

## 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.*

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### ***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.