To be assessed for eligibility (n = 280)

- Expected to be excluded (n = 140)
  - Not meeting inclusion criteria or refuse to participate

Baseline (n = 140)

To be randomised (n = 140)

- To be allocated to COTP (n = 70)
  - Receive allocated intervention
  - Do not receive allocated intervention
  - Follow-up 6 weeks
  - Follow-up 16 weeks
  - Analyses (n = 125)
  - Follow-up 26 weeks
  - Analyses (n = 110)
  - Postal follow-up 52 weeks
  - Analyses (n = 85)

- To be allocated to COTC (n = 70)
  - Receive allocated intervention
  - Do not receive allocated intervention
  - Follow-up 6 weeks
  - Follow-up 16 weeks
  - Analyses (n = 110)
  - Postal follow-up 52 weeks
  - Analyses (n = 85)