

Development of programme monitoring systems and structures to implement research design

Recruitment from LHB areas (n= 12 of 13)

Baseline postal questionnaire measures

GPPAQ (NHS 2006)

Demographics - age, gender, marital status, ethnicity, employment status, education, number in household and postcode

Randomised to intervention group (n=1080)

16 week scheme and exit route

Randomised to control group (n=1080)

Leaflet & usual care

Six month postal questionnaire measures

SF-12 (Ware, Kosinski et al. 1996)

EQ-5D (Rabin and De Charro 2001)

BREQ-2 (Markland and Tobin 2004)

Self-efficacy for exercise behaviors (Sallis, Pinski et al. 1988)

Social support for exercise behaviors (Sallis, Grossman et al. 1987)

8 and 12 month scheme follow-up

Process evaluation

Twelve month telephone interview

7 day physical activity recall interview (Blair, Haskell et al. 1985)

Twelve month postal questionnaire

SF-12 (Ware, Kosinski et al. 1996)

EQ-5D (Rabin and De Charro 2001)

Baecke questionnaire of habitual physical activity (Baecke et al. 1982)

Hospital anxiety and depression scale (Snaith and Zigmond 1994)