Following screening in rheumatology clinic or therapy review list potentially eligible and approached (n=1042)

Excluded (n=530)

 Declined to participate (n=530)

## Allocation

## Enrollment

Allocated to Usual Care Arm (n=244)

 Received allocated intervention (n=244)

 Did not receive allocated intervention (n=0)

 Withdrew consent for data to be used (n=2)

Did not attend (n=5)

Completed intervention (n=235)

Discontinued intervention (n=2)

 Reason unknown (n=2)

Allocated to Exercise Programme Arm (n=246)

 Received allocated intervention (n=246)

 Did not receive allocated intervention (n=0)

## Analysis

## 4 month Follow-Up

Excluded (n=22)

  Not meeting inclusion criteria (n=6)

  Declined to participate (n=10)

  Did not attend appointment (n=6)

Due (n=238)

Responders (n=222)

 Full (n=190)

 Postal (n=28)

 Telephone (n=4)

Lost to follow-up (n=16)

 Unable to contact (n=10)

 Withdrawal (n=4)

 Death (n=2)

Discontinued intervention (give reasons) (n= )

## 12 month Follow-Up

Due (n=237)

Responders (n=216)

 Full (n=174)

 Postal (n=33)

 Telephone (n=9)

Lost to follow-up (n=21)

 Unable to contact (n=13)

 Withdrawal (n=8)

 Death (n=0)

Discontinued intervention (give reasons) (n= )

Due (n=242)

Responders (n=228)

 Full (n=211)

 Postal (n=15)

 Telephone (n=2)

Lost to follow-up (n=14)

 Unable to contact (n=10)

 Withdrawal (n=4)

 Death (n=0)

Discontinued intervention (give reasons) (n= )

Due (n=246)

Responders (n=224)

 Full (n=197)

 Postal (n=20)

 Telephone (n=7)

Lost to follow-up (n=22)

 Unable to contact (n=13)

 Withdrawal (n=9)

 Death (n=0)

Discontinued intervention (give reasons) (n= )

Withdrew prior to treatment (n=2)

Did not attend (n=6)

Completed intervention (n=184)

Discontinued intervention (n=54)

 Withdrew from treatment (n=46)

 Withdrew from trial (n=8)

## Treatment fidelity

Randomized (n=490)

Assessed at Research Clinic appointment (n=512)