

Step 1

- New referral received at hospital from GP and patient added to wait list within 3 days

Step 2

- Medical triage within 5 days

Step 3

- Hospital medical staff apply inclusion and exclusion criteria using the patient's GP referral

Step 4

- Hospital research staff add potentially eligible patients' details to recruitment log sheet and database

Step 5

- Hospital research staff recruit and verify eligibility by telephone and update recruitment database. Note: prioritising Category 1

Step 6

- Hospital research staff e-mail or express post an *Information Package* (cover letter, patient information sheet and consent form) to patients based on verbal consent for participation

Step 7

- If consent is not returned, hospital staff follow-up by e-mail or phone within 5 working days of sending the *Information Package*. Note: prioritising Category 1

Step 8

- Signed consent form received and logged in recruitment database by hospital staff

Step 9

- Randomisation and Study ID assigned

Step 10

- Initial Appointment made