Figure 1.

Assessed for eligibility by clinical team 2 weeks before out-patient appointment

Study information posted out to potential participants

Patients return MMAS-4 and initial consent form

Scoring ≥2 on the MMAS-4 - informed of study suitability

Patients see DJD after routine out-patient appointment to discuss study

Baseline outcomes taken after signed informed consent

Participants randomised to CAAT-PARK or TAU

Allocated intervention: Participants receive 7 weekly sessions of CAAT-PARK

Allocated TAU: Continue to receive usual care

Follow-up: Immediately post intervention (Week 7-8)

Follow-up: Week 7

12 week Follow-up:

12 week Follow-up:

Analysis of all study outcomes