Recruitment (week -3)

Baseline measurements (week -2)

Randomisation

VLCD Intervention

Treatment Stage 1
VLCD: weeks -1 to +4
Quit at week 0

Treatment Stage 2
IDAP
Weeks +5, +6, +8, +12

Follow-Up
Weeks +26, +52

Analysis

IDAP Intervention

Treatment Stage 1
IDAP: weeks -1 to +4
Quit at week 0

Treatment Stage 2
IDAP
Weeks +6, +8, +10 +12

Follow-Up
Weeks +26, +52

Analysis

Control (SBS)

Treatment Stage 1
Usual Care: weeks -1 to +4
Quit at week 0

Treatment Stage 2
IDAP
Weeks +8, +9, +10 +12

Follow-Up
Weeks +26, +52

Analysis