

Supplementary Material

Evaluation of a male-specific psychotherapeutic program for major depressive disorder compared to cognitive behavioral therapy and waitlist: Study protocol for a six-arm randomized clinical superiority trial examining depressed eugonadal and hypogonadal men receiving testosterone

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1 Supplementary Tables

Supplementary Table 1. Description and references of used psychometric instruments

Measure	Original Reference	German Validation
Screening measures		
Patient Health Questionnaire 9 (PHQ-9)	Kroenke et al. (2001)	Gräfe et al. (2004)
Male Depression Risk Scale (MDRS-22)*	Rice et al. (2013)	Walther et al. (2021)
Aging Male Symptoms Rating Scale (AMS)	Heinemann et al. (1999)	
International Prostate Symptom Score (IPSS)	Barry et al. (1992)	Badia et al. (1997)
Super Brief Pathological Narcisism Inventory (SB-PNI)	Pincus et al. (2009) Schoenleber et al. (2015)	Morf et al. (2017)
Conformity to Masculine Norms Inventory (CMNI-30)**	Levant et al. (2020)	
Male Role Norms Inventory (MRNI-SF-21)**	Levant & Hall (2013)	Komlenac & Hochleitner (2021)
Gender Role Conflict Scale (GRCS-16)*	O'Neil et al. (1986)	Komlenac et al. (2018)
Precarious Manhood Beliefs Scale (PMB-4)**	Bosson et al. (2021)	
Gender Role Discrepancy Stress (GRDS-	Reidy et al. (2014)	

10)**	Reidy et al. (2016)	
Childhood Trauma Questionnaire (CTQ)	Bernstein et al. (1994)	Klinitzke et al. (2001)
Internet Gaming Disorder Questionnaire (IGDQ)	Lemmens et al. (2015)	Jeromin et al. (2016)
The Problematic and Risky Internet Use Screening Scale (PRIUSS)	Jelenchick et al. (2014)	
Bergen Social Media Addiction Scale (BSMAS)	Andreassen et al. (2012)	
	Andreassen et al. (2016)	
Structured clinical interview for DSM-5 disorders – clinical version (SCID-5-CV)	First et al. (2016)	Beesdo-Baum et al. (2019)
Structured clinical interview for DSM-5 personality disorder (SCID-5-PD)	First et al. (2016)	Beesdo-Baum et al. (2019)
Marlowe-Crowne Social Desirability Scale (MCSDS-10)	Crowne & Marlow (1960)	Stöber (1999)

Observer assessed primary outcome measures

Hamilton Depression Rating Scale (HDRS-21)	Hamilton (1960)	Collegium Internationale Psychiatricae Sclorum (CIPS) (2005)
Clinical Global impression Scale (CGI-S/I)	Guy (1976)	Billen et al. (2020)

Self-rated primary outcome measures

Male Depression Risk Scale (MDRS-22)*	Rice et al. (2013)	Walther et al. (2021)
Beck Depression Inventory II (BDI-2-21)	Beck et al. (1996)	Kühner et al. (2007)
Gender Role Conflict Scale (GRCS-16)*	O’Neil et al. (1986)	Komlenac et al. (2018)
Working Alliance Inventory (WAI-SR)	Hatcher & Gillaspay (2006)	Wilmers et al. (2008)
Bern Post Session Assessment (BPSR-P-22)	Flückiger et al. (2010)	

Self-rated secondary outcome measures (I)

Conformity to Masculine Norms Inventory (CMNI-30)**	Levant et al. (2020)	
Male Role Norms Inventory (MRNI-SF-21)**	Levant & Hall (2013)	Komlenac & Hochleitner (2021)
Precarious Manhood Beliefs Scale (PMB-4)**	Bosson et al. (2021)	
Gender Role Discrepancy Stress (GRDS-10)**	Reidy et al. (2014)	
	Reidy et al. (2016)	
Skala Suizidales Erleben und Verhalten (SSEV-9)	Teismann et al. (2017)	

Suicide Cognitions Scale (SCS-18)	Bryan & Harris (2014)	Spangenberg et al. (2019)
Alcohol Use Disorder Test (AUDIT-10)	Burns (2010) Saunders et al. (1993)	Dybek et al. (2006) Rumpf et al. (2002)
Problematic Pornography Consumption Scale (PPCS-18)	Böthe et al. (2018)	
International Index of Erectile Function (IIEF-15)	Rosen et al. (1997)	Wiltink et al. (2003)
Perceived Stress Scale (PSS-10)	Cohen et al. (1983)	Klein et al. (2016)
Generalized Anxiety Disorder (GAD-7)	Spitzer et al. (2006)	Löwe et al. (2008)
Loneliness Scale (LS-20)	Russell (1980) Russell (1996)	Döring (1993)
Self-Compassion Scale D (SCS-D 12)	Raes et al. (2011)	Hupfeld & Ruffieux (2011)
Emotion Regulation Questionnaire (ERQ-10)	Gross & John (2003)	Alber & Kessler (2009)
General Belongingness Scale (GBS-12)	Malone et al. (2012)	
Self-rated secondary outcome measures (II)		
CIDI-Traumaliste (CIDI-T-12)	Wittchen & Pfister (1997)	
International Trauma Questionnaire (ITQ-18)	Cloitre et al. (2018)	
Buss-Perry Aggression Questionnaire (BPAQ-29) and 7 Questions regarding domestic violence	Buss & Perry (1992)	Herzberg (2003) Werner & von Collani (2014)
Fragebogen zum Körperbild (FKB-6)	Clement & Löwe (1996)	Albani et al. (2006)
Male Body Attitudes Scale–Revised (MBAS-R-15)	Tylka et al. (2005)	
Body Appreciation Scale 2 (BAS-2-10)	Tylka & Wood-Barcalow (2015)	Behrend & Warschburger (2022)
Stigma questionnaire (STIG-9)	Gierk et al. (2018)	
Self-stigma of seeking psychological help (SSOSH-10)	Vogel et al. (2006)	
SHAME Questionnaire (SHAME-21)	Scheel et al. (2013)	Scheel et al. (2020)
Test of Self-Conscious Affect (TOSCA-16)	Tangney (1989)	Kocherscheidt et al. (2002)
Toronto Alexithymia Scale (TAS-20)	Bagby et al. (1994)	Franz et al. (2008) Popp et al. (2008)
Rosenberg Self-Esteem Scale (RSES-19)	Fleming & Courtney (1984)	Von Collani & Herzberg (2003)

Arnett Inventory of Sensation Seeking (AISS-20)	Arnett (1994)	Roth (2003)
Need to Belong Scale (NTBS-10)	Leary et al. (2013)	

Biological outcome measures

Body composition (BIA)
 Blood (50ml), Blood pressure
 Hair sampling (10mg)
 Grip strength

Qualitative and adverse events measures

Qualitative semi-structured interview
 (treatment experience)
 Checklist of adverse events

Subjective psychotherapy process measures

Bern Post Session Assessment (BPSR-P-22, WAI-SR) – Patients	Flückiger et al. (2010)	
Bern Post Session Assessment (BPSR-T-27) – Therapist	Flückiger et al. (2010)	
Working Alliance Inventory (WAI-SR)	Hatcher & Gillaspay (2006)	Wilmers et al. (2008)

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