

Recruit participants across 3 sites

Baseline Assessment

1-session of feedback and randomisation

Healthy Lifestyles Treatment

**7 x weekly sessions of CBT + NRT
3 x fortnightly sessions of CBT + NRT
6 x monthly sessions of CBT + NRT**

15-wk assessment (independent assessor)

**12-, 18-, 24-, 30-, and 36-month
assessments (independent assessor)**

Control

**7 x weekly phone check-in + NRT
3 x fortnightly phone check-in + NRT
6 x monthly phone check-in + NRT**

15-wk assessment (independent assessor)

**12-, 18-, 24-, 30-, and 36-month
assessments (independent assessor)**