

Table 1: Timing of assessments

	Screening	Baseline	4 months post baseline	9 months post baseline	12 months post baseline
PHQ-9	X		X	X	X
CIS-R	X		X	X	
Physical Activity -7 day PA recall Accelerometer		X	X X	X	
Body Mass Index Blood pressure		X X	X X	X X	
Health and social care service use -ADSUS		X	X	X	
Sleep - Insomnia Severity Index		X	X	X	
Quality of life -SF-36 -EQ5D		X X	X X	X X	