Figure 1 Recruitment Flow Chart

Step 1 • New referral received at hospital from GP and patient added to wait list within 3 days

Step 2 • Medical triage within 5 days

Step 3 • Hospital medical staff apply inclusion and exclusion criteria using the patient’s GP referral

Step 4 • Hospital research staff add potentially eligible patients’ details to recruitment log sheet and database

Step 5 • Hospital research staff recruit and verify eligibility by telephone and update recruitment database. Note: prioritising Category 1

Step 6 • Hospital research staff e-mail or express post an Information Package (cover letter, patient information sheet and consent form) to patients based on verbal consent for participation

Step 7 • If consent is not returned, hospital staff follow-up by e-mail or phone within 5 working days of sending the Information Package. Note: prioritising Category 1

Step 8 • Signed consent form received and logged in recruitment database by hospital staff

Step 9 • Randomisation and Study ID assigned

Step 10 • Initial Appointment made