Baseline questionnaire*
Demographics, CPG, HADS, EQ-5D, PSEQ, CPAQ, HEIQ (Social integration), Global health Question.

Randomisation to:
Intervention: COPERS course plus usual care or
Control: usual care, self guided relaxation and pain education leaflet

12 weeks questionnaire*
PSEQ: self-efficacy

6 month follow-up questionnaire*
CPG, HADS, EQ-5D, PSEQ, CPAQ, HEIQ (Social integration), Global health Question, non-NHS health care resource use

12 month follow-up questionnaire*
CPG, HADS, EQ-5D, PSEQ, CPAQ, HEIQ (Social integration), Global health Question, non-NHS health care resource use