Figure 1: CBT Study Flow Diagram

1. Develop the CBT manual
2. Service user referred from one of the two centers.
3. Assessed for eligibility
   - Excluded participants:
     - Not meeting inclusion criteria
     - Declined to participate
     - Other reasons
4. Assessed at baseline
5. Randomized
6. Allocation
   - Intervention: **Cognitive Behavioural Therapy** (n=15)
     - Manualised CBT intervention delivered
     - Monitor Treatment fidelity
   - Intervention: **Treatment as usual** (n=15)
     - Participants received treatment as usual from their respective service
7. End of treatment
   - 4 month end of treatment assessments
8. Follow – up
   - 2 month follow – up assessments
9. Data Analysis/Report