Invitation letters and screening questions sent to patients of 42 GPs (n = 2407)

- Returned questionnaire (n = 1416)
  - 58.8% of those invited
- Telephoned as questionnaire not returned (n = 970)
- Returned, address unknown (n = 21)
  - No answer to phone call (n = 105)

Depression screening criteria met (n = 353)
- Depression criteria not met (n = 1923)
  - 15.5% of 2276 total respondents

Interested (n = 307)
- Not interested (n = 46)
  - 88.1% of those eligible

Medical screening
- No medical limitations (n = 219)
- GP asked for clearance (n = 88)
  - No medical contraindication (n = 273)
    - 88.9% of those who underwent medical screen

Information sent
- Randomised (n = 193)
  - 70.6% of those medically cleared
  - Declined (n = 79), excluded (n = 1, severe dementia)
- Allocated to intervention: individualised activity programme with goal setting: 8 visits over 6 months
  - Follow up 6 and 12 months
- Allocated to control: 8 social visits over 6 months
  - Follow up 6 and 12 months