Search of computerised records in 4 general medical practices using criteria: >50 years old, consulting with hip or knee osteoarthritis in previous 12 months

Random sample
400 invited to participate in study by written invitation from their general practitioner

Recruitment
120 recruited (30% recruitment rate) sent baseline postal questionnaire

Remote Randomisation

60 participants sent 'The Hip and Knee Book'
60 participants sent the control booklet

One month follow-up
Postal questionnaire sent one month after randomisation

Three months follow-up
Postal questionnaire sent three months after randomisation
50 returned (if response rate 80%)

One month follow-up
Postal questionnaire sent one month after randomisation

Three months follow-up
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