

Preclinical Phase

Review and search of the literature



Phase 1 (Modeling)

Combining theory with qualitative work

(2 focus groups with patients)

(2 focus groups with practice staff)

Interviews with experts in the areas of health psychology and volunteering



Phase 2 (Exploratory trial)

Preliminary intervention in 2 practices

(24 patients and 4 peer supporters recruited)

Qualitative work

(1 focus group with peer supporters)

(2 focus groups with patients)

(3 semi structured interviews with practice staff)



DEFINITIVE INTERVENTION