

600 eligible consenting participants

Baseline assessments  
visit 1 and visit 2

**RANDOMISE**

APT + SSMC

CBT + SSMC

GET + SSMC

SSMC Alone

Mid-treatment assessment visit 3, at 12 weeks

Main treatment cessation after 23 weeks

End of treatment assessment visit 4, at 24 weeks

Treatment booster session at 36 weeks

Follow-up assessment visit 5, at 52 weeks