IDENTIFICATION OF PARTICIPANTS
GP identifies and notifies the nurse or GPRF nurses identify potential participants from patient records who are:
- aged 18 and older;
- reporting LBP of at least moderate troublesomeness for more than 6 weeks;
- are able to give informed consent
- After consent from GP, nurse posts an invitation including initial approach questionnaire to participate in the study

For potential participant appointments arranged

APPOINTMENT 1
(Computerised first nurse assessment questionnaire)
- explain the trial
- determine eligibility
- make appointment for randomisation assessment

For all potentially eligible participants only
APPOINTMENT 2
(Computerised nurse randomisation assessment form)
- check eligibility
- gain informed consent (for study)
- complete baseline questionnaire

RANDOMISE PARTICIPANT
- fill in randomisation form
- Contact the randomisation centre
- inform the randomisation centre of:
  • the participant’s number;
  • the participant’s gp practice/back pain centre;
  • the severity of back pain (moderate or very/extremely troublesome).
Randomisation centre to inform nurse of the participants treatment

CBA + Active management (n=467)
- nurse contact the CBA therapist in their local area;
- therapist contact the participant and book them on a CBA course;
- nurse to given participant advice regards back pain and also supply Back Book;
- to refrain from other treatments where possible

Active management (n=233)
- nurse to give participant advice regards back pain and supply Back Book;
- to refrain from other treatments where possible

FOLLOW-UP
Postal questionnaires sent from GPRF to participants – at 3, 6 and 12 months

Fig 1: Flow diagram of the study