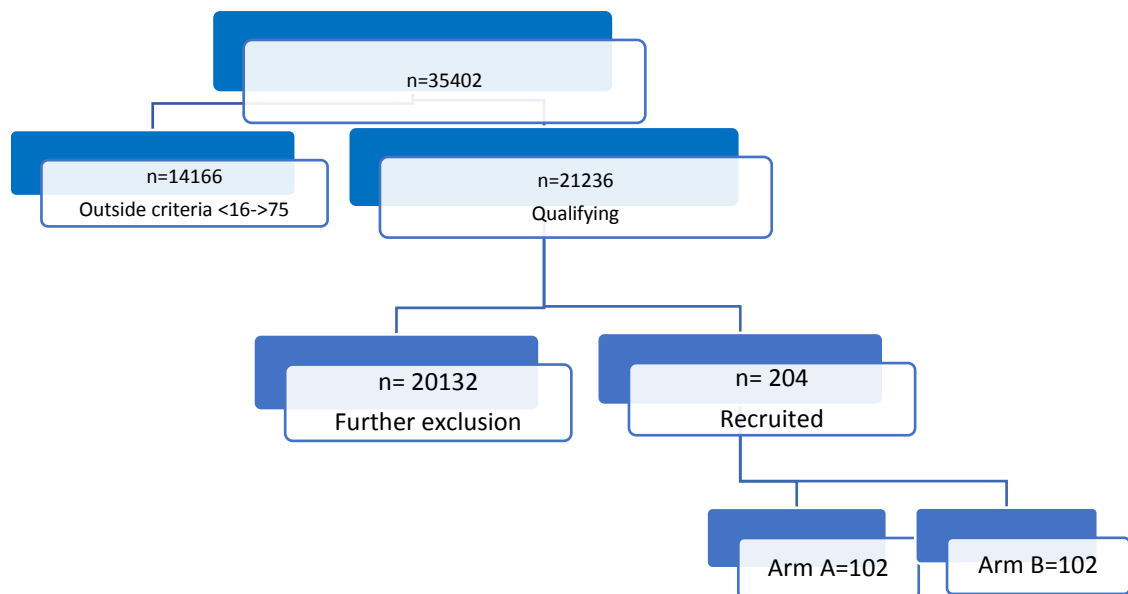


# 1. Participant Flow



- *Figure 1 Consort diagram of client randomisation and disposition*

## 2. Baseline Characteristics

Mean age 40 (SD 14.08), male 48% and female 52%. 13% were smokers, 47% were overweight and obese, 1% overused alcohol and 49% were a combination of 2 or all three of the high risk behaviours.

Table 1 characteristic of participants and results

Characteristics and variables	A (n102)	B (n102)	Total (n204)
Age mean 40 (SD 14.8)	37 (14.1)	42 (15.3)	40 (14.8)
Gender			
Male 101	51 (50%)	50 (49%)	101 (49.5%)
Female 103	51 (50%)	52 (51%)	103 (50.4%)
Smoker Male 31, female 20	25 (25%)	26 (25%)	51 (25%)
BMI 25 and over	41 (40%)	48 (47%)	89 (44%)
Overweight: male 30, female 23	26 (25%)	27 (26%)	53 (26%)
Obese: male 15, female 21	15 (15%)	21 (21%)	36 (18%)
Alcohol Male 3, female 1	4 (4%)	0 (0%)	4 (2%)
Smoker& BMI male 9, female 31	27 (26%)	13 (13%)	40 (20%)
Smoker and Alcohol male 4, female 7	2 (2%)	9 (9%)	11 (5%)
Weight and Alcohol male 1, female 2	0 (0%)	3 (3%)	3 (1%)
All 3- risk behaviours male 3	3 (3%)	0 (0%)	3 (1%)
Risk Not specified male 1, female 3	0 (0%)	3 (3%)	3 (1%)
<b>Total</b>	<b>102 (50%)</b>	<b>102 (50)</b>	<b>204 (100%)</b>

### 3. Outcome Measures

**Primary outcome** number of referrals made to the Wellbeing service between the study arms.

**Results:** 204 participants were enrolled. There were no participants that withdrew after recruitment. Intervention occurred in addition to the consultation for an injury or illness and ended at the end of clinical consultation. 22 referrals (11%) were made equal and similar in all study arms. The odds of accepting a referral when offered, was OR 1, (CI .413- 2.423), indicating that there is no difference between immediate and delayed intervention. The primary outcome was negative however over 80% of the participants were receptive to healthy conversation and accepted offer of referral for future use and would inform friends, colleagues and family.

Table 2 Outcome measure and results

Outcome measure	A (n102)	B (n102)	Total (n204)
NOT offered referral	1 (1%)	1 (1%)	2 (1%)
NOT accepted help	42 (41%)	30 (29%)	72 (35%)
Accepted male 60, female 69	60 (59%)	70 (69%)	130 (64%)
<b>Outcome measure: Referral male 9, female 13</b>	<b>11 (11%)</b>	<b>11 (11%)</b>	<b>22 (11%)</b>

## **4. Adverse Events**

There were no adverse events associated with this trial