Screening and recruitment

T1 Pre-treatment measurement

Randomisation, stratification per center (N = 81)

Exercise Therapy + Usual Care (N = 27)

CBT + Usual Care (N = 27)

Usual care (N = 27)

T2 Post-treatment measurement

T3 Short-term follow-up measurement (3 months post-treatment)

T4 Long-term follow-up measurement (6 months post-treatment)