

**Participant information packs distributed (n=452)**

**Excluded**

Not meeting inclusion criteria (n=112)  
Declined participation (n=142)  
On trial waiting list when recruitment closed (n=34)

**Randomised (n=164)  
stratified by centre**

**Baseline**

**Allocated to FACETS (n=84)**

- ◆ Received allocated intervention (at least 4 sessions) (n=72)
- ◆ Did not receive any intervention (n=10)  
Changed mind (n=3); Operation (n=1); Unwell/relapse (n=2); Work commitments (n=3); Too much on (n=1)
- ◆ Withdrew from intervention after 1 session (n=2)  
Had reservations about group format (n=1), Reason unknown (n=1)

**Missing baseline assessments (n=3)**

**Allocated to CLP (n=80)**

- ◆ Received allocated intervention (n=80)
- ◆ Did not receive allocated intervention (n=0)

**Missing baseline assessments (n=2)**

**Follow-Up 3 (1 Year)**

**Follow-up 3 (n=62/81\*)**

\*3 dropouts prior to follow-up 3  
(2<sup>nd</sup> condition diagnosed, n=1; personal reasons, n=2)

Did not return outcome measures (n=15)  
Dropped out (personal reasons) (n=3)  
Dropped out (2<sup>nd</sup> condition diagnosed) (n = 1)

**Follow-up 3 (n=69/77\*)**

\*3 dropouts prior to follow-up 3  
(personal reasons n=1; second condition diagnosed, n=1; 'too much on', n=1)

Did not return outcome measures (n = 8)