Assessed for eligibility (n=409)

Excluded (n=321)
- Did not meet inclusion criteria = 24
- Declined to participate = 297

Recruited and randomized (n=88)

57 non-participants patients consented to telephone interview

Allocated to intervention (n=43)

Pre-operative Challenging Pain course
Attended course (n= 28)

Did not attend course (n=15)
- Unable to arrange course before surgery (8)
- Withdrawal from study (4)
- Unavailable on course date (3)

Surgery (n=36)

Post-operative Keep Challenging Pain course
Attended course (n=11)

Did not attend course (n=32)
- Unable to arrange course (6)
- Withdrawn (7)
- Unavailable on course date (16)
- Other (3) e.g. satisfied with pain relief, no pain

Completed follow-up (n= 36)
Withdrawals (n= 7)
- Self withdrawal prior to surgery = 3
- Recruited into another trial prior to surgery = 1
- Did not have surgery = 3

Allocated to usual care (n=45)

Surgery (n=39)

Completed follow-up (n= 37)
Withdrawals (n= 8)
- Did not have surgery = 6
- Self-withdrawals after surgery = 2