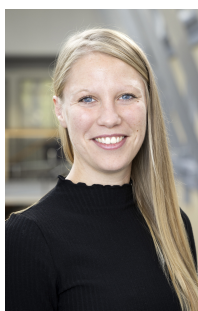


The aim of this doctoral thesis was to enhance the patient's role in internet-delivered psychological treatments for patients with anxiety disorders, by exploring how patient-influence can be conceptualized and integrated into the treatment. The thesis is based on four studies that each explore distinct dimensions on how to incorporate the patient's individual preferences, experiences, resources, and values. They offer unique perspectives that collectively enrich our understanding of effective treatment strategies, feasibility considerations, and avenues for improvement.



Linnea Nissling is a licensed clinical psychologist. She is experienced in working with patients managing mental illness in primary care, including children, families, and adults. She has gained significant experience in conducting clinical research in the primary care domain.

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