Month of project	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Initial participant recruitment (via letter)																										
Baseline measure followed by randomisation																										
MI sessions (6-month intervention)																										
Follow-up data collection (6-months)																										
Follow-up data collection (18-months)																										