Recruitment
Informed of study in clinic by clinicians, posters and leaflets

Screened for eligibility & patient information sheet

Complete two-week hot flush diary

Baseline assessment
Complete informed consent process, pre-treatment questionnaires & 24-hour hot flush monitoring

Randomisation

USUAL CARE + GROUP CBT

Post-treatment assessment
Questionnaires, use of medical services, 24-hour hot flush monitoring

6 month follow up assessment
Questionnaires, use of medical services

USUAL CARE

Post-treatment assessment
Questionnaires, use of medical services, 24-hour hot flush monitoring

6 month follow up assessment
Questionnaires, use of medical services

1-4 weeks

6 weeks

2 weeks

3-4 months

2-12 weeks