Fig 1: Study flowchart showing allocation to groups

Referred to study by CNS and Cancer care managers and recruited into the study: Screening questionnaire, interview, information sheet and consent

Completed 2 week daily diaries

RANDOMISATION
Pre-treatment questionnaires and HF monitor

GUIDED SELF HELP
1-2 telephone contacts
Post treatment questionnaires and HF monitor
Follow-up questionnaires 6 months post treatment

USUAL CARE
Usual care
Post treatment questionnaires and HF monitor
Follow-up questionnaires 6 months post treatment

Measures
Socio-demographics