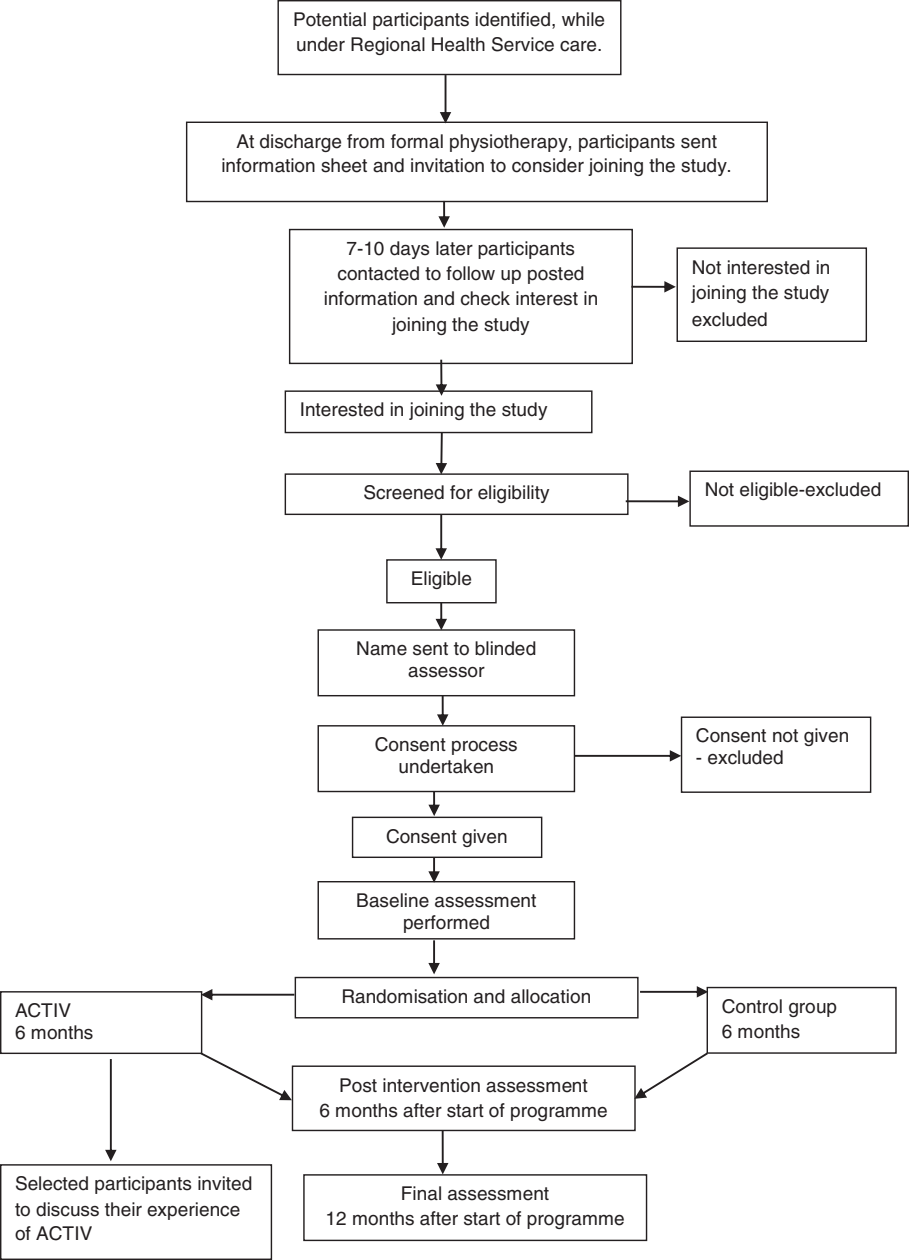
Potential participants identified, while under Regional Health Service care.
At discharge from formal physiotherapy, participants sent information sheet and invitation to consider joining the study.
7-10 days later participants contacted to follow up posted information and check interest in joining the study
Not interested in joining the study excluded
Interested in joining the study
Screened for eligibility
Not eligible-excluded
Eligible
Name sent to blinded assessor
Consent process undertaken
Consent not given - excluded
Consent given
Baseline assessment performed
Randomisation and allocation
ACTIV 6 months
Control group 6 months
Post intervention assessment 6 months after start of programme
Selected participants invited to discuss their experience of ACTIV
Final assessment 12 months after start of programme