Patient screening and inclusion

BL and T0 assessments within one week

Randomisation

EG1
1st semi-structured interview
2 week intervention (embedded MI)
2nd semi-structured interview
T1 assessment after 2 weeks
FU assessment within 2 weeks post-intervention

EG2
1st semi-structured interview
2 week intervention (added MI)
2nd semi-structured interview
T1 assessment after 2 weeks
FU assessment within 2 weeks post-intervention

CG
2 week intervention (control)
2nd semi-structured interview
T1 assessment after 2 weeks
FU assessment within 2 weeks post-intervention