with subclinical depressive presentations, and across different sociodemographic groups. Also, it appears to reduce psychotic symptoms in non-clinical samples. These findings are encouraging and indicate that self-guided dCBT-I could be beneficial even in secondary care settings, such as mental healthcare outpatient clinics. One small trial in older men who were receiving psychiatric treatment for depression found that automated dCBT-I was effective in reducing insomnia severity 9 weeks after baseline assessment, and suggests a larger, longer term trial is warranted. Importantly, automated dCBT-I could be initiated immediately after an intake assessment (even if the individual is awaiting other interventions) and this strategy could potentially reduce the overall duration or intensity of specialist care.

Aims

The protocol outlines a two-arm, parallel-group, superiority RCT that examines the additional benefits of dCBT-I compared with a control intervention of digital patient education about insomnia (PE) offered over 9 weeks. This multicentre RCT will recruit adults who have been referred to public sector secondary psychiatric outpatient clinics in Norway who are awaiting treatment of a mental disorder.

The overarching aim of the trial is to test the effectiveness of dCBT-I in a clinical, transdiagnostic population of non-urgent referrals to adult psychiatric outpatient services. The primary endpoint is outcome 9 weeks after the baseline assessment. This endpoint was selected because it allows sufficient time to complete the intervention, and the average wait-time before routine treatments commence is currently estimated at about 12 weeks, that is, few patients will have initiated regular treatment by 9 weeks, allowing sufficient time for most participants to complete the key phase of the RCT prior to exposure to any specific psychiatric interventions that are proposed for the presenting condition. We will also assess outcomes 33 and 61 weeks after baseline assessments to test if there are any long-term gains or adverse effects associated with the experimental intervention.

The trial is designed to address the following hypotheses: compared with PE, the dCBT-I intervention will, at each follow-up point (9, 33 and 61 weeks after baseline assessment), be associated with:

1. Lower severity of self-reported symptoms of insomnia (primary outcome).
2. Lower levels of self-reported psychopathology and somatic symptoms.
3. Improved health and cognitive function.
4. Less health resource utilisation (operationalised as the number of treatment sessions received during the 12-month trial).
5. Lower prescriptions rates for hypnotic, sedative/anxiolytic and antidepressant medications.

**Secondary aims**
These include analyses to test if there are specific subgroups that are more likely to benefit from dCBT-I; if exposure to dCBT-I or PE is associated with increased or reduced willingness to participate in face-to-face interventions for mental disorders in the future (eg, individual treatment delivered by a therapist at a clinic or via telemedicine (if offered during COVID-19, safety protocols remain in place)); whether dCBT-I is associated with any negative effects; and/or whether dCBT-I is associated with any additional reduction in sick leave, improved work productivity and daily activities outside of work.

Exploratory and additional analyses: we will perform mediation analyses and plan to undertake cost–benefit analysis; longer term health and social outcomes (>12 months) will be assessed from objective data available via national registries. Also, participants recruited at the lead centre (St Olavs Hospital, Trondheim) will be invited to participate in an actigraphy study examining objective recordings of sleep before, during and after the intervention (target sample ~40).

**METHODS AND ANALYSIS**
The protocol for the RCT follows the SPIRIT guidelines (Standard Protocol Items for Randomized Trials) and [figure 1](#) shows the flow chart for the recruitment and assessments. A completed SPIRIT checklist has been uploaded and a completed WHO Trial Registration Data Set can be found in online supplemental file 1.

**Trial design**
A multicentre, parallel-group, superiority RCT of individuals who meet established criteria for clinically significant insomnia according to self-report assessments undertaken with the internationally recognised standard rating. Trial participants will be randomised 1:1 to either dCBT-I or PE.

**Recruitment**
Recruitment will be undertaken at psychiatric outpatient clinics located in public healthcare organisations (‘healthcare trusts’) across rural and urban areas in Norway. Individuals referred for assessment for outpatient treatment of a mental disorder at the participating clinics will be sent an invitation to join the RCT. The invitation will be sent when the patient is registered on the waiting list for commencing mental health treatment (also see the online supplemental file 2 for additional details). This means that screening and randomisation can be completed, and digital interventions commenced before the individual attends their first scheduled treatment session.

**Eligibility**
Individuals with an interest in participating will be directed to a website that provides information about the RCT. They will then be offered the opportunity to participate in the consent procedure and complete an online screening assessment for eligibility. Individuals who give written informed consent and meet trial inclusion criteria will receive a telephone call from an investigator who will answer any questions, ensure that potential participants received all the relevant written documentation about the RCT and provide technical support regarding the digital intervention.

**Inclusion criteria**
1. Individuals aged ≥18 years.
2. Willing and able to provide written informed consent.
3. Insomnia Severity Index (ISI) >11 (this cut-off score is employed as we have previously used it to identify individuals experiencing clinically significant insomnia and/or those who may benefit from dCBT-I); [also, it is the most sensitive to detect a diagnosis of insomnia disorder in a Norwegian sample.](#)

**Exclusion criteria**
1. Sleep apnoea screening: Positive endorsement of a screening question for sleep apnoea (the item asks if they ‘usually or everyday snore and stop breathing and have difficulties staying awake during the day’).
2. Medical history contraindicating use of CBT-I, for example, (1) epilepsy plus self-report of ≥1 seizure within...
the preceding 12 months, or (2) recent cardiac surgery, or (3) currently in an attack phase of multiple sclerosis.
3. Individuals whose work schedule includes night shifts.
5. Inadequate opportunity to sleep or living circumstances that prevent modification of sleep pattern (eg, having an infant residing at home).
6. Currently receiving psychological treatment for insomnia.
7. Not registered at or under the care of any of the trial centres.

Interventions

Digital CBT-I

CBT-I is a multicomponent intervention that includes the following: psychoeducation about sleep, sleep hygiene, sleep restriction therapy, stimulus control, and challenging dysfunctional beliefs and perceptions about sleep. This trial employs a dCBT-I programme named Sleep Healthy Using The internet (SHUTi), which has been translated into Norwegian and employed in our previous RCTs. SHUTi is fully automated and requires no contact with healthcare personnel and can be accessed on computers or handheld devices using a browser-based interface. The programme is interactive and comprises the same elements included in face-to-face CBT-I (including tailoring of the programme to individual needs). The user is provided with access to new educational, behavioural or cognitive modules in the week after completing a previous module. Between modules, users enter self-monitoring information into a digital sleep diary.

Digital PE

The PE offers digital sleep hygiene information that can be accessed on computers or handheld devices using a browser-based interface. The programme is interactive and comprises the same elements included in face-to-face CBT-I (including tailoring of the programme to individual needs). The user is provided with access to new educational, behavioural or cognitive modules in the week after completing a previous module. Between modules, users enter self-monitoring information into a digital sleep diary.

Randomisation

This RCT employs the same randomisation procedure as in a previous Norwegian trial of dCBT-I. The automated procedure involves block randomisation with varying block sizes and cannot be influenced in any way by the researchers. Participants are blinded to their group allocation, but complete blinding is not possible as the participants may be able to discern whether they have received the active or control condition.

Withdrawal

Participants will be informed that they can withdraw from the trial at any time, without stating any reason and without any consequences whatsoever for their mental health treatment.

Crisis management procedure

All clinics have an emergency psychiatric service (24/7) for patients who require immediate assistance, experience crises, distressing increases in symptoms and/or marked deterioration in functioning. This service is responsible for all clinic attendees, including trial participants. If any trial participant uses the emergency service, the investigators will be informed and a decision made regarding continuation in the RCT and/or whether the crisis constitutes a trial-related adverse event.

Outcome assessments

The trial will adhere to the recommended standards for the research assessment of insomnia. Self-report questionnaires will be completed online at baseline, post-assessment (9 weeks after baseline), 6 months after the post-assessment (33 weeks after baseline) and 12 months after the post-assessment (61 weeks after baseline). Table 1 summarises the type and timing of all assessments (also see the online supplemental file 3 for additional details). Individuals will receive an automated message prompting them to complete the relevant online assessments at each time point.

Demography and clinical characteristics

As shown in table 1, key demographic information will be recorded at baseline. Self-reported clinical history will include information about sleep problems; medication use; previous medical, mental and physical disorders; treatments and admissions. Data will also be collected regarding type and number of physical disorders (from a list of 20 common medical conditions) and mental disorders (from a list of 9 common mental disorders).

Sleep measures

Primary outcome measure:

The ISI is a 7-item questionnaire assessing the severity of insomnia symptoms the last 14 days.

Secondary outcome measures:

Other measures of sleep and chronotype

The Consensus Sleep Diary assesses prospective daily sleep–wake patterns on at least 10 of 14 consecutive days. The Reduced Morningness–Eveningness Questionnaire measures chronotype, that is, time preference for daily activities, including bedtimes. The Bergen Insomnia Scale assesses symptoms of insomnia based on the insomnia criteria in the DSM-IV.

Level of psychopathology and functional impairment

The Outcome Questionnaire-45 assesses mental health status, including symptom distress, interpersonal relations and social role functioning.

The Hospital Anxiety and Depression Scale assesses non-vegetative symptoms of anxiety and depression.

Nightmares and nocturnal mentation

Selected items from the Nightmare Frequency Questionnaire, nightmare intensity and nocturnal mentation
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<td>Level of psychopathology</td>
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<td>Outcome Questionnaire-45.2</td>
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<td>Hospital Anxiety and Depression Scale</td>
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<td>Nightmares and nocturnal mentation</td>
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<td>Nightmare Frequency Questionnaire</td>
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<td>EuroQol-5D</td>
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<td>Alcohol Use Identification Test-Consumption</td>
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<td>Headache Impact Test-6</td>
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<td>Cognitive function</td>
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<td>Self-efficacy for sleep-related behavioural change</td>
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<td>The Negative Effects Questionnaire</td>
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<td>Work Productivity and Impairment Scale</td>
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questionnaires will be used to assess frequency and intensity of nightmares and nocturnal mentation.

Measures of somatic symptoms and health

The Chalder Fatigue Scale\(^\text{42}\) assesses levels of daytime physical and psychological fatigue.

EuroQol-5D\(^\text{43}\) assesses general health state and allows measurement of quality-adjusted life years in individuals presenting with a range of physical and mental disorders.

Alcohol Use Disorders Identification Test-Consumption assesses the frequency and amount of alcohol use.

Headache Impact Test-6\(^\text{44}\) assesses the intensity and consequences of headaches the last month.

Work performance

Work Productivity and Impairment Questionnaire General Health\(^\text{45}\) assesses work performance and impairment in daily living.

Cognitive function

The Cognitive Complaints in Bipolar Disorder Rating Assessment assesses subjective cognitive function.

Intervention-related assessments

Expectations: one item assessing to what extent the patient thinks a digital sleep intervention can work for them (1=not at all, 9=perfectly).

Self-efficacy: at baseline, a questionnaire assessing self-efficacy related to making behavioural changes.

The Negative Effects Questionnaire\(^\text{46}\) assesses negative effects of digital interventions.

Impact on future treatment: two items assess if exposure to digital interventions has impacted on willingness to participate in face-to-face therapy for mental disorders, and/or sleep problems.

The use of sleep strategies assesses how often individuals use different therapeutic techniques for sleep and their perception of its utility.

Resource use and national registries

Using objective data available from national registries, we will collate information on participants to allow to explore group differences before and/or after randomisation: (a) reasons for referral; (b) diagnoses; (c) substance use, person injury, incident leading to any hospital admission; (d) appointments, treatments and admissions at mental healthcare clinics; (e) dose, timing and type of prescribed medications and changes recorded during the RCT; (f) costs of treatment offered by the public services; (g) sick leave or in receipt of disability benefits; (h) if any deaths occur during the course of the study, we will record the cause (as recorded on the death certificate).

Subgroup data collection of objective sleep and circadian assessments

About 40 participants recruited at St Olavs Hospital will be invited to undertake concurrent actigraphy monitoring of sleep–wake patterns.\(^\text{47}\)

Sample size

The primary outcome is difference in ISI scores at 9 weeks post-baseline. Published RCTs of CBT-I or dCBT-I report an effect size (ES) (Cohen’s d) between 0.8 and 2.0 for these interventions compared with control conditions for community samples or clinical trials in populations with insomnia. However, we anticipate digital interventions may not have such a large effect in a transdiagnostic psychiatric outpatient population,\(^\text{24}\) so we have estimated the RCT sample size based on a Cohen’s d=0.5. Additionally, we wanted the sample size to provide adequate statistical power to detect small-to-moderate ES (Cohen’s d=0.3–0.5) on the secondary outcomes (levels of psychopathology, etc). Lastly, other RCTs of CBT-I report sample attrition rates of between 12% and 50%.\(^\text{20, 21}\) As the planned RCT involves limited contact between investigators and participants and has a 12-month follow-up, we have assumed a study dropout rate of about 50%. Therefore, we aim to recruit 800 participants, to enable us to retain 400 patients (200 in each treatment arm) at the end of the RCT. For a two-sample t-test with alpha=0.05, this sample size gives a power of 99.9%, 93.7% and 84.9% of detecting a difference of Cohen’s d=0.50, 0.40 and 0.30, respectively.

We did not undertake any statistical power calculations related to the analysis of service utilisation, medication use, etc, as assessed in the national registers, or cost-benefit analysis. Missing data are unlikely to be an issue when examining the national registers.

Table 1  Continued

<table>
<thead>
<tr>
<th>Health service utilisation and ICD-10 diagnoses</th>
<th>Screening and/or baseline</th>
<th>9-week follow-up</th>
<th>33-week follow-up</th>
<th>61-week follow-up</th>
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<tr>
<td>Prescribed medications</td>
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<tr>
<td>Number of hospital admissions (and reasons)</td>
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<tr>
<td>Resource use</td>
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<tr>
<td>Cause of death</td>
<td>X</td>
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*Actigraphy data will be collected at each time point for sample recruited via St Olavs University Hospital. ICD-10, International Classification of Diseases, 10th Revision.
Statistical analytical plan

Descriptive statistics

Summary descriptions of demographic and clinical characteristics will be presented for each group. Categorical and binary variables will be presented as counts and percentages, continuous variables will be presented as means and SDs, or medians and IQRs, as appropriate.

Analysis of primary and secondary outcomes

The key outputs will be intention-to-treat analyses, that is, everyone who is randomised will be analysed. Per-protocol analyses will be reported for individuals who complete ≥4 dCBT-I modules. There will be no planned interim analyses during the inclusion period, though we will publish findings from self-reported data prior to the registry data.

We plan to use linear mixed model analysis to examine the difference between the two randomised groups on the primary and secondary outcomes with continuous variables. The model will include time, group, time–group interaction and baseline covariates. For binary secondary outcomes, logistic mixed model analysis will be used. Linear mixed models (logistic mixed models) provide unbiased (approximately unbiased) results when the data are missing at random (MAR). Model assumptions will be reviewed, and if the assumptions are not met, this will be handled using bootstrapping, logarithmic transformations, or analysed using non-parametric testing as appropriate. We will assess the influences of deviations from MAR in sensitivity analyses as described below.

Mediation and moderator analysis

In order to identify if changes in insomnia symptoms, levels of psychopathology or cognitive function are important mediators of the effect of the digital treatment, we will perform mediation analyses assessing following the conceptual principles described by Kraemer et al.

Sensitivity analysis

To investigate the influence of deviations from the MAR assumption, we will use a pattern-mixture models to simulate a range of situations where the data for both primary and selected secondary outcome variables are missing not at random.

Ethics and dissemination

The protocol has been approved by the Regional Committee for Medical and Health Research Ethics in Norway, REK Sør-Øst B (Ref: 125068). The RCT follows the guidance and principles outlined in the Revised Declaration of Geneva. All eligible participants will be required to give online written informed consent before study entry (please see online supplemental file 4 for a copy). Participants will be provided with written and printable information regarding the RCT, which will also be repeated in a telephone call with an investigator. Both the written and oral pieces of information emphasise that participation is voluntary, that individuals will receive the same standard of care and treatment at the mental health clinic regardless of their participation, that they may withdraw from the trial at any time without any consequences for their clinical care and that they do not need to give a reason for withdrawal.

Self-report data will be de-identified and stored in encrypted and password-protected databases that are compliant with the General Data Protection Regulation. Data from national registries will be downloaded and incorporated into the files and anonymised.

The findings from the RCT will be disseminated via conference presentations and peer-reviewed scientific publications. The first academic publication will report any between-group differences on self-reported outcomes. Subsequent academic publications will report findings related to data extracted from the national registries, health economic analyses, and mediation and moderation analyses. The investigators will adhere to international guidelines regarding multi-authorship of manuscripts.

Patient and public involvement

The service user group for mental healthcare at the Central Norwegian Health Trust were consulted regarding the study outline and provided feedback on the aims of the trial and the assessments included in the protocol.

Study monitoring

A Data and Safety Monitoring Committee will meet weekly initially (during the start-up phase), and then monthly to oversee study progress, technical issues, status at the included sites and any reports of severe side effects. Other meetings can be convened if a specific problem or serious and untoward incident is reported. The committee comprises the project leader, project coordinator and the investigators involved in overseeing recruitment and eligibility. Clinical representatives from participating healthcare hospital trusts, statistical advisors, administrative leaders and other representatives will be co-opted as needed. The trial sponsor and the included healthcare trusts routinely and randomly audit one or more ongoing projects each year. The audit process ensures that trial protocols are followed, and ethical standards upheld. If any important protocol amendments are necessary, these will first be evaluated by the ethics committee and published on relevant study websites.

DISCUSSION

The utility of dCBT-I, and its impact on insomnia, psychopathology, cognitive functioning, and general health in routine clinical settings are not yet established. Given the bidirectional relationship between sleep and mental disorders, interventions that are effective in reducing insomnia severity may also have benefits for comorbid psychiatric conditions. For instance, one meta-analysis of CBT-I for insomnia in individuals with physical and mental disorders reported small-to-moderate ES on comorbid symptoms with larger effects for psychiatric symptoms, while...
another meta-analysis demonstrated small-to-medium ES for the effect of CBT-I on depressive symptoms. It is possible that improvement in sleep early in the treatment process could lead to earlier response and/or improved outcomes of the presenting mental disorder. While findings of CBT-I research are encouraging, it is noteworthy that many RCTs do not have adequate statistical power to enable detection of effects on a broader range of symptoms and phenomena (beyond sleep), while others have been conducted in convenience or non-clinical samples. This means the effects of CBT-I on sleep in many mental health treatment settings are unclear. The current RCT aims to address some of these knowledge gaps, the sample size is calculated to allow detection of small-medium ES on these secondary outcomes, and the trial is conducted in a transdiagnostic clinical sample.

There are scientific limitations associated with conducting an RCT in heterogeneous clinical samples attending different outpatient settings. First, diagnoses will be recorded by the clinicians at the clinics and not by the investigators, and there may be between-clinic differences in how some diagnoses are recorded. Also, there may be variability between clinics and between diagnostic subgroups regarding the waiting-time for a first treatment session. While most patients are likely to complete the course of dCBT-I before routine psychiatric outpatient treatment commences, others may experience an overlap between interventions. Thus, the trial may be a test of the effectiveness of dCBT-I when offered at an early stage of psychiatric treatment rather than prior to the introduction of routine care. Moreover, secondary psychiatric services and healthcare policies are continuously evolving, and it is conceivable that outpatient assessment and treatment protocols might change after the RCT has begun. Finally, there are 20 outpatient clinics that have agreed to recruit participants to the trial, but most have not been able to do any piloting of the protocol (partly due to COVID-19, etc). We do not know how much recruitment will differ between urban and rural areas in Norway, and/or if additional clinics will need to be added (eg, if recruitment is behind expected rates). This precludes using randomisation sequences that are stratified according to clinic. Despite these limitations, we believe the results of this trial will be important in moving the field forwards in its understanding of the feasibility and utility of fully automated dCBT-I in clinical samples of psychiatric outpatients with a wide range of mental disorders, and how treatment of insomnia can affect other important clinical and social outcomes.

Author affiliations
1Department of Mental Health Care, St Olavs Hospital University Hospital in Trondheim, Trondheim, Norway
2Department of Mental Health, Norwegian University of Science and Technology, Trondheim, Norway
3Department of Public Mental Health, Norwegian Institute of Public Health, Bergen, Norway
4Department of Mental Health Care, Norwegian University of Science and Technology, Trondheim, Norway
5Department of Mental Health and Nursing, Norwegian University of Science and Technology, Trondheim, Norway
6Department of Mental Health Care, Stavanger University Hospital, Stavanger, Norway
7Department of Folio, Akershus University Hospital, Lorenskog, Norway
8Department of Mental Health Care, Namssos Hospital, Namssos, Norway
9Department of Mental Health, Molde Hospital, Molde, Norway
10Department of Psychology, Norwegian University of Science and Technology, Trondheim, Norway
11Department of Psychology, University of California Berkeley, Berkeley, California, USA
12Department of Psychiatry and Neurobehavioral Sciences, University of Virginia, Charlottesville, Virginia, USA
13Institute of Neuroscience, Newcastle University, Newcastle, UK

Correction notice This article has been corrected since it was published. Sleep apnoea screening has been added in the Exclusion criteria.

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Contributors Study design was undertaken by the research team: HK, SS, BV, KL, GM, SL, MRS, SKD, BH, SGS, KH, TCS, AH, LR, BS and JS. HK conceived of the study and produced the first draft of the protocol paper with additional input from SS, ØV and JS. SL and MRS wrote the statistical analytical plan. All authors contributed to the drafting of the submitted version of the study protocol and all authors approved the final version of the manuscript.

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Disclaimer The RCN does not have any role in study design or decision to submit the report for publication.

Competing interests LR reports financial or business interests in BeHealth Solutions and Pear Therapeutics, two companies that develop and disseminate digital therapeutic solutions (including licensing the therapy developed) based in part on early versions of the software from the University of Virginia, which is used in the research reported in this article. These companies had no role in preparing this manuscript. LR is also a consultant to Mahana Therapeutics, a separate digital therapeutic company not affiliated with this research. The terms of these arrangements have been reviewed and approved by the University of Virginia in accordance with its policies. All other authors declare no competing interests.

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ORCID iDs
Håvard Kallestad http://orcid.org/0000-0002-9173-942X
Gunnar Morken http://orcid.org/0000-0003-1972-5901
Jan Scott http://orcid.org/0000-0002-7203-8601

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REFERENCES


SUPPLEMENT 1

Title: Protocol for a multi-center randomized controlled trial of digital cognitive behavior therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway.

Håvard Kallestad1,2,3, Simen B. Saksvik2, Øystein Vedaa2,4, Knut Langsrud2,3, Gunnar Morken1,2,3, Stian Lydersen2, Melanie R. Simpson5, Signe K. Dørheim6, Bjørn Holmøy7, Sara G. Selvik8, Kristen Hagen9, Tore C. Stiles10, Allison G. Harvey11, Frances Thorndike12, Lee Ritterband13, Børge Sivertsen2,4,14, Jan Scott2,15.

1Department of Research and Development, St. Olavs University Hospital, Trondheim, Norway
2Department of Mental Health, Norwegian University of Science and Technology, Trondheim, Norway
3Department of Østmarka, St. Olavs University Hospital, Trondheim, Norway
4Department of Health Promotion, Norwegian Institute of Public Health, Bergen, Norway
5Department of Public Health and Nursing, Norwegian University of Science and Technology, Trondheim, Norway
6Department of Mental Health Care, Stavanger University Hospital, Stavanger, Norway
7Department of Mental Health Care, Akershus University Hospital, Follo, Norway
8Department of Mental Health Care, Namsos Hospital, Namsos, Norway
9Department of Mental Health Care, Molde Hospital, Molde, Norway
10Department of Psychology, Norwegian University of Science and Technology, Trondheim, Norway
11Department of Psychology, University of California, Berkeley, USA
12Pear Therapeutics, LLC, USA
13Department of Psychiatry and Neurobehavioral Sciences, University of Virginia, USA
14Department of Research and Innovation, Helse-Fonna HF, Haugesund, Norway
15Institute of Neuroscience, Newcastle University, Newcastle, England

Corresponding author:
Author 1 (Håvard Kallestad, havard.kallestad@ntnu.no) as shown in Scholar One

Håvard Kallestad
St. Olavs University Hospital
Department of Research and Development
PO Box 3250 Sluppen
7006 Trondheim
Norway
# World Health Organization Trial Registration Data Set

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SUPPLEMENT 2

Title: Protocol for a multi-center randomized controlled trial of digital cognitive behavior therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway.

Håvard Kallestad1,2,3, Simen B. Saksvik2, Øystein Vedaa2,4, Knut Langsrud2,3, Gunnar Morken1,2,3, Stian Lydersen2, Melanie R. Simpson4, Signe K. Dørheim6, Bjørn Holmoy7, Sara G. Selvik8, Kristen Hagen9, Tore C. Stiles10, Allison G. Harvey11, Frances Thorndike12, Lee Ritterband13, Børge Sivertsen2,4,14, Jan Scott2,15.

1Department of Research and Development, St. Olavs University Hospital, Trondheim, Norway
2Department of Mental Health, Norwegian University of Science and Technology, Trondheim, Norway
3Department of Østmarka, St. Olavs University Hospital, Trondheim, Norway
4Department of Health Promotion, Norwegian Institute of Public Health, Bergen, Norway
5Department of Public Health and Nursing, Norwegian University of Science and Technology, Trondheim, Norway
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10Department of Psychology, Norwegian University of Science and Technology, Trondheim, Norway
11Department of Psychology, University of California, Berkeley, USA
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13Department of Psychiatry and Neurobehavioral Sciences, University of Virginia, USA
14Department of Research and Innovation, Helse-Fonna HF, Haugesund, Norway
15Institute of Neuroscience, Newcastle University, Newcastle, England

Corresponding author:
Author 1 (Håvard Kallestad, havard.kallestad@ntnu.no) as shown in Scholar One

Håvard Kallestad
St. Olavs University Hospital
Department of Research and Development
PO Box 3250 Sluppen
7006 Trondheim
Norway
Recruitment

All individuals will be patients who have been referred to treatment for a mental disorder at one of the secondary outpatient clinics. As part of the standard routine in public mental health care outpatient clinics, these referrals, along with all other available patient information, are evaluated to establish if 1) the patient’s mental health condition is severe enough to warrant treatment in secondary health care, or so 2) if it is an urgent or non-urgent case, i.e. if there is an acute suicide risk or other risk for severe deterioration of condition. In urgent cases, the patients are offered emergency treatment in mental health care. The non-urgent patients are placed on a waiting-list to receive treatment for their condition at the clinic and will be sent written information about this, their patient rights, and instructions for who to contact in case the patient experience a deterioration of the condition in the waiting period. This is sent to the patient and their General Practitioner by the clinic (by mail and/or electronically) immediately after the evaluation team have made their decision, usually the same day. This procedure follows the guidelines by the Norwegian Directorate of Health. In the written information the patients at the participating clinics will additionally receive information about this trial and a description of where to find the trial website. This means that non-urgent patients will be invited and screening and randomization can be completed and the digital interventions will have commenced before the individual attends their first formal clinical treatment session.
SUPPLEMENT 3

Title: Protocol for a multi-center randomized controlled trial of digital cognitive behavior therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway.

Håvard Kallestad1,2,3, Simen B. Saksvik2, Øystein Vedaa2-4, Knut Langsrud2,3, Gunnar Mørken1,2,3, Stian Lydersen2, Melanie R. Simpson2, Signe K. Dørheim4, Bjørn Holmøy2, Sara G. Selvik3, Kristen Hagen6, Tore C. Stiles10, Allison G. Harvey11, Frances Thorndike12, Lee Ritterband13, Børge Sivertsen2,4,14, Jan Scott2,15.

1Department of Research and Development, St. Olavs University Hospital, Trondheim, Norway
2Department of Mental Health, Norwegian University of Science and Technology, Trondheim, Norway
3Department of Østmarka, St. Olavs University Hospital, Trondheim, Norway
4Department of Health Promotion, Norwegian Institute of Public Health, Bergen, Norway
5Department of Public Health and Nursing, Norwegian University of Science and Technology, Trondheim, Norway
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14Department of Research and Innovation, Helse-Fonna HF, Haugesund, Norway
15Institute of Neuroscience, Newcastle University, Newcastle, England

Corresponding author:
Author 1 (Håvard Kallestad, havard.kallestad@ntnu.no) as shown in Scholar One

Håvard Kallestad
St. Olavs University Hospital
Department of Research and Development
PO Box 3250 Sluppen
7006 Trondheim
Norway
**Outcome assessments**

Sleep measures:

Primary outcome measure:

*The Insomnia Severity Index (ISI)*[^1] is a 7-item questionnaire assessing the severity of insomnia symptoms the last 14 days. Each item is rated on a 0 to 4 rating scale with higher scores indicating more severe symptoms. The ISI has good psychometric properties and is validated for online use.[^2] Range is 0-28 with higher values represent higher levels of insomnia symptom severity. A cut-off of 7 or below is used to indicate normal sleep and used to indicate remission after the interventions, and a reduction of 8 points during the interventions is used to indicate response to the intervention.[^3]

Secondary outcome measures:

**Other measures of sleep and chronotype:**

*Consensus Sleep Diary:* Prospective daily sleep-wake patterns will be assessed with the consensus sleep diary[^3] which will be completed by the participant at baseline and each follow-up point for at least 10 out of 14 consecutive days. Individuals will be asked to record their bed-time, sleep onset latency, wake after sleep onset, number of nocturnal awakenings, time of final awakening in the morning, and rise-time, in addition sleep quality will be rated on a 5-point scale (with a higher score indicating better sleep quality).

*Reduced (also known as Brief) Morningness – Eveningness Questionnaire (rMEQ):* The rMEQ is a widely used measure of chronotype i.e. time preference for daily activities, including bedtimes. The rMEQ has five items yielding scores from 4 to 25, with lower scores indicating a preference for “eveningness” and higher scores indicating a preference for “morningness”. Scores can be categorized as: definitely evening type (score <8), moderately evening type (score 8-11), neither type (score 12-17), moderately evening type (score 18-21), and definitely morning type (score >21).[^4]

*Bergen Insomnia Scale*[^5]: comprises six items that assesses symptoms of insomnia based on the insomnia criteria found in the Diagnostic and Statistical Manual of Mental Disorders-IV-TR (American Psychiatric Association).[^6]
Level of psychopathology & functional impairment:

The Outcome Questionnaire – 45.2 (OQ-45.2) is a 45 item self-report scale assessing mental health status. The scale is specifically designed for assessing patient progress throughout therapy and is widely used clinically, and as an outcome measure in clinical trials. It has excellent internal consistency and is shown to be highly correlated with well-known outcomes such as the Symptom Checklist 90R, Beck Depression Inventory, The State Trait Anxiety Inventory, The inventory of interpersonal problems, The Social Adjustment Scale, and the SF-36. The scale is scored on a scale of 0 (=never) to 5 (=almost always) giving a range of 0 to 180, with higher scores indicating higher levels of psychopathology. The OQ-45.2 has three validated subscales: symptom distress, interpersonal relations, and social role functioning (perceived level of difficulties in the workplace, school or home duties). Results will be reported for the sum score, and for the three subscales. The OQ-45.2 has an established clinical cut-off value and reliable change index.

The Hospital Anxiety and Depression Scale (HADS) is a 14-item questionnaire assessing non-vegetative symptoms of anxiety and depression on a 0 to 3 likert scale. The sum score can be used as a measure of general psychological distress and is widely used in the community, general practice and psychiatric settings. It has a range of 0 to 42 points with higher scores indicating higher levels of psychological distress.

Nightmares and nocturnal mentation:

The Nightmare Frequency Questionnaire (NFQ): One item from the NFQ assessing frequency of nights with nightmares (in days per week, month or year).

Nightmare intensity: One item from the clinical administered PTSD-scale (CAPS) assessing the intensity of nightmares on a four point Likert-type scale ranging from 1 (=minimal) to 4 (=extreme).

Nocturnal mentation: Three items from the Dream Recall Frequency Scale (DRFS) are used to assess nocturnal mentation and can be used as a proxy for REM sleep fragmentation. The items are scored on a 0 (=never) to 8 (=almost every day/night) and assess how often the participant is aware of having thoughts during sleep, how often night-time thoughts affect mood next day, and how often the participant tells others about their night-time thoughts, giving a total score of 0 to 24.
Measures of somatic symptoms and health

The Chalder Fatigue Scale (CFS)\textsuperscript{42} is a 11-item questionnaire assessing levels of daytime physical and psychological fatigue on a 0 to 3 likert scale (0=less than usual, 3=much more than usual). The scale has a range of 0 to 33 with higher scores indicating higher levels of fatigue. Two additional items assess duration of fatigue (0=less than a week, 4=six months or more) and how much of the time the individual experience fatigue (0=25% of the time, 3=all the time).

Euroqol-5D\textsuperscript{43} is a 5-item self-report questionnaire assessing general health state on a 0 to 5 likert scale. It measures levels of problems with walking, performing self-care, doing usual activities, pain/discomfort, and anxiety/depression. It is widely used across Europe in assessments of health resources utilization as it allows measurement of Quality Adjusted Life Years (QALYs) in individuals presenting with a wide range of physical and mental disorders.

Alcohol Use Disorders Identification Test – Consumption (AUDIT-C)\textsuperscript{44} is a three-item self-report questionnaire assessing frequency of alcohol use (0=never, 4=four times each week or more), number of units typical for a drinking day (0=1-2 units, 4=10 or more units), and frequency of binge-drinking (0=never, 4=daily or almost daily). It is a short-version of the 10-item AUDIT developed by the World Health Organization.

Headache Impact Test – 6 (HIT-6)\textsuperscript{45} is a six-item self-report questionnaire assessing intensity and consequences of headaches the last month, rated from never to always. The scale has a range from 36 to 78 with higher values indicating higher severity of headaches. The four headache impact severity categories are little or no impact (49 or less), some impact (50–55), substantial impact (56–59), and severe impact (60–78).

Work performance:

Work Productivity and Impairment Questionnaire General Health (WPAI:GH)\textsuperscript{46} will be used to assess work performance and impairment in daily living. It is a six-item questionnaire that measures: sickness absenteeism; sickness presenteeism; overall work impairment and; activity impairment.

Cognitive function
The Cognitive Complaints in Bipolar Disorder Rating Assessment (COBRA) will be used to assess cognitive function. It is a 16-item self-reported instrument of subjective cognitive dysfunctions including executive function, processing speed, working memory, verbal learning and memory, attention/concentration and mental tracking. Items are rated using a 4-point scale. The higher the score, the more subjective complaints. Although the assessment was initially introduced for use with individuals with bipolar disorders, the rating can be used on other clinical populations.

Intervention-Related Assessments

The assessment package includes several brief self-report instruments that give insights into the expectation of and experiences associated with the intervention provided. These include:

Expectations: At baseline, one item scored on a 1 to 9 scale indicating to what extent the patient thinks a digital sleep intervention can work for them (1= not at all, 9 = perfectly).

Self-efficacy: At baseline, self-efficacy related to making behavioral changes will be assessed with a 13-item questionnaire scored on a 1 to 10 scale (1= not confident at all, 10=extremely confident). Seven items assess self-efficacy of behaviors related to CBT-I (e.g. following a plan for bed time and rise time), and six items assess self-efficacy in situations where it may be challenging to keep the behavioral changes (e.g. if you are depressed or feel hopeless, in weekends, etc).

The Negative Effects Questionnaire (NEQ): will be used to assess negative effects of digital interventions. The NEQ is a self-report measure that contains 20 items that are scored on a five-point Likert-scale (rated 0-4) where higher scores indicate higher levels of negative effects. After each item, the individual is asked whether they consider the effect to be caused by the intervention received or caused by other circumstances (yes/no), as well as one open-ended question.

Impact on future treatment: will be assessed post intervention with two items. The first will assess if this intervention has impacted motivation for face-to-face treatment for mental disorders, the second will assess if this intervention has impacted motivation for specifically working with sleep interventions at a later time (both scored on a 1 to 9 scale with 1=very demotivated, 9=very motivated).
The Use of Sleep Strategies (USS): is a six item self-report questionnaire have been developed to assess how often individuals use six different therapeutic techniques (keep a stable rise time, refrain from sleeping during daytime, use the bed and bedroom only for sleeping, practiced sleep restriction, practiced stimulus control) and their perception of its utility. The techniques are integral to CBT-I but are also described in sleep psychoeducation or hygiene programmes.

Resource use and national registries

Using objective data available from national registries we will collate information on participants to allow to explore group differences before and/or after randomization-
a) reasons for referral;
b) diagnoses (International Statistical Classification of Diseases and Health Related Problems, ICD-10);
c) substance use, person injury (similar to Core minimum data set in World Health Organization (WHO) guidelines), incident leading to any hospital admission;
d) number of appointments at mental health care clinics, type and timing of treatment and admissions, and date of the first appointment for each patient during the study period (data on a-d from the Norwegian Patient Registry (NPR));
e) dose, timing and type of prescribed medications (According to the WHO Anatomical Therapeutic Chemical Classification System) and changes recorded during the RCT (data from the Norwegian Prescription Database (NorPD));
e costs of treatment offered by the public services (data from the database named ‘Kontroll og Utbetaling av Helserefusjon’);
f) sick leave or in receipt of disability benefits (data from the administrative database called Forløpsdatabasen (FD Trygd));
g) cause of death (Dødsårsaksregisteret);

Subgroup data collection of objective sleep and circadian assessments

A subgroup of approximately 40 patients recruited at St Olavs Hospital will have concurrent assessments of sleep-wake patterns with actigraphy for 9 weeks during the intervention period.49

Actigraphy: Actigraphy is a wrist-worn accelerometer that can be used for assessment of
movement and indirectly as an objective assessment of sleep and circadian measures. We will use GENEActive actiwatches (Activeinsights, Kimbolton, UK), which has a triaxial sensor for acceleration, a light sensor, and a temperature sensor.
SUPPLEMENT 4

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1Department of Research and Development, St. Olavs University Hospital, Trondheim, Norway
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Corresponding author:
Author 1 (Håvard Kallestad, havard.kallestad@ntnu.no) as shown in Scholar One

Håvard Kallestad
St. Olavs University Hospital
Department of Research and Development
PO Box 3250 Sluppen
7006 Trondheim
Norway
DO YOU WANT TO PARTICIPATE IN THE RESEARCH PROJECT: ‘DIGITAL SLEEP TREATMENT FOR INDIVIDUALS REFERED TO PUBLIC MENTAL HEALTH SERVICES’

WHAT IS THE PROJECT ABOUT?

You are invited to participate in a research project to try digital (internet-based) treatment for chronic sleep problems (insomnia).

Insomnia involves problems falling or staying asleep. Although insomnia is highly prevalent among persons with mental health disorders, it is very uncommon to receive non-pharmaceutical treatment for these problems. In this study we aim to establish an effective and accessible treatment for insomnia delivered through the internet. You will get access to the treatment via an internet page, accessible via a computer or a smart phone.

To be eligible for this study you must be over 18 years of age and be referred to treatment at a public mental health clinic (“distrikspsykiatrisk sykehus, DPS”) in Norway.

This study is a collaboration project between NTNU, Folkehelseinstituttet, St. Olavs Hospital St. Olavs Hospital (Nidaros DPS, Tiller DPS, Orkdal DPS), Akershus universitetssykehus (Follo DPS, Gruoruddalen DPS, Nedre Romerike DPS, Øvre Romerike DPS), Helse Stavanger (Stavanger DPS, Sola DPS, Sandnes DPS), Helse Nord-Trøndelag (Namsos Sykehus, Levanger Sykehus, Stjørdal DPS), Helse Møre og Romsdal (Molde DPS, Kristiansund DPS, Ålesund DPS, Volda DPS), Helse Bergen (Kronstad DPS, Voss DPS), Vestre Viken (Bærum DPS), Oslo Universitetssykehus (Søndre Oslo DPS, Nydalen DPS), the University of Virginia and the University of California, Berkeley (USA). The project leader is psychologist Håvard Kallestad, PhD at St.Olavs Hospital

WHAT DOES THE STUDY INVOLVE?

The study period is 12 months and the sleep treatment lasts for 6-8 weeks. We will register information about you to investigate the effect of the sleep treatment.

We will ask you to complete questionnaires before the treatment as well as nine weeks, 6 months and 12 months after the treatment started (see time schedule in Chapter A). Registered personal information are contact information (name and address) and demographic information (sex, age and education). We will also ask about your general health, mental health, sleep habits and daily activity and habits. Your sleep pattern will be registered with a sleep diary which is a short form you can complete via the internet and takes about 2-3 minutes to complete.

To participate in this study you must first answer a short screening form via the internet. In this form it will be evaluated whether you have sleep problems and if you meet the criteria for participation. This form will start immediately after you have signed this consent form. If you are qualified for participation and consent to participate you will receive messages and get a phone call from the study administration prior to and after the treatment. The purpose of these contacts will be to give an oral presentation of what the study involves, to answer questions you may have regarding your participation in the study, to remind you to complete the questionnaires and to answer potential technical questions.

Before the treatment starts you will be randomized into one of two possible treatment groups. Both groups have previously been shown to have a good treatment effect on sleep problems in prior research:
Version number 1.3

**Group 1:** In this group you will get access to a web page with relevant information about insomnia and good sleep habits.

**Group 2:** In this group you will get access to an internet-based treatment-program, designed to give individually adjusted instruction about how to improve your sleep. You will receive weekly assignments to complete. You must complete sleep diaries throughout the whole treatment period (6 weeks).

Participants who live in Trondheim will be contacted and asked to complete additional measurements of sleep and daytime activity with equipment fastened to the wrist (actigraphy). These participants will be specifically contacted about this.

**POTENTIAL ADVANTAGES, DISADVANTAGES AND SERIOUS ADVERSE EVENTS**

Your participation in this study will not have any consequences for your treatment options at the DPS. This study is an offer you receive in addition to the ordinary treatment at the DPS.

The advantage of participating in this study is that you may get a notably better sleep quality after treatment which may reduce your daytime sleepiness and improve your mood. Your participation may also improve the treatment options for insomnia in Norway, that you and others can receive in the future. A potential disadvantage with a participation in this study is that the program requires effort and time, and some may find this challenging. A part of the treatment may require that your time in bed is restricted for a short period which may result in a short period with a shorter sleep time and increased sleepiness.

**VOLUNTARY PARTICIPATION**

Participation in the study is voluntary. If you wish to participate, sign the declaration of consent at the bottom of the page. You can withdraw your consent to participate in the study at any time and without stating any particular reason. If you do not wish to participate in the study or wish to withdraw from the study this will not have any consequences for you or your future treatment options. If you withdraw your consent, we will stop the research on your health information. You can also demand to have your health information to be deleted or delivered to you within 30 days. The possibility to have data deleted or delivered does not apply if the data is anonymized. This possibility is also limited if the data is included in completed analyses.

If you wish to withdraw from the study or have any questions concerning the study, you may contact the project leader (see information on the bottom of the page).

**WHAT WILL HAPPEN TO YOUR PERSONAL INFORMATION?**

Any personal data concerning health that has been recorded about you will only be used as described in the purpose of the study, and will be stored until 31.12.2040. Potential extensions of the storing of the data will only apply after approval from the ethics committee and other relevant authorities. You have the right to access information that has been recorded about you and the right to stipulate that any error(s) in the information that is recorded is/are corrected. You also have the right to know which security measures have been/will be taken when your personal data concerning health is processed.

You have the right to submit a complaint on the processing of your personal health data concerning health to the Norwegian Data Inspectorate (Datatilsynet) and the Data Protection Official (Personvernombud) at the institution.

We will align data from the questionnaires with register data from the Norwegian Patient Registry, the Norwegian Prescription Database, Dødsårskaksregisteret, Kontroll og Uiobetaing av Helserefusjon and Forløpsdatabased (FD Trygd). This is done to obtain information not assessed in the questionnaires, for example diagnosis, reason for referral and the number of prior appointments in different clinics. It will be impossible to identify you in the result of this study when they are published. All information will be processed and used...
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without your name or personal identification number, or any other information that is directly identifiable to you. A code links you and your personal data concerning health via an identifier list. Only the project leader Håvard Kallestad and the head of department at St.Olavs Hospital, Østmarka will have access to this list.

Information about you will be anonymized or deleted five years after the project has ended

SHARING OF PERSONAL DATA AND TRANSFER OF PERSONAL DATA ABROAD

By agreeing to participate in the study, you are also consenting to that your information acquired through questionnaires can be transferred to another country as a part of research collaboration and publication. This can be a country where the laws do not meet the requirements of the European Data Protection Law. The project manager will therefore ensure that your personal data concerning health is kept safe. The code that connects you and your personal data concerning health will not be released. All personal data will be processed in accordance with the European Data Protection Law (GDPR).

INSURANCE

As a participant in this study you are insured through the Norwegian patient injury compensation.

APPROVAL

The Regional Committee for Medical and Health Research Ethics has reviewed and approved the Research Project, REK Sør-Øst B 125068.

In accordance with the General Data Protection Regulation the controller St. Olavs Hospital and the project manager Håvard Kallestad is independently responsible to ensure that the processing of your personal data concerning health has a legal basis.

The processing of your personal data is based on your consent.

The processing of personal data is in accordance with the General Data Protection Regulation art. 6 e and art 9 number 2 j and the Norwegian “helseforskningsloven” § 9. Your consent ensures codetermination, openness, and predictability for you in this research project.

CONTACT INFORMATION

If you have any questions regarding the research project, you can get in touch with the project leader Håvard Kallestad, tlf 72823030, or the study coordinator, tlf 920 62 945, or send an email to post@sovnmestring.no.

St.Olavs Hospital is the controller for your personal data in this project, St. Olavs Hospital, Postboks 3250 Torgården, 7006 Trondheim.

You can also get in touch with the Institution’s Data Protection Officer (personvernombud) if you have any questions related to the use of your personal health data concerning health in the research project personvernombudet@stolav.no.
Chapter A – Further explanation of what the study involves

SCHEDULE – WHAT HAPPENS AND WHEN DOES IT HAPPEN?

This is a schedule over your participation in the study including an explanation of what each time point of assessment involves and how much time it requires.

<table>
<thead>
<tr>
<th>Weeks</th>
<th>0 weeks</th>
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<td>Inclusion screener</td>
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<tr>
<td>Treatment</td>
<td></td>
<td></td>
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The inclusion screener will take approximately 10 minutes to answer and will evaluate your sleep problems to ensure that the treatment in this program is suitable to you. If you are included in the study we will ask you to answer questionnaires about your work- and family situation, your sleep and health (maximum 30 minutes). You will also be asked to complete sleep diaries 10 days before the treatment, 10 days after treatment, 10 days 6 months after treatment and 10 days 1 year after treatment. If you are randomized to Group 2 you will also be asked to complete sleep diaries during the treatment (6 weeks).

Treatment: You will be randomized into one of two possible treatment groups:

- Group 1: You will get access to a web page with information about insomnia and good sleep habits. You will have access to this page in six weeks and may log in and read the content as many times as you wish in this period. There are no specific requirements beyond this.

- Group 2: You will get access to an interactive treatment program via the internet. This program is designed to give you individually adjusted instruction about how to improve your sleep. The treatment will last for 6 weeks. You will receive weekly assignments to complete and you will be asked to complete sleep diaries via the internet every day. This will require 1 – 2 hours of your time every week.

POTENTIAL ADVANTAGES, DISADVANTAGES AND ADVERSE EVENTS

The treatment being used in this study have been tested in several studies in Norway and other countries. The results have shown that those who use this treatment achieves a lasting improvement of their sleep and daytime functioning (less sleepiness and improved mood). An advantage of participating in the study is therefore that your sleep may be improved and that you may experience less sleepiness and improved mood in the daytime.

One part of the treatment involves completing assignments aimed to change your sleep habits. This requires effort and time as described above. Some may experience this as challenging.

If you are randomized to Group 2 you may be asked in the start of the treatment to reduce the time you spend in bed. This can result in less sleep and increased daytime sleepiness in the start of the treatment. This will be a transitory period and is an important step towards improving your sleep.

If you experience a worsening of your condition during the treatment you can contact the acute ambulatory team or the health professional at the DPS where you receive your health services. These will
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evaluate and ensure that you receive the necessary treatment. This follow-up and treatment are independent of the participation in this study, but we will receive information from the team if the follow-up suggest that the event is associated with your participation in the study.

OTHER CIRCUMSTANCES

If new information becomes available that might influence your willingness to participate in the study, we commit ourselves to inform you as soon as possible. We wish that you inform us if there are circumstances that may influence your qualification in the study. This may for example be if you start working night shifts. We also wish that you inform us if you for any reason want to end your participation in the study earlier than planned.
Version number 1.3

I CONSENT TO PARTICIPATING IN THE RESEARCH PROJECT AND THAT MY PERSONAL DATA CONCERNING HEALTH AND BIOLOGICAL MATERIAL CAN BE USED AS DESCRIBED AS ABOVE

City/Town, date          Participant’s Signature

Participant’s Name (in BLOCK LETTERS)
SUPPLEMENT 1

Title: Protocol for a multi-center randomized controlled trial of digital cognitive behavior therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway.

Håvard Kallestad1,2,3, Simen B. Saksvik2, Øystein Vedaa2,4, Knut Langsrud2,3, Gunnar Morken1,2,3, Stian Lydersen2, Melanie R. Simpson5, Signe K. Dørheim6, Bjørn Holmoy7, Sara G. Selvik8, Kristen Hagen9, Tore C. Stiles10, Allison G. Harvey11, Frances Thorndike12, Lee Ritterband13, Børge Sivertsen2,4,14, Jan Scott2,15.

1Department of Research and Development, St. Olavs University Hospital, Trondheim, Norway
2Department of Mental Health, Norwegian University of Science and Technology, Trondheim, Norway
3Department of Østmarka, St. Olavs University Hospital, Trondheim, Norway
4Department of Health Promotion, Norwegian Institute of Public Health, Bergen, Norway
5Department of Public Health and Nursing, Norwegian University of Science and Technology, Trondheim, Norway
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8Department of Mental Health Care, Namsos Hospital, Namsos, Norway
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10Department of Psychology, Norwegian University of Science and Technology, Trondheim, Norway
11Department of Psychology, University of California, Berkeley, USA
12Pear Therapeutics, LLC, USA
13Department of Psychiatry and Neurobehavioral Sciences, University of Virginia, USA
14Department of Research and Innovation, Helse-Fonna HF, Haugesund, Norway
15Institute of Neuroscience, Newcastle University, Newcastle, England

Corresponding author:
Author 1 (Håvard Kallestad, havard.kallestad@ntnu.no) as shown in Scholar One

Håvard Kallestad
St. Olavs University Hospital
Department of Research and Development
PO Box 3250 Sluppen
7006 Trondheim
Norway
World Health Organization Trial Registration Data Set

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<td>Primary sponsor</td>
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<td>Secondary sponsor(s)</td>
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<td>Scientific title</td>
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<td>Countries of recruitment</td>
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<td>Intervention(s)</td>
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<td>Key inclusion and exclusion criteria</td>
<td>Inclusion: Age &gt;= 18 years old. Score on the Insomnia Severity Index &gt;= 12. Willing and able to provide consent.</td>
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<td>Exclusion criteria: Individuals scoring &gt;= 13 on the Epworth Sleepiness Scale (ESS), and/or answering that they usually or every day snore and stop breathing (i.e., they positively endorse pre-selected indicators of sleep apnoea); self-report of the presence of any medical conditions where a fully automated CBT-I may be contra-indicated (e.g. epilepsy, recent heart surgery); and/or participating in shift work; and/or pregnancy; and/or having inadequate opportunity to sleep; and/or currently receiving psychological treatment for insomnia, and/or not registered at or under the care of any of the trial centers</td>
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<td>Sleep Diaries, Mental health, Physical Health, Nocturnal mentation, Cognitive function, Diurnal preference, Work productivity, Sick leave, Medication use, Health resource use.</td>
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SUPPLEMENT 2

Title: Protocol for a multi-center randomized controlled trial of digital cognitive behavior therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway.

Håvard Kallestad1,2,3, Simen B. Saksvik2, Øystein Vedaa2,4, Knut Langsrud2,3, Gunnar Morken1,2,3, Stian Lydersen2, Melanie R. Simpson8, Signe K. Dørheim6, Bjørn Holmøy7, Sara G. Selvik8, Kristen Hagen9, Tore C. Stiles10, Allison G. Harvey11, Frances Thorndike12, Lee Ritterband13, Børge Sivertsen2,4,14, Jan Scott2,15.

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14Department of Research and Innovation, Helse-Fonna HF, Haugesund, Norway
15Institute of Neuroscience, Newcastle University, Newcastle, England

Corresponding author:
Author 1 (Håvard Kallestad, havard.kallestad@ntnu.no) as shown in Scholar One

Håvard Kallestad
St. Olavs University Hospital
Department of Research and Development
PO Box 3250 Sluppen
7006 Trondheim
Norway
Recruitment

All individuals will be patients who have been referred to treatment for a mental disorder at one of the secondary outpatient clinics. As part of the standard routine in public mental health care outpatient clinics, these referrals, along with all other available patient information, are evaluated to establish if 1) the patient’s mental health condition is severe enough to warrant treatment in secondary health care, of so 2) if it is an urgent or non-urgent case, i.e. if there is an acute suicide risk or other risk for severe deterioration of condition. In urgent cases, the patients are offered emergency treatment in mental health care. The non-urgent patients are placed on a waiting-list to receive treatment for their condition at the clinic and will be sent written information about this, their patient rights, and instructions for who to contact in case the patient experience a deterioration of the condition in the waiting period. This is sent to the patient and their General Practitioner by the clinic (by mail and/or electronically) immediately after the evaluation team have made their decision, usually the same day. This procedure follows the guidelines by the Norwegian Directorate of Health. In the written information the patients at the participating clinics will additionally receive information about this trial and a description of where to find the trial website. This means that non-urgent patients will be invited and screening and randomization can be completed and the digital interventions will have commenced before the individual attends their first formal clinical treatment session.
SUPPLEMENT 3

Title: Protocol for a multi-center randomized controlled trial of digital cognitive behavior therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway.

Håvard Kallestad1,2,3, Simen B. Saksvik2, Øystein Vedaa2,4, Knut Langsrud2,3, Gunnar Morken1,2,3, Stian Lydersen2, Melanie R. Simpson5, Signe K. Dørheim6, Bjørn Holmøy7, Sara G. Selvik8, Kristen Hagen9, Tore C. Stiles10, Allison G. Harvey11, Frances Thorndike12, Lee Ritterband13, Børge Sivertsen2,4,14, Jan Scott2,15.

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Håvard Kallestad
St. Olavs University Hospital
Department of Research and Development
PO Box 3250 Sluppen
7006 Trondheim
Norway
**Outcome assessments**

Sleep measures:

Primary outcome measure:

*The Insomnia Severity Index (ISI)*[^31^] is a 7-item questionnaire assessing the severity of insomnia symptoms the last 14 days. Each item is rated on a 0 to 4 rating scale with higher scores indicating more severe symptoms. The ISI has good psychometric properties and is validated for online use.[^32^] Range is 0-28 with higher values representing higher levels of insomnia symptom severity. A cut-off of 7 or below is used to indicate normal sleep and used to indicate remission after the interventions, and a reduction of 8 points during the interventions is used to indicate response to the intervention.[^31^]

Secondary outcome measures:

**Other measures of sleep and chronotype:**

*Consensus Sleep Diary*: Prospective daily sleep-wake patterns will be assessed with the consensus sleep diary[^33^] which will be completed by the participant at baseline and each follow-up point for at least 10 out of 14 consecutive days. Individuals will be asked to record their bed-time, sleep onset latency, wake after sleep onset, number of nocturnal awakenings, time of final awakening in the morning, and rise-time, in addition sleep quality will be rated on a 5-point scale (with a higher score indicating better sleep quality).

*Reduced (also known as Brief) Morningness – Eveningness Questionnaire (rMEQ)*: The rMEQ is a widely used measure of chronotype i.e. time preference for daily activities, including bedtimes. The rMEQ has five items yielding scores from 4 to 25, with lower scores indicating a preference for “eveningness” and higher scores indicating a preference for “morningness”. Scores can be categorized as: definitely evening type (score <8), moderately evening type (score 8-11), neither type (score 12-17), moderately evening type (score 18-21), and definitely morning type (score >21).[^34^]

*Bergen Insomnia Scale*:[^35^] comprises six items that assesses symptoms of insomnia based on the insomnia criteria found in the Diagnostic and Statistical Manual of Mental Disorders-IV-TR (American Psychiatric Association).[^36^]
Level of psychopathology & functional impairment:

The Outcome Questionnaire – 45.2 (OQ-45.2) is a 45 item self-report scale assessing mental health status. The scale is specifically designed for assessing patient progress throughout therapy and is widely used clinically, and as an outcome measure in clinical trials. It has excellent internal consistency and is shown to be highly correlated with well-known outcomes such as the Symptom Checklist 90R, Beck Depression Inventory, The State Trait Anxiety Inventory, The inventory of interpersonal problems, The Social Adjustment Scale, and the SF-36.\(^37\) The scale is scored on a scale of 0 (=never) to 5 (=almost always) giving a range of 0 to 180, with higher scores indicating higher levels of psychopathology. The OQ-45.2 has three validated subscales: symptom distress, interpersonal relations, and social role functioning (perceived level of difficulties in the workplace, school or home duties). Results will be reported for the sum score, and for the three subscales. The OQ-45.2 has an established clinical cut-off value and reliable change index.\(^37\)

The Hospital Anxiety and Depression Scale (HADS)\(^38\) is a 14-item questionnaire assessing non-vegetative symptoms of anxiety and depression on a 0 to 3 likert scale. The sum score can be used as a measure of general psychological distress and is widely used in the community, general practice and psychiatric settings. It has a range of 0 to 42 points with higher scores indicating higher levels of psychological distress.

Nightmares and nocturnal mentation:

The Nightmare Frequency Questionnaire (NFQ)\(^39\): One item from the NFQ assessing frequency of nights with nightmares (in days per week, month or year).

Nightmare intensity\(^40\): One item from the clinical administered PTSD-scale (CAPS)\(^40\) assessing the intensity of nightmares on a four point Likert-type scale ranging from 1 (=minimal) to 4 (=extreme).

Nocturnal mentation\(^41\): Three items from the Dream Recall Frequency Scale (DRFS) are used to assess nocturnal mentation and can be used as a proxy for REM sleep fragmentation.\(^41\) The items are scored on a 0 (=never) to 8 (=almost every day/night) and assess how often the participant is aware of having thoughts during sleep, how often night-time thoughts affect mood next day, and how often the participant tells others about their night-time thoughts, giving a total score of 0 to 24.
Measures of somatic symptoms and health

*The Chalder Fatigue Scale (CFS)*\(^42\) is a 11-item questionnaire assessing levels of daytime physical and psychological fatigue on a 0 to 3 likert scale (0=less than usual, 3= much more than usual). The scale has a range of 0 to 33 with higher scores indicating higher levels of fatigue. Two additional items assess duration of fatigue (0=less than a week, 4=six months or more) and how much of the time the individual experience fatigue (0=25% of the time, 3=all the time).

*Euroqol-5D*\(^43\) is a 5-item self-report questionnaire assessing general health state on a 0 to 5 likert scale. It measures levels of problems with walking, performing self-care, doing usual activities, pain/discomfort, and anxiety/depression. It is widely used across Europe in assessments of health resources utilization as it allows measurement of Quality Adjusted Life Years (QALYs) in individuals presenting with a wide range of physical and mental disorders.

*Alcohol Use Disorders Identification Test – Consumption (AUDIT-C)*\(^44\) is a three-item self-report questionnaire assessing frequency of alcohol use (0=never, 4=four times each week or more), number of units typical for a drinking day (0=1-2 units, 4=10 or more units), and frequency of binge-drinking (0=never, 4=daily or almost daily). It is a short-version of the 10-item AUDIT developed by the World Health Organization.

*Headache Impact Test – 6 (HIT-6)*\(^45\) is a six-item self-report questionnaire assessing intensity and consequences of headaches the last month, rated from never to always. The scale has a range from 36 to 78 with higher values indicating higher severity of headaches. The four headache impact severity categories are little or no impact (49 or less), some impact (50–55), substantial impact (56–59), and severe impact (60–78).

**Work performance:**

*Work Productivity and Impairment Questionnaire General Health (WPAI:GH)*\(^46\) will be used to assess work performance and impairment in daily living. It is a six-item questionnaire that measures: sickness absenteeism; sickness presenteeism; overall work impairment and; activity impairment.

**Cognitive function**
The Cognitive Complaints in Bipolar Disorder Rating Assessment (COBRA) will be used to assess cognitive function. It is a 16-item self-reported instrument of subjective cognitive dysfunctions including executive function, processing speed, working memory, verbal learning and memory, attention/concentration and mental tracking. Items are rated using a 4-point scale. The higher the score, the more subjective complaints. Although the assessment was initially introduced for use with individuals with bipolar disorders, the rating can be used on other clinical populations.

Intervention-Related Assessments

The assessment package includes several brief self-report instruments that give insights into the expectation of and experiences associated with the intervention provided. These include:

Expectations: At baseline, one item scored on a 1 to 9 scale indicating to what extent the patient thinks a digital sleep intervention can work for them (1= not at all, 9 = perfectly).

Self-efficacy: At baseline, self-efficacy related to making behavioral changes will be assessed with a 13-item questionnaire scored on a 1 to 10 scale (1=not confident at all, 10=extremely confident). Seven items assess self-efficacy of behaviors related to CBT-I (e.g. following a plan for bed time and rise time), and six items assess self-efficacy in situations where it may be challenging to keep the behavioral changes (e.g. if you are depressed or feel hopeless, in weekends, etc).

The Negative Effects Questionnaire (NEQ): will be used to assess negative effects of digital interventions. The NEQ is a self-report measure that contains 20 items that are scored on a five-point Likert-scale (rated 0-4) where higher scores indicate higher levels of negative effects. After each item, the individual is asked whether they consider the effect to be caused by the intervention received or caused by other circumstances (yes/no), as well as one open-ended question.

Impact on future treatment: will be assessed post intervention with two items. The first will assess if this intervention has impacted motivation for face-to-face treatment for mental disorders, the second will assess if this intervention has impacted motivation for specifically working with sleep interventions at a later time (both scored on a 1 to 9 scale with 1=very demotivated, 9=very motivated).
The Use of Sleep Strategies (USS): is a six item self-report questionnaire have been developed to assess how often individuals use six different therapeutic techniques (keep a stable rise time, refrain from sleeping during daytime, use the bed and bedroom only for sleeping, practiced sleep restriction, practiced stimulus control) and their perception of its utility. The techniques are integral to CBT-I but are also described in sleep psychoeducation or hygiene programmes.

Resource use and national registries

Using objective data available from national registries we will collate information on participants to allow to explore group differences before and/or after randomization-

a) reasons for referral;

b) diagnoses (International Statistical Classification of Diseases and Health Related Problems, ICD-10);

c) substance use, person injury (similar to Core minimum data set in World Health Organization (WHO) guidelines), incident leading to any hospital admission;

d) number of appointments at mental health care clinics, type and timing of treatment and admissions, and date of the first appointment for each patient during the study period (data on a-d from the Norwegian Patient Registry (NPR));

e) dose, timing and type of prescribed medications (According to the WHO Anatomical Therapeutic Chemical Classification System) and changes recorded during the RCT (data from the Norwegian Prescription Database (NorPD));

f) costs of treatment offered by the public services (data from the database named ‘Kontroll og Utbetaling av Helserefusjon’);

Sick leave or in receipt of disability benefits (data from the administrative database called Forløpsdatabasen (FD Trygd);

g) cause of death (Dødsårssaksregisteret);

Subgroup data collection of objective sleep and circadian assessments

A subgroup of approximately 40 patients recruited at St Olavs Hospital will have concurrent assessments of sleep-wake patterns with actigraphy for 9 weeks during the intervention period.49

Actigraphy: Actigraphy is a wrist-worn accelerometer that can be used for assessment of
movement and indirectly as an objective assessment of sleep and circadian measures. We will use GENEActive actiwatches (Activeinsights, Kimbolton, UK), which has a triaxial sensor for acceleration, a light sensor, and a temperature sensor.
SUPPLEMENT 4

Title: Protocol for a multi-center randomized controlled trial of digital cognitive behavior therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway.

Håvard Kallestad1,2,3, Simen B. Saksvik2, Øystein Vedaa2,4, Knut Langsrud2,3, Gunnar Morken1,2,3, Stian Lydersen2, Melanie R. Simpson5, Signe K. Dørheim6, Bjørn Holmoy7, Sara G. Selvik8, Kristen Hagen9, Tore C. Stiles10, Allison G. Harvey11, Frances Thorndike12, Lee Ritterband13, Børge Sivertsen2,4,14, Jan Scott2,15.

1Department of Research and Development, St. Olavs University Hospital, Trondheim, Norway
2Department of Mental Health, Norwegian University of Science and Technology, Trondheim, Norway
3Department of Østmarka, St. Olavs University Hospital, Trondheim, Norway
4Department of Health Promotion, Norwegian Institute of Public Health, Bergen, Norway
5Department of Public Health and Nursing, Norwegian University of Science and Technology, Trondheim, Norway
6Department of Mental Health Care, Stavanger University Hospital, Stavanger, Norway
7Department of Mental Health Care, Akershus University Hospital, Follo, Norway
8Department of Mental Health Care, Namsos Hospital, Namsos, Norway
9Department of Mental Health Care, Molde Hospital, Molde, Norway
10Department of Psychology, Norwegian University of Science and Technology, Trondheim, Norway
11Department of Psychology, University of California, Berkeley, USA
12Pear Therapeutics, LLC, USA
13Department of Psychiatry and Neurobehavioral Sciences, University of Virginia, USA
14Department of Research and Innovation, Helse-Fonna HF, Haugesund, Norway
15Institute of Neuroscience, Newcastle University, Newcastle, England

Corresponding author:
Author 1 (Håvard Kallestad, havard.kallestad@ntnu.no) as shown in Scholar One

Håvard Kallestad
St. Olavs University Hospital
Department of Research and Development
PO Box 3250 Sluppen
7006 Trondheim
Norway
DO YOU WANT TO PARTICIPATE IN THE RESEARCH PROJECT: ‘DIGITAL SLEEP TREATMENT FOR INDIVIDUALS REFERED TO PUBLIC MENTAL HEALTH SERVICES’

WHAT IS THE PROJECT ABOUT?

You are invited to participate in a research project to try digital (internet-based) treatment for chronic sleep problems (insomnia).

Insomnia involves problems falling or staying asleep. Although insomnia is highly prevalent among persons with mental health disorders, it is very uncommon to receive non-pharmaceutical treatment for these problems. In this study we aim to establish an effective and accessible treatment for insomnia delivered through the internet. You will get access to the treatment via an internet page, accessible via a computer or a smart phone.

To be eligible for this study you must be over 18 years of age and be referred to treatment at a public mental health clinic (“distrikspsykiatrisk sykehus, DPS”) in Norway.

This study is a collaboration project between NTNU, Folkehelseinstituttet, St. Olavs Hospital St. Olavs Hospital (Nidaros DPS, Tiller DPS, Orkdal DPS), Akershus universitetssykehus (Follo DPS, Groruddalen DPS, Nedre Romerike DPS, Øvre Romerike DPS), Helse Stavanger (Stavanger DPS, Sola DPS, Sandnes DPS), Helse Nord-Trøndelag (Namsos Sykehus, Levanger Sykehus, Stjørdal DPS), Helse Møre og Romsdal (Molde DPS, Kristiansund DPS, Ålesund DPS, Volda DPS), Helse Bergen (Kronstad DPS, Voss DPS), Vestre Viken (Bærum DPS), Oslo Universitetssykehus (Søndre Oslo DPS, Nydalen DPS), the University of Virginia and the University of California, Berkeley (USA). The project leader is psychologist Håvard Kallestad, PhD at St.Olav's Hospital

WHAT DOES THE STUDY INVOLVE?

The study period is 12 months and the sleep treatment lasts for 6-8 weeks. We will register information about you to investigate the effect of the sleep treatment.

We will ask you to complete questionnaires before the treatment as well as nine weeks, 6 months and 12 months after the treatment started (see time schedule in Chapter A). Registered personal information are contact information (name and address) and demographic information (sex, age and education). We will also ask about your general health, mental health, sleep habits and daily activity and habits. Your sleep pattern will be registered with a sleep diary which is a short form you can complete via the internet and takes about 2-3 minutes to complete.

To participate in this study you must first answer a short screening form via the internet. In this form it will be evaluated whether you have sleep problems and if you meet the criteria for participation. This form will start immediately after you have signed this consent form. If you are qualified for participation and consent to participate you will receive messages and get a phone call from the study administration prior to and after the treatment. The purpose of these contacts will be to give an oral presentation of what the study involves, to answer questions you may have regarding your participation in the study, to remind you to complete the questionnaires and to answer potential technical questions.

Before the treatment starts you will be randomized into one of two possible treatment groups. Both groups have previously been shown to have a good treatment effect on sleep problems in prior research:
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**Group 1:** In this group you will get access to a web page with relevant information about insomnia and good sleep habits.

**Group 2:** In this group you will get access to an internet-based treatment-program, designed to give individually adjusted instruction about how to improve your sleep. You will receive weekly assignments to complete. You must complete sleep diaries throughout the whole treatment period (6 weeks).

Participants who live in Trondheim will be contacted and asked to complete additional measurements of sleep and daytime activity with equipment fastened to the wrist (actigraphy). These participants will be specifically contacted about this.

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**POTENTIAL ADVANTAGES, DISADVANTAGES AND SERIOUS ADVERSE EVENTS**

Your participation in this study will not have any consequences for your treatment options at the DPS. This study is an offer you receive in addition to the ordinary treatment at the DPS.

The advantage of participating in this study is that you may get a notably better sleep quality after treatment which may reduce your daytime sleepiness and improve your mood. Your participation may also improve the treatment options for insomnia in Norway, that you and others can receive in the future. A potential disadvantage with a participation in this study is that the program requires effort and time, and some may find this challenging. A part of the treatment may require that your time in bed is restricted for a short period which may result in a short period with a shorter sleep time and increased sleepiness.

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**VOLUNTARY PARTICIPATION**

Participation in the study is voluntary. If you wish to participate, sign the declaration of consent at the bottom of the page. You can withdraw your consent to participate in the study at any time and without stating any particular reason. If you do not wish to participate in the study or wish to withdraw from the study this will not have any consequences for you or your future treatment options. If you withdraw your consent, we will stop the research on your health information. You can also demand to have your health information to be deleted or delivered to you within 30 days. The possibility to have data deleted or delivered does not apply if the data is anonymized. This possibility is also limited if the data is included in completed analyses.

If you wish to withdraw from the study or have any questions concerning the study, you may contact the project leader (see information on the bottom of the page).

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**WHAT WILL HAPPEN TO YOUR PERSONAL INFORMATION?**

Any personal data concerning health that has been recorded about you will only be used as described in the purpose of the study, and will be stored until 31.12.2040. Potential extensions of the storing of the data will only apply after approval from the ethics committee and other relevant authorities. You have the right to access information that has been recorded about you and the right to stipulate that any error(s) in the information that is recorded is/are corrected. You also have the right to know which security measures have been/will be taken when your personal data concerning health is processed.

You have the right to submit a complaint on the processing of your personal health data concerning health to the Norwegian Data Inspectorate (Datatilsynet) and the Data Protection Official (Personvernombud) at the institution.

We will align data from the questionnaires with register data from the Norwegian Patient Registry, the Norwegian Prescription Database, Dødsårsaksregisteret, Kontroll og Utbetaling av Helserefusjon and Forløpsdatabased (FD Trygd). This is done to obtain information not assessed in the questionnaires, for example diagnosis, reason for referral and the number of prior appointments in different clinics. It will be impossible to identify you in the result of this study when they are published. All information will be processed and used
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without your name or personal identification number, or any other information that is directly identifiable to you. A code links you and your personal data concerning health via an identifier list. Only the project leader Håvard Kallestad and the head of department at St.Olavs Hospital, Østmarka will have access to this list.

Information about you will be anonymized or deleted five years after the project has ended.

SHARING OF PERSONAL DATA AND TRANSFER OF PERSONAL DATA ABROAD

By agreeing to participate in the study, you are also consenting to that your information acquired through questionnaires can be transferred to another country as a part of research collaboration and publication. This can be a country where the laws do not meet the requirements of the European Data Protection Law. The project manager will therefore ensure that your personal data concerning health is kept safe. The code that connects you and your personal data concerning health will not be released. All personal data will be processed in accordance with the European Data Protection Law (GDPR).

INSURANCE

As a participant in this study you are insured through the Norwegian patient injury compensation.

APPROVAL

The Regional Committee for Medical and Health Research Ethics has reviewed and approved the Research Project, REK Sør-Øst B 125068.

In accordance with the General Data Protection Regulation the controller St. Olavs Hospital and the project manager Håvard Kallestad is independently responsible to ensure that the processing of your personal data concerning health has a legal basis.

The processing of your personal data is based on your consent.

The processing of personal data is in accordance with the General Data Protection Regulation art. 6 e and art 9 number 2 j and the Norwegian “helseforskningsloven” § 9. Your consent ensures codetermination, openness, and predictability for you in this research project.

CONTACT INFORMATION

If you have any questions regarding the research project, you can get in touch with the project leader Håvard Kallestad, tlf 72823030, or the study coordinator, tlf 920 62 945, or send an email to post@sovnmestring.no.

St.Olavs Hospital is the controller for your personal data in this project, St. Olavs Hospital, Postboks 3250 Torgården, 7006 Trondheim.

You can also get in touch with the Institution’s Data Protection Officer (personvernombud) if you have any questions related to the use of your personal health data concerning health in the research project personvernombudet@stolav.no.
Chapter A – Further explanation of what the study involves

SCHEDULE – WHAT HAPPENS AND WHEN DOES IT HAPPEN?

This is a schedule over your participation in the study including an explanation of what each time point of assessment involves and how much time it requires.

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<thead>
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<th>Weeks</th>
<th>0 weeks</th>
<th>1-8 weeks</th>
<th>9 weeks</th>
<th>6 months</th>
<th>1 year</th>
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<tbody>
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<td>Inclusion screener</td>
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<tr>
<td>Questionnaires</td>
<td>X</td>
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<tr>
<td>Sleep diaries</td>
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<td>Treatment</td>
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The inclusion screener will take approximately 10 minutes to answer and will evaluate your sleep problems to ensure that the treatment in this program is suitable to you. If you are included in the study we will ask you to answer questionnaires about your work- and family situation, your sleep and health (maximum 30 minutes). You will also be asked to complete sleep diaries 10 days before the treatment, 10 days after treatment, 10 days 6 months after treatment and 10 days 1 year after treatment. If you are randomized to Group 2 you will also be asked to complete sleep diaries during the treatment (6 weeks).

Treatment: You will be randomized into one of two possible treatment groups:

- **Group 1:** You will get access to a web page with information about insomnia and good sleep habits. You will have access to this page in six weeks and may log in and read the content as many times as you wish in this period. There are no specific requirements beyond this.

- **Group 2:** You will get access to an interactive treatment program via the internet. This program is designed to give you individually adjusted instruction about how to improve your sleep. The treatment will last for 6 weeks. You will receive weekly assignments to complete and you will be asked to complete sleep diaries via the internet every day. This will require 1 – 2 hours of your time every week.

POTENTIAL ADVANTAGES, DISADVANTAGES AND ADVERSE EVENTS

The treatment being used in this study have been tested in several studies in Norway and other countries. The results have shown that those who use this treatment achieves a lasting improvement of their sleep and daytime functioning (less sleepiness and improved mood). An advantage of participating in the study is therefore that your sleep may be improved and that you may experience less sleepiness and improved mood in the daytime.

One part of the treatment involves completing assignments aimed to change your sleep habits. This requires effort and time as described above. Some may experience this as challenging.

If you are randomized to Group 2 you may be asked in the start of the treatment to reduce the time you spend in bed. This can result in less sleep and increased daytime sleepiness in the start of the treatment. This will be a transitory period and is an important step towards improving your sleep.

If you experience a worsening of your condition during the treatment you can contact the acute ambulatory team or the health professional at the DPS where you receive your health services. These will
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evaluate and ensure that you receive the necessary treatment. This follow-up and treatment are
independent of the participation in this study, but we will receive information from the team if the
follow-up suggest that the event is associated with your participation in the study.

OTHER CIRCUMSTANCES

If new information becomes available that might influence your willingness to participate in the study,
we commit ourselves to inform you as soon as possible. We wish that you inform us if there are
circumstances that may influence your qualification in the study. This may for example be if you start
working night shifts. We also wish that you inform us if you for any reason want to end your
participation in the study earlier than planned.
I CONSENT TO PARTICIPATING IN THE RESEARCH PROJECT AND THAT MY PERSONAL DATA CONCERNING HEALTH AND BIOLOGICAL MATERIAL CAN BE USED AS DESCRIBED AS ABOVE

City/Town, date

Participant’s Signature

Participant’s Name (in BLOCK LETTERS)