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)
- 1.5 hour information meeting
- Booster session (week 21)

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

**Baseline measurement (T0)** (week 1)
- Group-based support program
  - Session 1: illness perceptions
  - Session 2: goals and action plans
  - Session 3: social support

**Post-test measurement (T1)** (week 9)

**Post-test measurement (T2)** (week 33)