Figure 1 Flow Chart

Potential participants identified by professionals and carers, and sent patient letter, information sheet and consent form (accessible version)

Baseline appointment with research assistant
Interested participants assessed for eligibility

**Inclusion criteria:**
1) BMI>25kg/m², 2) age>18 years old, 3) mild-moderate LD, 4) ability to consent for themselves, living in the community, 5) presence of carer willing to participate.

Not eligible

**Exclusion criteria:**
1) acute mental illness requiring hospitalisation, 2) severe LD, 3) Prader Willi syndrome, 4) substance misuse, 5) inability to provide informed consent.

Eligible participants (n=60)
Baseline assessments: weight, height, body fat, waist circumference, blood pressure, mental health status, quality of life, self-esteem, attitudes to healthy behaviours, and costs

Randomisation

**Intervention Group**
(n=30)
Shape Up -LD intervention (12 weekly sessions, 90mins sessions)

End of Treatment
12 week outcome assessment

12 month follow up outcome assessment

Close of study.
Analysis of data and results fed back to participants.

**Control Group**
(n=30)
Usual care (one off 35mins session)

12 week outcome assessment

6 month follow up outcome assessment