TREAD researcher contacts patient to arrange baseline assessment

Practice computer systems screened for recent depression diagnosis.
Patient is sent a patient information sheet and reply slip to indicate interest in being contacted by TREAD research team

GP refers patient to TREAD via fax

TREAD research team receive patient’s reply slip

TREAD researcher contacts patient to arrange baseline assessment

Patient eligible

TREAD researcher telephones randomisation service to ascertain treatment allocation

Patient randomised to ‘intervention’ group

Patient randomised to ‘usual care’ group

4-month follow-up (face-to-face)
(BDI score, SF-12 mental and physical health sub-scores, attitude towards physical activity, physical activity intensity and duration, self-reported antidepressant use)

8-month follow-up (postal)
(BDI score, SF-12 mental and physical health sub-scores, attitude towards physical activity, physical activity intensity and duration, self-reported antidepressant use)

12-month follow-up (face-to-face)
(BDI score, SF-12 mental and physical health sub-scores, attitude towards physical activity, physical activity intensity and duration, self-reported antidepressant use, antidepressant prescription over 12 months)

Initial patient consultation with GP resulting in depression diagnosis
Patient is given patient information sheet and gives written consent for GP to make referral to TREAD research team

Figure 1
A flowchart of the TREAD trial design