

List of eligible participants from the Department of
Financial Security in the Sønderborg Municipality,
Denmark
Information letter posted

Eligible participants contacted by telephone by the
researcher to check eligibility
Oral information on telephone
Invitation to information session

Information session
Informed consent

Baseline measurement

Health Counselling 1.5h

Allocation

'Tailored
Physical
Activity'

Active comparator
'Chronic Pain
Self-
Management
Program'

Reference
group

3 months from baseline:
Outcome assessment

12 months from baseline:
Follow-up outcome assessment

Excluded participants:

- Not meeting inclusion criteria
- Declined to participate
- Other reasons