Extended interview, checking resources, identifying stressors

Appraisal of actual situation, scaling perspectives

Goal Attainment Scaling

- Referral to specialist / secondary care
- Support finding psychotherapeutic treatment
- Information about disease

- Developing daily activity schedules
- Coping with daily hassles
- Using problem-solving skills
- (Re)-engaging in his / her social network, community activities

- Referral to specialist / secondary care
- Support finding psychotherapeutic treatment
- Information about disease

- Developing daily activity schedules
- Coping with daily hassles
- Using problem-solving skills
- (Re)-engaging in his / her social network, community activities

Evaluating the process

- APN and GP continuously review course of counselling and goals to be attained
- APNs are continuously supported and supervised by the Study-GP

- Community based psychosocial services
- Relaxation techniques

Four behaviour-modifying modules at the disposal of APN directly targeting self-management activities of patients

Supporting / extending explanations of GP

Enabling patient to handle referral-specific questions, application forms, information seeking

Supporting contact with community based psychosocial services and Self-help groups

Enabling the patients to reduce stress himself / herself