

Inclusion**Measure 1**

Baseline: IES, HADS, SF36, FQ, EQ-5D, VS-20, Objectively measured physical activity, Medical and demographic background data

n = 300

Randomization

Intervention group (I): Stress management

Step 1: 1 session

n = 150

Control group (C)

n = 150

Measure 2

6 weeks: IES, HADS; VS-20

Screening for stress-related symptoms (IES, HADS)

Intervention group (I-a)
Step 2

I-a: non-cases receive
1 final session
Estimated N = 75

Intervention group (I-b)
Step 2

I-b: cases receive 4-7
sessions
Estimated N = 75

Control group (C)

C-a: non-cases according to IES,HADS
Estimated N = 75
C-b: cases according to IES, HADS
Estimated N = 75

Measure 3

4 months: IES, HADS, FQ, EQ-5D, VS-20, CSQ-8, patient satisfaction (only for Intervention focus I-a and I-b), Medical and demographic background data

n = 300

Measure 4

8 months: IES, HAD, FQ, EQ-5D, VS-20, Objectively measured physical activity, Medical and demographic background data

n = 300

Measure 5

12 months: IES, HADS, SF36, FQ, EQ-5D, VS-20, Medical and demographic background data

n = 300

Measure 6

24 months: IES, HADS, SF36, FQ, EQ-5D, VS-20, CSQ-8, Objectively measured physical activity, Medical and demographic background data

n = 300