Total population (number referred to self-care interventions during the nine month recruitment window) (SO – unknown; LO – 64; NO – 187)

No reported interest in the research (SO – unknown; LO – 20; NO – 135)

Number interested in the research and approached by researchers – 155 (SO – 59; LO – 44; NO – 52)

- Refused – 23 (SO – 11; LO – 6; NO – 6)
- Ineligible – 9 (SO – 5; LO – 0; NO – 4)
- Unable to contact – 2 (SO – 2; LO – 0; NO – 0)

Not recruited – 34

Number recruited and who gave informed consent – 121 (SO – 41; LO – 38; NO – 42)

- Unwell – 9 (SO – 4; LO – 0; NO – 5)
- Refused – 11 (SO – 7; LO – 3; NO – 1)
- Unable to contact – 5 (SO – 0; LO – 3; NO – 2)
- Deceased – 1 (SO – 0; LO – 1; NO – 0)

Lost to follow up – 26

Number retained at follow up – 95 (SO – 30; LO – 31; NO – 34)