Figure 1. Consort Diagram showing the participant flow through the study

Participant recruited through CMHT's, service user groups and local media

Excluded or refused

Participants assessed for eligibility

Participants consented and baseline (n=100)

Participants randomised

Participants allocated to the IBPI Intervention (n=50)

Participants allocated to TAU (n=50)

Telephone follow-up assessment 16 weeks

Telephone follow-up assessment 24 weeks

Telephone follow-up assessment 36 weeks

Telephone follow-up assessment 48 weeks

Telephone follow-up assessment 16 weeks

Telephone follow-up assessment 24 weeks

Telephone follow-Up assessment 36 weeks

Telephone follow-up assessment 48 weeks

Excluded or refused