Eligible patients screened from Outpatient Clinics
N= 717

Informed Consent
N= 339 (47.3%)

Randomisation
(after completion of baseline assessment)
N= 318

Intervention group
N= 187

Control group
N= 131

Refused participation (N= 378)
- Physical problems (N= 84)
- No interest (N= 74)
- No time/opportunity (N= 74)
- Psycho-social problems (N= 39)
- Problems attending group programme (N= 22)
- Cognitive problems (N= 12)
- Reason unknown (N= 48)
- Other reasons (N= 25)

Not allocated (N= 21)
- Incomplete baseline assessment (N= 20)
  (health problems, questions too personal…)
- Died before allocation (N= 1)