Inclusion (n = 142) Eligible candidates give informed consent

Randomization (n = 142)

Baseline questionnaire (T0)

Intervention group (n = 71) Six group sessions (6 weeks) Use of ehealth (12 months)

Control group (n = 71) Use of usual care

Follow-up questionnaire (T1) 3 months after T0

Follow-up questionnaire (T2) 6 months after T0

Follow-up questionnaire (T3) 12 months after T0