Study publicised through advertisements and posters in clinics and GP surgeries and in the local community. Mental health professionals and GPs informed about the study and asked to refer interested individuals likely to fulfil study criteria.

Interested individuals contact the research team via telephone or email or are contacted by the recruiter.

Recruiter conducts telephone screening based on main study inclusion and exclusion criteria.

Does participant meet criteria in telephone screening?

Yes

Recruiter makes appointment for pre-treatment assessment and sends information sheet

Participant comes for pre-treatment assessment 1 and is given information sheet to read again. Researcher answers all remaining questions and then seeks informed consent for participation in the study

Does participant give informed consent?

Yes

Pre-treatment assessment, session 1: Researcher assesses inclusion and exclusion criteria in detail.

Does the patient meet full inclusion criteria?

No

Pre-treatment assessment, session 2: At the end of the session the participant is given the information sheet again, practical aspects of participation including availability for treatment are reiterated and participant is asked to renew informed consent.

Does participant renew informed consent?

Yes

Randomisation
Stratified by centre, cohort, history of suicidality & antidepressant medication usage

Pre-class interview
Pre-class interview
TAU interview

MBCT
CPE
TAU

Outcome Assessments
Post-treatment assessment, follow-ups at 3, 6, 9, and 12 months.