Assessed for eligibility (n= 148)

Excluded (n= 89)
- Not meeting inclusion criteria (n= 53)
- Refused to participate (n= 6)
- Other reasons (n= 30)

Randomised (n= 59)

Guided Self Help (n= 29)
- Received intervention (n=22)
- Did not attend (n=7)
- Follow-up on primary outcome (n= 19)

Allocated to Usual GP care (n= 30)
- Withdrew following randomisation (n=1)
- Follow up on primary outcome (n= 23)

1 One patient was excluded post randomisation, as they initially consented to the study but immediately withdrew and refused use of their data following allocation