Figure 1 – The Study design

Inclusion
Measure 1
Baseline: IES, HADS, SF36, FQ, EQ-5D, VS-20, Objectively measured physical activity, Medical and demographic background data
n = 300
Randomization

Intervention group (I): Stress management
Step 1: 1 session
n = 150

Control group (C)
n = 150

Measure 2
6 weeks: IES, HADS; VS-20
Screening for stress-related symptoms (IES, HADS)

Intervention group (I-a)
Step 2
I-a: non-cases receive 1 final session
Estimated N = 75

Intervention group (I-b)
Step 2
I-b: cases receive 4-7 sessions
Estimated N = 75

Control group (C)
C-a: non-cases according to IES,HADS
Estimated N = 75
C-b: cases according to IES, HADS
Estimated N = 75

Measure 3
4 months: IES, HADS, FQ, EQ-5D, VS-20, CSQ-8, patient satisfaction (only for Intervention focus I-a and I-b), Medical and demographic background data
n = 300

Measure 4
8 months: IES, HADS, FQ, EQ-5D, VS-20, Objectively measured physical activity, Medical and demographic background data
n = 300

Measure 5
12 months: IES, HADS, SF36, FQ, EQ-5D, VS-20, Medical and demographic background data
n = 300

Measure 6
24 months: IES, HADS, SF36, FQ, EQ-5D, VS-20, CSQ-8, Objectively measured physical activity, Medical and demographic background data
n = 300