

Screening and informed consent

Baseline and randomisation

Control group

(usual care, i.e. regular O&M-training)

5 week follow-up
(effect evaluation)

8 week follow-up
(process evaluation)

17 week follow-up
(effect evaluation)

Intervention group

(standardised O&M-training)

5 week follow-up
(effect evaluation)

8 week follow-up
(process evaluation)

17 week follow-up
(effect evaluation)