Screening and informed consent

Baseline and randomisation

Control group
(usual care, i.e. regular O&M-training)

- 5 week follow-up
  (effect evaluation)

- 8 week follow-up
  (process evaluation)

- 17 week follow-up
  (effect evaluation)

Intervention group
(standardised O&M-training)

- 5 week follow-up
  (effect evaluation)

- 8 week follow-up
  (process evaluation)

- 17 week follow-up
  (effect evaluation)