Inclusion
- Eligible patients identified by GP
- Patient approached and invited to participate
- Informed consent

Screening questionnaire sumscore ≥ 1

Randomisation (n = 160 patients)

Intervention (n = 80 patients)
- Group-based support programme
  - Session 1: illness perceptions
  - Session 2: goals and action plans
  - Session 3: social support

Control (n = 80 patients)
- 1.5 hour information meeting

Baseline measurement (T0) (week 1)
- Group-based support programme
- 1.5 hour information meeting

Post-test measurement (T1) (week 9)
- Booster session (week 21)

Post-test measurement (T2) (week 33)