**Figure 3** Flow chart of methodology of application of framework

---

**Preclinical Phase**
Review and search of the literature

---

**Phase 1 (Modeling)**
Combining theory with qualitative work
(2 focus groups with patients)
(2 focus groups with practice staff)
Interviews with experts in the areas of health psychology and volunteering

---

**Phase 2 (Exploratory trial)**
Preliminary intervention in 2 practices
(24 patients and 4 peer supporters recruited)
Qualitative work
(1 focus group with peer supporters)
(2 focus groups with patients)
(3 semi structured interviews with practice staff)

---

**DEFINITIVE INTERVENTION**