Randomised allocation of participating patients

- Intervention group 1 (Individual CBT)
  - Recruited patients
  - Losses
  - Ineligibility
  - Included patients
  - Monitoring: baseline, post-treatment, 6 months and 12 months post-treatment
  - Losses

- Intervention group 2 (Group CBT)
  - Recruited patients
  - Losses
  - Ineligibility
  - Included patients
  - Monitoring: baseline, post-treatment, 6 months and 12 months post-treatment
  - Losses

- Control group
  - Recruited patients
  - Losses
  - Ineligibility
  - Included patients
  - Monitoring: baseline, post-treatment, 6 months and 12 months post-treatment
  - Losses