Figure 1: Study Flowchart

Potential participants identified by clinical teams and referred to study

Not screened

Excluded
Not meeting inclusion criteria or refused to participate

Screening:
Eligibility screen completed either in person or on the telephone with study Assistant Psychologist.

0 weeks - Consent & Baseline Assessments:
Written consent and completion baseline assessment measures.

Not randomized

Randomization ($n = 66$)

Randomized to treatment as usual ($n = 33$)
Participant receives care co-ordination as usual

12 Week Assessment

Randomized to TAU + GOALS intervention ($n = 33$)
Participant receives 8 weekly sessions with trained member of staff.

12 Week Assessment (post treatment)

14 Weeks: Therapy Booster Session:

18 Week Assessment (follow up)