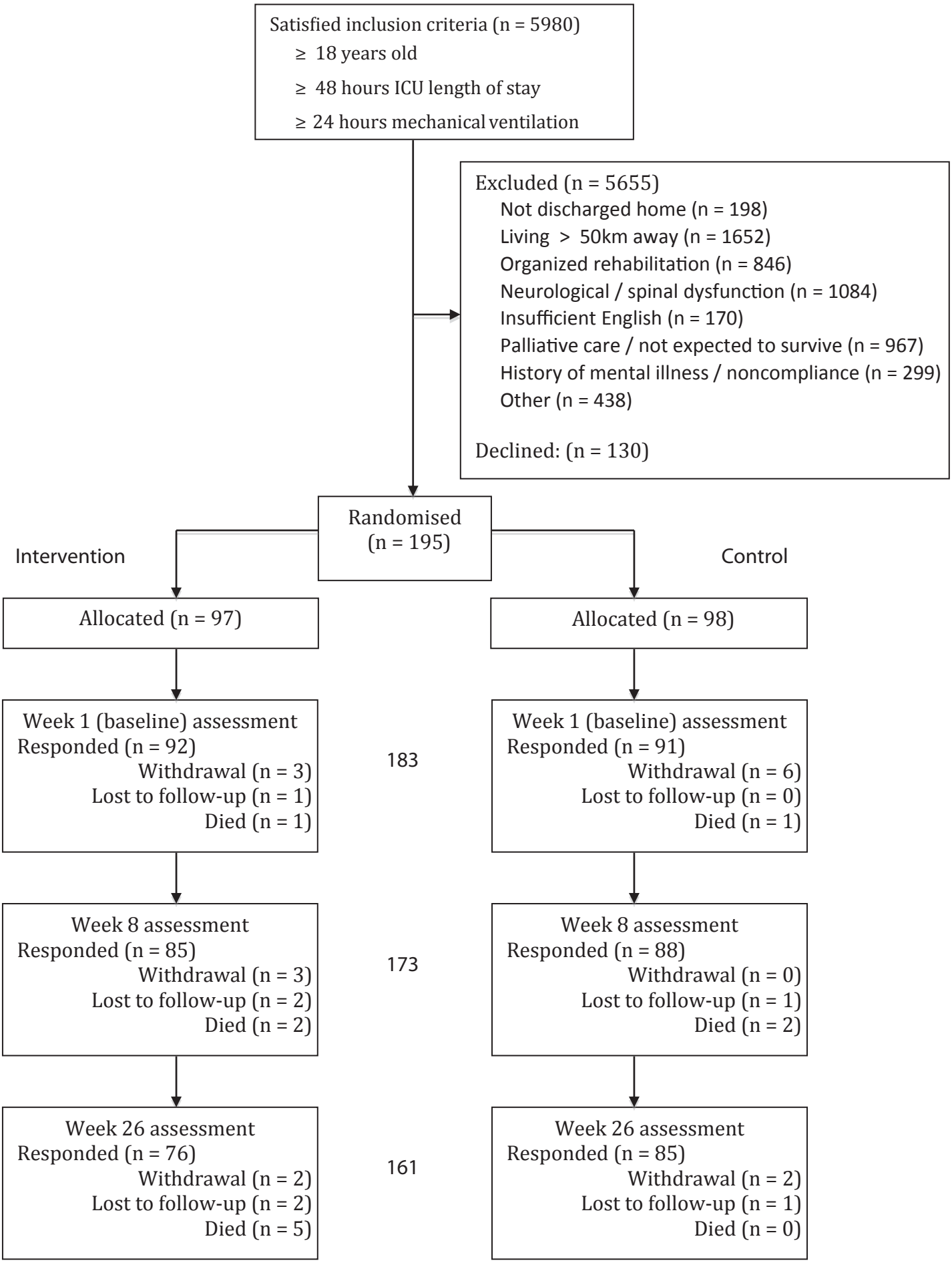
Satisfied inclusion criteria (n = 5980)
≥ 18 years old
≥ 48 hours ICU length of stay
≥ 24 hours mechanical ventilation
Excluded (n = 5655)
Not discharged home (n = 198)
Living > 50km away (n = 1652)
Organized rehabilitation (n = 846)
Neurological / spinal dysfunction (n = 1084)
Insufficient English (n = 170)
Palliative care / not expected to survive (n = 967)
History of mental illness / noncompliance (n = 299)
Other (n = 438)
Declined: (n = 130)
Randomised (n = 195)
Intervention
Control
Allocated (n = 97)
Allocated (n = 98)
Week 1 (baseline) assessment
Responded (n = 92)
Withdrawal (n = 3)
Lost to follow-up (n = 1)
Died (n = 1)
183
Week 1 (baseline) assessment
Responded (n = 91)
Withdrawal (n = 6)
Lost to follow-up (n = 0)
Died (n = 1)
Week 8 assessment
Responded (n = 85)
Withdrawal (n = 3)
Lost to follow-up (n = 2)
Died (n = 2)
173
Week 8 assessment
Responded (n = 88)
Withdrawal (n = 0)
Lost to follow-up (n = 1)
Died (n = 2)
Week 26 assessment
Responded (n = 76)
Withdrawal (n = 2)
Lost to follow-up (n = 2)
Died (n = 5)
161
Week 26 assessment
Responded (n = 85)
Withdrawal (n = 2)
Lost to follow-up (n = 1)
Died (n = 0)