Flowchart:

1. Referred by Primary Healthcare Professional or Self-Referral
2. Identification of Eligible Participants
3. Consent and Randomisation
4. Baseline Assessment
5. Ineligible = did not meet inclusion and exclusion criteria
6. WEEK 1
7. Completed Baseline Period
8. WEEKS 2-8
9. Completion of Follow Up
10. Follow Up Assessments