Screened for eligibility

Excluded
1. Not meeting inclusion criteria
2. Refused to participate
3. Other reasons

Baseline assessment (0 weeks)

Not randomized
1. Not meeting eligibility criteria
2. Refused to participate
3. Other reasons

Randomized (n=122)

Cognitive Behavior Therapy
Delivered over 10 weeks

Supportive Listening
Delivered over 10 weeks

Allocated to either London centre (i.e. Nurse-therapist 1) or Southampton centre (i.e. Nurse-therapist 2)

Allocation: patients

Completed therapy
Dropped out of therapy

Allocation: therapists

Assessed 5 weeks
Assessed 5 weeks

Assessed 15 weeks
Assessed 15 weeks

Assessed 26 weeks
Assessed 26 weeks

Assessed 52 weeks
Assessed 52 weeks

Enrolment

Mid-therapy assessment

Post-therapy assessment

6 month follow-up

12 month follow-up

Data analysis