Self-regulation Intervention
PN/HCA n = 10

Identification and invitation of 20 eligible patients per practice (Total patients n = 200)

Baseline: informed consent and baseline questionnaire completed

**t1 measures:**
- Full TPB questionnaire
- Demographics
- EQ5D

Information provision session, with instructions on using pedometer
Assessment of duration of walking (pedometer)

**One week**
*First Intervention session*

**Two weeks**
*Second Intervention session*

**t2 measures:**
- Short TPB questionnaire
- Assessment of duration of walking (pedometer)

**Four weeks**
*Follow up Intervention session*

**t3 measures (6 weeks post t2 measures):**
- Short TPB questionnaire
- Assessment of duration of walking (pedometer)

**t4 measures (6 months post t2 measures):**
- Full TPB questionnaire
- EQ5D
- Assessment of duration of walking (pedometer)

Information Provision control
PN/HCA n = 10

Identification and invitation of 20 eligible patients per practice (Total patients n = 200)

Baseline: informed consent and baseline questionnaire completed

**t1 measures:**
- Full TPB questionnaire
- Demographics
- EQ5D

Information provision session, with instructions on using pedometer
Assessment of duration of walking (pedometer)

**t2 measures:**
- Short TPB questionnaire
- Assessment of duration of walking (pedometer)

**t3 measures (6 weeks post t2 measures):**
- Short TPB questionnaire
- Assessment of duration of walking (pedometer)

**t4 measures (6 months post t2 measures):**
- Full TPB questionnaire
- EQ5D
- Assessment of duration of walking (pedometer)

N=20 PN/HCAs randomised by practice