Positive reactions through internet or (para)medical practitioner (N=796)

166 non-responders

Request for participation and available for inclusion (N=630)

101 excluded:
- 63 did not return baseline questionnaire
- 12 still undergoing treatment
- 9 did not agree with informed consent
- 9 did not participate in sports
- 8 private reasons

Randomization
Stratified by gender, way of enrolment, and severity (N=529)

Allocated to intervention group (N=261)

Allocated to control group (N=268)