GP writes to potential participants, identified through medical records about

Potential participants are given the chance to stop their contact details being passed on to the researchers (by returning the postage paid letter stating that they do not want to be contacted for this study)

GPs pass on contact details of those who did not state that they did not want contact details passed on, to the researchers

Researchers write to those they have contact details for, with more details about the study

Participants who give informed written consent at this stage are recruited to take part in the study

Local Research Ethics Committee required written opt-in consent for patient contact details to be passed on to researchers, GPs could send out only 1 reminder letter to potential participants.