Development of programme monitoring systems and structures to implement research design

Recruitment from LHB areas (n= 12 of 13)

Baseline postal questionnaire measures
GPPAQ (NHS 2006)
- Demographics - age, gender, marital status, ethnicity, employment status, education, number in household and postcode

Randomised to intervention group (n=1080)
Randomised to control group (n=1080)

16 week scheme and exit route

Leaflet & usual care

Six month postal questionnaire measures
- SF-12 (Ware, Kosinski et al. 1996)
- EQ-5D (Rabin and De Charro 2001)
- BREQ-2 (Markland and Tobin 2004)
- Self-efficacy for exercise behaviors (Sallis, Pinski et al. 1988)
- Social support for exercise behaviors (Sallis, Grossman et al. 1987)

8 and 12 month scheme follow-up

Process evaluation

Twelve month telephone interview
- 7 day physical activity recall interview (Blair, Haskell et al. 1985)

Twelve month postal questionnaire
- SF-12 (Ware, Kosinski et al. 1996)
- EQ-5D (Rabin and De Charro 2001)
- Baecke questionnaire of habitual physical activity (Baecke et al. 1982)
- Hospital anxiety and depression scale (Snaith and Zigmond 1994)