

## Appendix 1

### GENERAL HEALTH QUESTIONNAIRE

GHQ-60

Please read this carefully:

We should like to know if you have had any medical complaints, and how your health has been in general, *over the past few weeks*. Please answer ALL questions on the following pages simply by underlining the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past.

It is important that you try to answer ALL the questions.

Thank you very much for your co-operation.

#### HAVE YOU RECENTLY:

- |  |                   |                    |                        |                       |
|--|-------------------|--------------------|------------------------|-----------------------|
| 1 – been feeling perfectly well and in good health?                | Better than usual | Same as usual      | Worse than usual       | Much worse than usual |
| 2 – been feeling in need of a good tonic?                          | Not at all        | No more than usual | Rather more than usual | Much more than usual  |
| 3 – been feeling run down and out of sorts?                        | Not at all        | No more than usual | Rather more than usual | Much more than usual  |
| 4 – felt that you are ill?   | Not at all        | No more than usual | Rather more than usual | Much more than usual  |
| 5 – been getting any pains in your head?                           | Not at all        | No more than usual | Rather more than usual | Much more than usual  |
| 6 – been getting a feeling of tightness or pressure in your head?  | Not at all        | No more than usual | Rather more than usual | Much more than usual  |
| 7 – Been able to concentrate on whatever you're doing?             | Better than usual | Same as usual      | Worse than usual       | Much worse than usual |
| 8 – been afraid that you were going to collapse in a public place? | Not at all        | No more than usual | Rather more than usual | Much more than usual  |
| 9 – been having hot or cold spells?                                | Not at all        | No more than usual | Rather more than usual | Much more than usual  |
| 10 – been perspiring (sweating) a lot?                             | Not at all        | No more than usual | Rather more than usual | Much more than usual  |

**PLEASE TURN OVER**

**HAVE YOU RECENTLY:**

<b>11 – found yourself waking early and unable to get back to sleep?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>12 – been getting up feeling your sleep hasn't refreshed you?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>13 – been feeling too tired and exhausted even to eat?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>14 – lost much sleep over worry?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>15 – been feeling mentally alert and wide awake?</b>	Better than usual	Same as usual	Less alert than usual	Much less alert
<b>16 – been feeling full of energy?</b>	Better than usual	Same as usual	Less energy than usual	Much less energetic
<b>17 – had difficulty in getting off more to sleep?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>18 – had difficulty in staying asleep once you are off?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>19 – been having frightening or unpleasant dreams?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>20 – been having restless, disturbed nights?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>21 – been managing to keep yourself busy and occupied?</b>	More so than usual	Same as usual	Rather less than usual	Much less than usual
<b>22 – been taking longer over the things you do?</b>	Quicker than usual	Same as usual	Longer than usual	Much longer than usual
<b>23 – tended to lose interest in your ordinary activities?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>24 – been losing interest in your personal appearance?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual

**PLEASE TURN OVER**

**HAVE YOU RECENTLY:**

<b>25 – been taking less trouble with your clothes?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>26 – been getting out of the house as much as usual?</b>	More than usual	Same as usual	Less than usual	Much less than usual
<b>27 – been managing as well as most people would in your shoes?</b>	Better than most	About the same	Rather less well	Much less well
<b>28 – felt on the whole you were things well?</b>	Better than usual	About the same	Less well than usual	Much less well
<b>29 – been late getting to work, or starting your housework?</b>	Not at all	No later than usual	Rather later than usual	Much later than usual
<b>30 – been satisfied with the way you’ve carried out your task?</b>	More Satisfied	About same as usual	Less satisfied than usual	Much less satisfied
<b>31 – been able to feel warmth and affection for those near to you?</b>	Better than usual	About same as usual	Less well than usual	Much less well
<b>32 – been finding it easy to get on with other people?</b>	Better than usual	About same as usual	Less well than usual	Much less well
<b>33 – spent much time chatting with people?</b>	More time than usual	About same as usual	Less than usual	Much less than usual
<b>34 – kept feeling afraid to say anything to people in case you made a fool of yourself?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>35 – felt that you are playing a useful part in things?</b>	More so than usual	Same as usual	Less useful than usual	Much less useful
<b>36 – felt capable of making decisions about things?</b>	More so than usual	Same as usual	Less so than usual	Much less capable
<b>37 – felt you’re just not able to make a start on anything?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>38 – felt yourself dreading everything that you have to do?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual

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<b>39 – felt constantly under strain?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>40 – felt you couldn't overcome your difficulties?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>41 – been finding life a struggle all the time?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>42 – been able to enjoy your normal day to day activities?</b>	More so than usual	Same as usual	Less so than usual	Much less than usual
<b>43 – been taking things hard?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>44 – been getting edgy and bad tempered?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>45 – been getting scared or panicky for no good reason?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>46 – been able to face up to your problems?</b>	More so than usual	Same as usual	Less able than usual	Much less able
<b>47 – found everything getting on top of you?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>48 – had the feeling that people were looking at you?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>49 – been feeling unhappy and depressed?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>50 – been losing confidence in yourself?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>51 – been thinking of yourself as a worthless person?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>52 – felt that life is entirely hopeless?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>53 – been feeling hopeful about your own future?</b>	More so than usual	About same as usual	Less able than usual	Much less able
<b>54 – been feeling reasonably happy, all things considered?</b>	More so than usual	About same as usual	Less so than usual	Much less than usual

**PLEASE TURN OVER**

**HAVE YOU RECENTLY:**

<b>55 – been feeling nervous and strung-up all the time?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>56 – felt that life isn't worth living?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>57 – thought of the possibility that you might make away with yourself?</b>	Definitely not	I don't think so	Has crossed my mind	Definitely have
<b>58 – found at times that you couldn't do anything because your nerves were too bad?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>59 – found yourself wishing you were dead &amp; away from it all?</b>	Not at all	No more than usual	Rather more than usual	Much more than usual
<b>60 – found that the idea of taking your own life kept coming into your mind?</b>	Definitely not	I don't think so	Has crossed my mind	Definitely has

## Appendix 2

### VISUAL ANALOGUE SCALE

Please mark with a cross the position on the line that you feel most accurately represents you now for each of the following statements:

e.g. I feel very well.

Not at all -----X----- As well as I can  
imagine being

1. I feel very well.

Not at all \_\_\_\_\_ As well as I can  
imagine being

2. I feel short of breath

All the time \_\_\_\_\_ Not at all

3. I experience chest pains

Very frequently \_\_\_\_\_ Never

**Please Turn Over**

**4. I am as active as I have always been**

Very inactive \_\_\_\_\_ As much as ever

**5. I can tolerate as much effort as I ever could**

Not at all \_\_\_\_\_ As much as ever

**6. I feel overworked**

All the time \_\_\_\_\_ Not at all

**7. I feel very fit**

Not at all \_\_\_\_\_ As fit as I can imagine being

**8. I feel able to cope**

Not at all \_\_\_\_\_ All the time

**Please Turn Over**

**9. I feel tense**

All the time \_\_\_\_\_ Not at all

**10. I easily get tired/fatigued**

Very easily \_\_\_\_\_ Not at all

## Appendix 3

### CONSENT TO CLINICAL TRIAL

*I:* \_\_\_\_\_

*Of:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Hereby consent to participate in the research study "AN INVESTIGATION INTO A COUNSELLING AND VISUALISATION PROGRAMME ON THE OUTCOME OF PEOPLE WITH:*

- (a) STABLE ANGINA &*
- (b) FOLLOWING MYOCARDIAL INFARCTION"*

*the nature of which has been explained to me by Mr W.C. Stonier.*

*I understand that my participation in this trial in no way compromises any other medical treatment that I may be having, and that I may choose not to continue with the study without prejudice to any medical treatment that I may be prescribed.*

*I further understand that any personal information that may be disclosed by me during the course of the study will be treated as confidential and will only be used for the purposes of the study.*

*Signed:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Signed:* \_\_\_\_\_ *Date:* \_\_\_\_\_

## **Appendix 4**

### ***Counselling and Visualisation in Ischaemic Heart Disease Research***

#### ***Explanatory Sheet***

*The purpose of this research is to investigate whether we can help you to recover from your heart disease by helping you to identify and to deal with the things that cause you stress in your life.*

*The programme is split into 2 parts – a series of counselling sessions and an audio cassette to talk you through a special sort of relaxation at home.*

*The number of counselling sessions will vary, depending on your individual needs, but will normally be about 10 sessions, each of about 1 hour in length, ideally once a week over consecutive weeks. Allowance will be made for holidays, of course.*

*The focus of the counselling will be two-fold. Firstly, to identify the things that cause you stress and why. These may be things connected with work, relationships, lifestyle or unfulfilled wishes. Secondly, to identify different ways of responding to the things that cause you stress, so that the effects of the stress can be reduced or removed. This may involve exploration of your childhood and other past events, and your feelings about various life-events.*

*Obviously, you are in control of how much or how little you choose to say about yourself and your feelings, and anything that you do say will be strictly confidential between you and the counsellor. However, the more honest and open you can be, the greater the likelihood of you gaining benefit.*

*The audio cassette should be used at least daily, and ideally, 3 times a day. It begins by helping you to become physically relaxed, and then progresses to guide you through a visualisation exercise, where you see a mental picture of yourself, as you would like to be and of your body repairing the damage in your heart.*

*This is a very powerful way of helping yourself to better health, and it has given a lot of benefit to other people that have used it.*

*To enable us to evaluate the effectiveness of this programme, you will be asked to complete two questionnaires before starting the counselling, and again on completion of the counselling, and at six months and twelve months after completion of the counselling.*

*Thank you for agreeing to take part in this study.*

*Dr R V Lewis*

*Mr W C Stonier*

## **Appendix 5**

### ***Follow-up letter (6 month follow-up).***

*Dear*

*Once again, I am writing to ask you to complete the two enclosed questionnaires for the heart research, as you kindly did three months ago, and to thank you again for your continued help, without which the research would be worthless.*

*The information you provide gives an essential comparison to the information provided by the other people who are taking part, and allows me to see what changes happen over time.*

*I will write to you again in 6 months time to ask you to fill in the questionnaires for the last time.*

*I hope you are still keeping well.*

*Yours sincerely*

*Mr WC Stonier*

## **Appendix 6**

*Dear Dr.*

*I am a counsellor and senior nurse at Pontefract General Infirmary, and I am currently researching, with Dr RV Lewis, Consultant in Cardiology, the effectiveness of a counselling programme incorporating visualisation /guided imagery techniques for people with Ischaemic Heart Disease.*

*Your patient* \_\_\_\_\_ *of*

*Has agreed to participate in the study and has randomised into the experimental/control group.*

*I will, of course, keep you informed of progress, but if you wish to have more information in the meantime I will be pleased to discuss this with you.*

*Yours sincerely,*

*WC Stonier  
Counsellor/Researcher*

## Appendix 7

Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
4	13	59	4	47	2	40	2	43	Improved, sustained.
6	15	54	*	*	*	*	*	*	Dropped out after 3 sessions, asked if he could return 7 months later, then dropped out again.
8	40	113	*	*	*	*	*	*	Withdrew before starting counselling.
16	23	80	26	78	31	81	11	44	Had CABG between 6 and 12-month questionnaires.
18	18	75	15	71	16	73	14	70	4 sessions only, did not engage with counselling. Did not use tape.
20	7	47	0	29	8	39	5	40	Improved, but not sustained well.
22	39	107	*	*	*	*	*	*	Dropped out after 2 sessions, in complete denial of any emotional issues, then shortly afterwards, was admitted following further MI and died.
26	28	82	0	38	0	38	*	*	Creative; good, clear imagery. 12 months not returned. Results not consistent with VAS
30	20	68	15	60	17	60	25	79	Terminated counselling prematurely when uncovered emotions got too much.
32	40	117	2	19	*	*	5	30	Dramatic improvement, largely sustained. 6-month questionnaires not returned.
36	42	105	0	28	15	70	2	19	Improved, largely sustained. Subsequently taken off the waiting list for bypass surgery.
42	4	43	9	52	0	46	8	54	Variable and inconsistent results; unable to visualise.
44	4	46	4	50	0	30	1	50	Did not engage in counselling, discontinued after 5 sessions.

50	12	53	1	13	0	8	2	14	Improvement sustained, despite other difficulties caused by chronic disability leading to ongoing problems.
64	7	41	*	*	0	19	0	28	Seen by assistant, improvement sustained. 3-month results missing - not told by asst. that they were due.
74	21	70	4	25	0	23	0	51	Improved, sustained, taken off waiting list for bypass surgery.
80	33	95	1 5	50	1 5	64	1 0	58	Logical, unable to use imagery well.
84	36	101	0	18	1	25	1 0	52	Seen by assistant, improvement sustained, but some slippage.

Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
86	42	121	*	*	*	*	*	*	Withdrew before starting counselling.
88	0	20	17	54	8	41	0	22	Heavily in denial at the start. Counselling broke the denial, leading to a more accurate result at 3 months, and then sustained improvement.
96	4	44	9	55	19	68	1	22	Extended counselling, 2 years end to end, diagnosed valve disease shortly before '3 month' questionnaire
104	55	139	46	95	*	*	*	*	Dropped out after 3 sessions. Had 6 MI's
108	1	27	*	*	*	*	*	*	Died of MI on way to 2nd session
110	48	124	0	16	9	47	37	99	Dramatic improvement, base to 3 months, unrelated (non-cardiac) major health concerns reported with the 6 month questionnaire, hence apparent regression
114	18	65	18	68	24	74	28	84	dropped out after 2 sessions
128	14	58	0	20	0	17	1	8	Creative; good, clear imagery, taken off waiting list for bypass surgery.
132	5	40	*	*	*	*	*	*	Dropped out after 1st session, wife says he's in complete denial
148	30	94	15	57	11	52	19	68	Improved, slight slippage over time
150	40	117	8	40	32	104	35	96	Improved through counselling, despite business problems which led to bankruptcy shortly after completion of counselling
156	35	96	3	52	0	27	1	43	Dramatic improvement from base to 3 months. CABG between 3 months and 6 months

Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
158	30	77	3	17	25	78	*	*	12 months from start to completion of counselling, lifelong depression and complicated by eg diabetes mellitus
170	24	75	12	62	10	50	5	48	Improved, sustained, despite non-related surgery.
186	25	64	5	18	8	34	4	22	Improved and largely sustained. Subsequently taken off the waiting list for bypass surgery.
188	15	68	6	52	8	56	6	54	sustained improvement.
190	4	32	4	38	1	34	3	35	consistent results throughout, not consistent with self-report, which indicated a high degree of satisfaction with the counselling and tape.
194	0	28	0	24	3	29	0	14	Sent letter with 6-month return - had suffered head injury, hence higher scores.

Table 8. Complete GHQ Results -Experimental Group



Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments				
	60	180	60	180	60	180	60	180					
												After 3 M'ths	C'ling 6 M'ths
59	10	60	18	69	*	*	20	72	Ongoing results are shown for 12 months after the switch. Total time from recruitment to finish 2years 4 months. Deteriorated during 1st year, deterioration slowed after counselling and eventually showed slight improvement. Consistent with VAS.				
	*	*	24	80	27	79	13	64					
179	12	64	3	40	9	48	5	45	4	43	Accepted offer to switch, then terminated after 4 sessions. Slight improvement still evident, consistent with VAS		
191	23	87	41	130	52	140	30	94	22	73	GHQ broadly consistent with VAS. Shows significant deterioration during 1st year, followed by improvement after counselling, despite a non-cardiac related ongoing situation (land dispute)		

Table 9 GHQ Results for the Control Group Who Switched to Counselling Intervention after 12 months

Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
1	24	79	*	*	*	*	*	*	Subsequent questionnaires not returned, no response to letters.
7	38	88	40	99	44	115	49	114	Results show deterioration over the period of the study, consistent with VAS
11	30	88	*	*	25	58	*	*	3 months and 12 months not returned, results not compatible with VAS
13	42	124	57	159	53	127	34	112	Some variance with VAS, see comments on VAS results page.
19	24	74	14	47	16	55	*	*	Died of MI before 12 month questionnaire
21	5	57	4	53	12	65	23	77	Shows progressive deterioration. 12 months results at variance with VAS
27	22	71	18	67	*	*	*	*	Subsequent questionnaires not returned. No response to letters
29	14	58	15	70	22	79	27	83	Continued deterioration, despite angioplasty
31	25	81	*	*	*	*	*	*	Subsequent questionnaires not returned. No response to letters. Subsequently found to have died.
33	19	68	8	52	17	69	23	76	Results show deterioration over the period of the study, consistent with VAS
35	10	36	10	58	4	36	*	*	12-month questionnaires not returned, overall trend not consistent with VAS.
39	18	66	25	75	*	*	*	*	Subsequent questionnaires not returned. No response to letters. Trend consistent with VAS, though less dramatic.

Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
43	19	67	*	*	*	*	*	*	No questionnaires returned after enrolment. No response to letters.
45	15	80	4	48	*	*	*	*	Subsequent questionnaires not returned. No response to letters.
47	30	87	20	80	12	68	8	64	Overall trend shows improvement, VAS shows stasis.
55	3	25	*	*	*	*	*	*	Died of MI 2 days after completing baseline questionnaires
57	7	40	50	131	42	110	*	*	12 months not returned. No response to letter. Results show progressive deterioration consistent with VAS
59	10	60	18	69	*	*	20	72	Accepted offer to switch to the counselling/GI programme after 12 months.
73	10	54	*	*	*	*	*	*	No questionnaires returned after enrolment. No response to letters.
89	15	59	*	*	*	*	*	*	No questionnaires returned after enrolment. No response to letters.
91	29	75	12	48	15	61	11	52	Results consistent with VAS, showing improvement
97	0	15	*	*	*	*	*	*	No questionnaires returned after enrolment. No response to letters.

103	18	65	38	108	*	*	26	78	6-month questionnaires not returned. Overall trend to deterioration
113	11	47	11	54	16	60	*	*	12 months not returned. Response to letter saying client had died of MI between 6 and 12-month contact. Overall trend to deterioration shown on results.

Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
115	17	64	20	74	*	*	18	70	See VAS comments
121	13	65	32	93	12	64	*	*	12 months not returned. Overall, trend to progressive deterioration shown.
123	2	28	3	33	1	40	4	42	GHQ consistent with VAS in showing trend to progressive deterioration, though not as dramatic.
125	0	29	*	*	*	*	*	*	No questionnaires returned after enrolment. No response to letters
129	20	67	4	38	10	50	7	52	Inverse correlation with VAS, ? Why.
149	0	29	0	26	0	29	0	23	See VAS comments
155	6	45	5	45	*	*	*	*	Subsequent questionnaires not returned, no response to letters.
163	13	61	1	25	*	*	*	*	Subsequent questionnaires not returned. No response to letters.
171	10	68	12	70	15	72	*	*	Hospitalised for cardiac related problem after 6 month questionnaires, then died of further MI. GHQ and VAS not consistent - GHQ shows trend towards deterioration, VAS towards improvement.
179	12	64	3	40	9	48	5	45	Accepted offer to switch to the counselling/GI programme after 12 months.
181	29	91	20	77	19	74	33	94	Results less variable than VAS, show overall stasis.
189	6	37	14	47	33	83	1	20	Results consistent with the confusion shown in VAS, though less so. Progressive deterioration till 12 months, then dramatic improvement, not mirrored in VAS, ? why

191	23	87	41	130	52	140	30	94	Accepted offer to switch to the counselling/GI programme after 12 months.
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Table 10. Complete GHQ results – Control Group

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
4	1	96	47	67	72	Improved, sustained.
	2	40	43	53	30	
	3	0	66	47	31	
	4	50	55	44	47	
	5	50	49	42	87	
	6	98	62	63	38	
	7	98	59	61	45	
	8	27	60	78	68	
	9	16	71	64	64	
	10	20	57	74	40	
6	1	90	*	*	*	Withdrew after 3 sessions. Did not return follow-up questionnaires, then 7 months later, requested to recommence <u>after</u> CABG and admission to ward for cardiac pain. Appointment arranged, DNA. NB wide discrepancy eg 5 - 96 - not congruent.
	2	48	*	*	*	
	3	63	*	*	*	
	4	24	*	*	*	
	5	17	*	*	*	
	6	73	*	*	*	
	7	96	*	*	*	
	8	51	*	*	*	
	9	77	*	*	*	
	10	5	*	*	*	
8	1	24	*	*	*	Withdrew before the 1st counselling session.
	2	48	*	*	*	
	3	48	*	*	*	
	4	6	*	*	*	

	5	5	*	*	*	
	6	88	*	*	*	
	7	4	*	*	*	
	8	29	*	*	*	
	9	13	*	*	*	
	10	9	*	*	*	
16	1	77	93	97	95	Had CABG between 6 months and 12 months.
	2	21	4	27	69	
	3	8	21	12	62	
	4	20	5	26	78	
	5	40	25	17	46	
	6	21	23	20	47	
	7	7	3	2	77	
	8	42	30	16	53	
	9	3	3	0	30	
	10	17	5	4	38	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
18	1	35	72	27	35	Discontinued after 4 sessions, did not engage well with counselling, refused to talk about self, history, feelings. Minimal attempt at using the tape, but still showed significant improvement at 3 months, though only partially sustained, suggesting some impact of the counselling
	2	8	51	15	29	
	3	51	68	50	50	
	4	32	50	29	35	
	5	2	33	34	36	
	6	52	54	35	42	
	7	41	29	30	49	
	8	51	45	40	42	
	9	6	45	47	46	
	10	5	30	31	43	
20	1	52	79	63	43	Improved, though not fully sustained.
	2	45	47	30	36	

	3	45	70	53	42	
	4	44	74	52	45	
	5	27	72	46	43	
	6	50	66	79	54	
	7	40	85	42	74	
	8	44	80	57	55	
	9	47	87	62	88	
	10	30	73	39	53	
22	1	92	*	*	*	Very aggressive personality, very resistant to engaging with counselling and refused guided imagery. Withdrew from the study, then 6 months later was admitted to hospital in CCF, had MI and died, aged 49.
	2	29	*	*	*	
	3	25	*	*	*	
	4	49	*	*	*	
	5	60	*	*	*	
	6	58	*	*	*	
	7	20	*	*	*	
	8	59	*	*	*	
	9	44	*	*	*	
	10	24	*	*	*	
26	1	74	73	79	*	Final questionnaires not returned, no response to letter. Results not consistent with GHQ.
	2	33	87	35	*	
	3	78	95	79	*	
	4	10	9	9	*	
	5	7	6	11	*	
	6	77	98	90	*	
	7	10	9	4	*	
	8	18	19	83	*	
	9	17	85	82	*	
	10	21	21	14	*	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
30	1	54	53	36	51	Terminated prematurely. Initially reluctant to engage in counselling, then did so and started to get in touch
	2	40	48	45	40	
	3	10	27	22	17	

	4	15	18	30	55	with his feelings. Possibly 'scared-off' by feelings
	5	48	11	18	47	
	6	17	32	35	47	
	7	6	2	7	85	
	8	97	57	53	54	
	9	11	42	50	53	
	10	5	7	22	15	
32	1	10	75	*	52	Showed significant improvement from baseline to 3 months, 6 months questionnaires not returned. Some slippage, but still significant improvement on 7/10 items at 12 months.
	2	30	63	*	47	
	3	22	83	*	68	
	4	78	78	*	43	
	5	76	90	*	60	
	6	94	90	*	32	
	7	11	81	*	33	
	8	17	100	*	77	
	9	7	87	*	72	
	10	18	69	*	53	
36	1	45	57	56	77	Improved, largely sustained. Subsequently taken off the waiting list for bypass surgery.
	2	83	79	95	89	
	3	74	79	89	68	
	4	78	80	65	79	
	5	50	79	62	81	
	6	0	90	92	93	
	7	52	80	64	91	
	8	13	88	81	97	
	9	2	90	58	97	
	10	25	56	37	54	
42	1	78	83	39	71	Curious results. Apparent deterioration from questionnaire results, yet self-report was of no heart trouble at all by the end of the counselling phase, and of feeling very well indeed. Unable to visualise.
	2	89	91	90	89	
	3	88	91	90	94	
	4	49	21	27	20	
	5	48	31	26	17	
	6	86	82	96	85	
	7	83	95	35	28	
	8	92	91	78	85	
	9	51	65	78	28	
	10	83	62	35	38	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
44	1	30	48	51	51	Questionnaire sheet not turned over at 6 months, did not engage in counselling, terminated after 5 sessions.
	2	49	57	58	50	
	3	55	52	67	48	
	4	28	53	52	42	
	5	51	56	47	38	
	6	83	74	*	47	
	7	54	65	*	43	
	8	55	63	*	54	
	9	54	55	*	53	
	10	42	47	*	40	
50	1	89	76	49	24	Client has a long-term severe disability from an industrial accident, which may explain the anomalous scores at baseline - he is used to living with problems, so coped by denying difficulties. 3 month results more accurate and in keeping with self report, though GHQ gives a much better picture
	2	49	76	64	90	
	3	7	33	50	15	
	4	7	64	49	50	
	5	90	87	56	33	
	6	97	62	83	60	
	7	96	98	67	45	
	8	54	92	85	91	
	9	51	93	83	90	
	10	7	62	52	30	
64	1	15	*	54	76	Seen by assistant, results consistent with GHQ scores, improvement sustained. 3-month results missing - not told by assistant that they were due.
	2	78	*	82	78	
	3	48	*	78	45	
	4	18	*	79	78	
	5	16	*	47	60	
	6	100	*	89	97	
	7	2	*	50	69	
	8	8	*	83	80	
	9	88	*	90	97	
	10	12	*	71	62	
74	1	41	87	71	67	Improved, largely sustained. Subsequently taken off the waiting list for bypass surgery.
	2	19	59	64	65	
	3	24	68	66	63	
	4	20	47	56	43	

	5	28	53	48	48
	6	46	76	55	62
	7	19	73	71	63
	8	37	86	78	73
	9	37	79	73	69
	10	9	60	65	50

<b>Client Ref No.</b>		<b>Baseline</b>	<b>3 Months</b>	<b>6 Months</b>	<b>12 Months</b>	<b>Comments</b>
80	1	35	25	30	38	Client very logical, unable to use imagery well. Results still show improvement.
	2	47	25	72	54	
	3	7	19	17	37	
	4	45	28	34	57	
	5	37	22	32	40	
	6	19	57	38	57	
	7	60	23	30	38	
	8	35	47	38	47	
	9	29	24	29	31	
	10	38	45	53	59	
84	1	2	*	73	23	Seen by assistant. Clearly communication failure between assistant and researcher, since this is the 2nd time the 3-month results were not requested. Dramatic improvement at 6 months, mostly not sustained, but overall improvement.
	2	22	*	55	23	
	3	3	*	63	4	
	4	26	*	27	20	
	5	26	*	29	20	
	6	28	*	86	77	
	7	5	*	53	18	
	8	20	*	97	53	
	9	29	*	89	46	
	10	3	*	42	14	
86	1	0	*	*	*	Completed the initial questionnaires, then withdrew.
	2	0	*	*	*	
	3	0	*	*	*	
	4	0	*	*	*	

	5	0	*	*	*	
	6	0	*	*	*	
	7	0	*	*	*	
	8	0	*	*	*	
	9	0	*	*	*	
	10	0	*	*	*	
88	1	63	66	87	87	In denial at baseline, but acknowledged after counselling. Likelihood that the 3 months results are more reflective of the actual state of the client.
	2	73	65	82	75	
	3	92	55	82	94	
	4	42	13	28	72	
	5	37	13	20	51	
	6	89	85	42	89	
	7	70	60	57	60	
	8	85	96	94	93	
	9	100	95	93	96	
	10	32	20	18	22	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
96	1	48	89	72	94	2 years altogether, including an extended period of counselling of 26 sessions over 12 months. Also diagnosed with aortic and mitral valve disease leading to anomalous scoring overall. Improved by final questionnaires. Self report better than questionnaire results
	2	63	27	40	39	
	3	95	6	21	43	
	4	80	47	79	48	
	5	73	37	85	31	
	6	65	78	97	94	
	7	61	68	86	55	
	8	73	83	85	97	
	9	72	65	37	96	
	10	75	14	62	41	
104	1	2	7	*	*	Dropped out after 3 sessions. Had previously been seen by clinical psychology and had done the same. Questionnaires not returned, no
	2	22	9	*	*	
	3	18	18	*	*	
	4	1	7	*	*	

	5	2	13	*	*	response to follow-up letters.
	6	31	13	*	*	
	7	1	0	*	*	
	8	19	17	*	*	
	9	4	10	*	*	
	10	3	0	*	*	
108	1	24	*	*	*	Allocated to assistant. Baseline scores unrealistic and not commensurate with clinical condition. Seems very strongly in denial, especially after review of notes of the 1st session. Died of MI in the hospital car park as he arrived for the 2nd session, 10 days after the first
	2	90	*	*	*	
	3	91	*	*	*	
	4	87	*	*	*	
	5	87	*	*	*	
	6	87	*	*	*	
	7	93	*	*	*	
	8	88	*	*	*	
	9	87	*	*	*	
	10	91	*	*	*	
110	1	28	100	81	41	Dramatic improvement at 3 months, slight slippage at 6 months, large degree of slippage at 12 months, though not to pre-input levels, however, client sent a letter with the 12 month return saying that the low results were due to non-cardiac related health problems.
	2	28	100	61	43	
	3	42	78	87	43	
	4	17	100	95	24	
	5	40	100	98	37	
	6	63	100	97	67	
	7	28	100	95	30	
	8	32	100	81	33	
	9	25	76	81	30	
	10	25	100	52	30	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
114	1	31	36	41	18	Withdrew after 2 counselling sessions.
	2	54	39	49	19	
	3	36	44	49	23	

	4	38	50	45	33	
	5	62	34	44	12	
	6	98	68	73	29	
	7	47	42	40	27	
	8	68	53	28	27	
	9	54	47	52	44	
	10	27	23	27	12	
128	1	28	70	83	100	Creative, good, clear imagery. Subsequently taken off the waiting list for bypass surgery.
	2	23	72	100	100	
	3	73	91	48	83	
	4	21	32	92	50	
	5	13	50	88	100	
	6	87	100	100	100	
	7	17	48	78	100	
	8	56	100	100	100	
	9	23	100	100	87	
	10	8	29	57	88	
132	1	32	*	*	*	Dropped out after the 1st session, wife wrote to apologise and to say that he is in denial.
	2	30	*	*	*	
	3	71	*	*	*	
	4	53	*	*	*	
	5	53	*	*	*	
	6	33	*	*	*	
	7	29	*	*	*	
	8	43	*	*	*	
	9	49	*	*	*	
	10	50	*	*	*	
148	1	94	83	83	74	Scores not consistent with GHQ, in that they indicate a greater level of well-being than GHQ. GHQ scores mostly on 'depression', which is not rated on VAS.
	2	96	82	90	78	
	3	85	69	87	77	
	4	100	68	95	90	
	5	98	70	93	85	
	6	98	98	97	87	
	7	98	74	96	76	
	8	81	63	85	74	
	9	12	66	57	50	
	10	97	91	94	87	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
150	1	18	76	37	41	MI led to loss of business and income. Declared bankrupt with large debts between completion of counselling and the final questionnaires, leading to extreme guilt about his family and his creditors. Despite this, there is still some improvement on results over the baseline.
	2	76	26	55	54	
	3	13	52	37	28	
	4	27	28	32	14	
	5	26	29	33	25	
	6	100	100	100	55	
	7	47	30	33	30	
	8	0	86	82	57	
	9	0	55	19	17	
	10	0	4	3	11	
156	1	38	37	89	92	Showed significant improvement from baseline to 3 months, then had a CABG between 3 months and 6 months, leading to much more pronounced improvement, but also to a report that the surgery had been more straightforward and less anxiety provoking than expected, ? because of counselling
	2	39	38	95	92	
	3	42	64	95	92	
	4	39	31	95	93	
	5	26	34	91	87	
	6	49	51	95	94	
	7	36	41	90	95	
	8	40	53	85	94	
	9	26	55	84	95	
	10	25	51	83	93	
158	1	21	74	63	*	Longest period of counselling undertaken in this study. Overall duration 12 months. Client has a pattern of going from crisis to crisis throughout life, so it is perhaps surprising that the results are sustained as well as they are. Final questionnaire not returned. No response to letters.
	2	14	65	39	*	
	3	6	70	47	*	
	4	73	78	54	*	
	5	47	78	50	*	
	6	40	99	65	*	
	7	23	87	65	*	
	8	70	98	47	*	
	9	32	93	44	*	
	10	25	79	51	*	
170	1	46	49	*	89	Seen by the assistant. Largely improved, especially on GHQ. Also had (unsuccessful) spinal fusion surgery before the final questionnaires,
	2	100	92	*	85	
	3	100	93	*	90	
	4	33	48	*	86	

	5	37	48	*	84	leading to some anomalous results
	6	42	8	*	16	
	7	45	7	*	94	
	8	38	49	*	15	
	9	2	52	*	92	
	10	2	6	*	7	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
186	1	80	98	92	95	Consistent with GHQ, improvement in all areas except shortness of breath. Also consistent with self-report. Taken off waiting list for bypass surgery.
	2	100	50	80	63	
	3	53	100	100	100	
	4	60	100	99	96	
	5	72	98	94	93	
	6	5	100	79	98	
	7	65	100	80	97	
	8	96	100	100	95	
	9	71	65	73	100	
	10	4	78	85	78	
188	1	48	55	77	60	Sustained improvement.
	2	48	74	65	48	
	3	66	90	79	64	
	4	46	73	76	44	
	5	41	65	77	46	
	6	52	92	61	52	
	7	55	85	62	72	
	8	67	91	80	73	
	9	27	75	78	55	
	10	38	78	66	45	
190	1	37	82	69	63	Generally improved on most parameters, but the improvement is not consistently sustained. Had a cold at 12 month questionnaire, which ?
	2	73	80	69	28	
	3	72	87	66	57	
	4	51	75	66	63	

	5	57	67	57	58	affected results. GHQ shows stasis, not in keeping with self-report, which indicates satisfaction with result of counselling.
	6	79	83	80	73	
	7	75	88	69	59	
	8	90	81	82	77	
	9	41	59	55	81	
	10	35	45	53	39	
194	1	83	93	79	100	Scores consistent with GHQ and self-report. NB Letter to say that there was a lower score on item 1 at 6 months because of a head injury from an accident. ? Overly compliant/trying to please.
	2	83	69	100	90	
	3	100	100	100	100	
	4	80	57	100	92	
	5	82	57	100	93	
	6	100	100	100	100	
	7	97	98	90	100	
	8	97	94	100	100	
	9	13	83	100	100	
	10	75	75	100	100	

Table 11. Complete VAS Results – Experimental Group

Client Ref No.		Baseline	3 Months	6 Months	12 Months	After Counselling	Comments
59	1	79	27	*	33	Ongoing results are shown for 12 months after the switch. Total time from recruitment to finish 2 years 4 months. Deteriorated during 1st year, deterioration slowed after counselling and eventually showed slight improvement. Consistent with GHQ.	
	2	17	35	*	30		
	3	39	23	*	28		
	4	17	22	*	27		
	5	20	19	*	20		
	6	52	31	*	72		
	7	81	21	*	17		
	8	54	36	*	53		
	9	32	30	*	53		
	10	28	27	*	21		
	1	*	47	23	54		
	2	*	35	30	36		
	3	*	29	13	26		
	4	*	32	20	42		
	5	*	21	25	42		

	6	*	43	57	55		
	7	*	17	14	26		
	8	*	35	37	49		
	9	*	48	26	48		
	10	*	21	11	31		
179	1	47	35	53	57	73	Accepted offer to switch, then terminated after 4 sessions of counselling.
	2	46	34	30	53	54	
	3	44	34	52	33	46	
	4	28	29	31	52	44	
	5	27	30	25	41	40	
	6	34	31	54	78	62	
	7	33	29	47	37	72	
	8	50	40	75	72	89	
	9	41	69	86	90	88	
	10	10	23	13	13	41	
191	1	47	100	8	6	37	Ongoing situation, odd results, but overall improved after counselling
	2	36	2	3	7	10	
	3	40	2	8	7	11	
	4	57	97	4	60	25	
	5	25	92	2	57	27	
	6	22	2	100	10	44	
	7	14	2	97	87	38	
	8	68	92	6	16	32	
	9	11	2	3	10	12	
	10	10	7	2	7	14	

Table 12. VAS Results for the Control Group Who Switched to Counselling Intervention after 12 months.

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
1	1	87	*	*	*	Subsequent questionnaires not returned, no response to letters.
	2	20	*	*	*	
	3	9	*	*	*	
	4	37	*	*	*	
	5	36	*	*	*	

	6	42	*	*	*	
	7	4	*	*	*	
	8	19	*	*	*	
	9	24	*	*	*	
	10	0	*	*	*	
7	1	57	84	25	35	Results show deterioration over the study period.
	2	87	51	20	35	
	3	75	54	24	38	
	4	5	34	22	15	
	5	8	37	23	13	
	6	55	41	24	34	
	7	19	39	19	33	
	8	49	46	20	19	
	9	50	26	60	21	
	10	83	30	10	24	
11	1	24	*	100	*	Results show marked deterioration over the study period. 3 months and 12 months questionnaires not returned, no response to letters. Results not consistent with GHQ results.
	2	62	*	7	*	
	3	57	*	6	*	
	4	23	*	2	*	
	5	18	*	3	*	
	6	100	*	6	*	
	7	100	*	0	*	
	8	48	*	8	*	
	9	20	*	7	*	
	10	21	*	7	*	
13	1	13	32	36	43	GHQ ? 45 (panicky) was double underlined on 2 occasions. Some improvement on GHQ at 12 months (not reflected on VAS) but questions related to 'usual'. Had he started to get used to the illness? NB later referred for counselling by the GP because of severe 'stress', anxiety and alcohol misuse. Seen X 2 then DNA'd Denied any problems!!
	2	95	58	36	28	
	3	53	7	16	8	
	4	68	59	336	29	
	5	75	36	23	23	
	6	58	5	38	*	
	7	5	53	42	*	
	8	3	11	13	*	
	9	55	7	4	*	
	10	94	38	0	*	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
19	1	30	75	10	*	Died of further MI 2 months after completion of the 6-month questionnaire, the results of which showed significant progressive deterioration.
	2	68	54	7	*	
	3	88	13	29	*	
	4	12	38	6	*	
	5	26	29	8	*	
	6	87	87	80	*	
	7	24	17	5	*	
	8	73	47	19	*	
	9	87	57	15	*	
	10	28	7	2	*	
21	1	80	32	38	45	Generally showing progressive deterioration. Some recovery in some aspects at 12 months (VAS) not reflected in GHQ.
	2	74	37	39	34	
	3	84	16	29	43	
	4	54	37	27	28	
	5	52	37	36	30	
	6	56	40	48	45	
	7	85	23	25	32	
	8	85	35	40	38	
	9	72	36	28	39	
	10	51	25	28	32	
27	1	80	22	*	*	Subsequent questionnaires not returned, no response to letters.
	2	75	66	*	*	
	3	77	24	*	*	
	4	48	21	*	*	
	5	73	35	*	*	
	6	45	48	*	*	
	7	88	29	*	*	
	8	50	71	*	*	
	9	22	12	*	*	
	10	45	47	*	*	
29	1	61	52	47	29	6 month questionnaires completed in March, records show client had angioplasty 15 March, discharged 18 March, admitted with chest pain
	2	82	42	40	29	
	3	89	41	43	28	
	4	37	37	42	28	

	5	34	32	34	28	21 March. 12 month results show continued deterioration despite the angioplasty
	6	63	80	41	40	
	7	63	55	41	37	
	8	47	56	40	43	
	9	47	63	41	49	
	10	30	37	22	30	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
31	1	38	*	*	*	Subsequent questionnaires not returned, no response to letters.
	2	93	*	*	*	
	3	8	*	*	*	
	4	9	*	*	*	
	5	2	*	*	*	
	6	3	*	*	*	
	7	97	*	*	*	
	8	44	*	*	*	
	9	34	*	*	*	
	10	6	*	*	*	
33	1	78	42	47	78	Results show overall deterioration over time. Consistent with GHQ
	2	31	44	48	26	
	3	5	55	35	43	
	4	80	47	66	83	
	5	36	41	15	27	
	6	33	39	51	21	
	7	73	36	58	19	
	8	80	35	54	35	
	9	64	56	45	26	
	10	32	36	58	15	
35	1	48	79	47	*	12 months questionnaires not returned, no response to letters, overall trend of progressive
	2	83	76	27	*	
	3	5	70	34	*	

	4	7	73	13	*	deterioration.
	5	7	50	33	*	
	6	97	53	28	*	
	7	46	52	16	*	
	8	92	86	87	*	
	9	95	20	42	*	
	10	49	45	32	*	
39	1	35	0	*	*	Subsequent questionnaires not returned, no response to letters. Significant deterioration from base to 3 months.
	2	15	0	*	*	
	3	20	0	*	*	
	4	23	0	*	*	
	5	5	0	*	*	
	6	37	0	*	*	
	7	29	0	*	*	
	8	43	23	*	*	
	9	25	20	*	*	
	10	26	3	*	*	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
43	1	6	*	*	*	No questionnaires returned after enrolment, no response to letters.
	2	46	*	*	*	
	3	77	*	*	*	
	4	13	*	*	*	
	5	2	*	*	*	
	6	96	*	*	*	
	7	3	*	*	*	
	8	9	*	*	*	
	9	41	*	*	*	
	10	14	*	*	*	
45	1	55	50	*	*	Subsequent questionnaires not returned, no response to letters.
	2	97	96	*	*	

	3	71	89	*	*	
	4	20	62	*	*	
	5	23	52	*	*	
	6	93	51	*	*	
	7	17	49	*	*	
	8	23	44	*	*	
	9	2	20	*	*	
	10	32	19	*	*	
47	1	46	46	55	38	6 months VAS, page not turned over. Overall trend to stasis.
	2	35	46	60	28	
	3	33	49	61	30	
	4	19	37	55	18	
	5	21	43	40	14	
	6	54	37	*	27	
	7	30	38	*	30	
	8	58	47	*	55	
	9	34	36	*	30	
	10	29	40	*	18	
55	1	93	*	*	*	Died of MI 2 days after the baseline questionnaires were completed, the results of which show a high degree of apparent health and well being (or denial)
	2	45	*	*	*	
	3	50	*	*	*	
	4	47	*	*	*	
	5	26	*	*	*	
	6	36	*	*	*	
	7	79	*	*	*	
	8	72	*	*	*	
	9	81	*	*	*	
	10	24	*	*	*	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
57	1	70	56	51	*	12 months questionnaires not

		2	100	100	100	*	returned, no response to letters, overall trend of progressive deterioration.
		3	98	82	60	*	
		4	73	24	42	*	
		5	78	20	43	*	
		6	94	23	22	*	
		7	87	55	80	*	
		8	85	3	23	*	
		9	74	13	30	*	
		10	79	4	9	*	
59		1	79	27	*	33	
		2	17	35	*	30	
		3	39	23	*	28	
		4	17	22	*	27	
		5	20	19	*	20	
		6	52	31	*	72	
		7	81	21	*	17	
		8	54	36	*	53	
		9	32	30	*	53	
		10	28	27	*	21	
63		1	9	94	*	*	Died of cardiac arrest 2 months after completion of the 3 months questionnaires. Letter of gratitude from daughter for the support and interest
		2	9	93	*	*	
		3	90	95	*	*	
		4	2	96	*	*	
		5	2	96	*	*	
		6	96	95	*	*	
		7	8	95	*	*	
		8	6	95	*	*	
		9	3	95	*	*	
		10	3	0	*	*	
73		1	77	*	*	*	No questionnaires returned after enrolment, no response to letters.
		2	49	*	*	*	
		3	33	*	*	*	
		4	45	*	*	*	
		5	37	*	*	*	
		6	73	*	*	*	
		7	58	*	*	*	
		8	58	*	*	*	
		9	69	*	*	*	
		10	35	*	*	*	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
89	1	100	*	*	*	Subsequent questionnaires not returned, no response to letters.
	2	*	*	*	*	
	3	3	*	*	*	
	4	100	*	*	*	
	5	*	*	*	*	
	6	98	*	*	*	
	7	98	*	*	*	
	8	*	*	*	*	
	9	*	*	*	*	
	10	2	*	*	*	
91	1	15	92	32	89	Results consistent with VAS showing improvement.
	2	41	50	37	51	
	3	41	43	30	55	
	4	3	5	33	50	
	5	4	7	14	44	
	6	6	82	36	17	
	7	6	6	32	98	
	8	11	84	30	51	
	9	50	84	27	55	
	10	5	11	10	10	
97	1	90	*	*	*	Subsequent questionnaires not returned, no response to letters.
	2	100	*	*	*	
	3	100	*	*	*	
	4	100	*	*	*	
	5	77	*	*	*	
	6	100	*	*	*	
	7	68	*	*	*	
	8	89	*	*	*	
	9	76	*	*	*	

	10	100	*	*	*	
103	1	86	86	*	95	Page not turned over for Q's 6 to 10 at 3 months; 6 month questionnaire not returned, generally, results show deterioration over the study period.
	2	94	68	*	54	
	3	84	84	*	97	
	4	80	48	*	20	
	5	70	49	*	15	
	6	60	*	*	28	
	7	29	*	*	83	
	8	88	*	*	30	
	9	88	*	*	32	
	10	58	*	*	30	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
113	1	72	22	17	*	Unrealistically high VAS at baseline, changing progressively towards more realistic and more in line with GHQ results. Died of MI between 6 months and 12 months
	2	83	34	15	*	
	3	72	29	27	*	
	4	23	39	10	*	
	5	27	21	29	*	
	6	88	52	42	*	
	7	34	7	7	*	
	8	37	37	29	*	
	9	22	34	42	*	
	10	55	14	18	*	
115	1	60	70	*	25	6 month questionnaires not returned; 10 months, admitted to hospital for 10 days with cardiac related problems after OPD visit.
	2	28	20	*	25	
	3	25	30	*	26	
	4	23	17	*	53	
	5	26	43	*	54	
	6	63	43	*	83	
	7	26	21	*	70	

	8	40	53	*	82	
	9	35	29	*	43	
	10	13	10	*	7	
121	1	45	39	54	*	Generally showing progressive deterioration. 12-month questionnaires not returned. No response to letters.
	2	68	81	86	*	
	3	63	32	41	*	
	4	40	52	38	*	
	5	42	39	35	*	
	6	98	70	66	*	
	7	58	54	11	*	
	8	98	54	31	*	
	9	43	22	30	*	
	10	32	20	8	*	
123	1	90	82	20	19	Results show progressive deterioration over the study period.
	2	82	89	75	42	
	3	90	97	96	87	
	4	94	92	90	87	
	5	62	60	73	50	
	6	95	91	94	72	
	7	94	89	89	65	
	8	100	98	97	76	
	9	97	98	92	93	
	10	80	67	85	55	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
125	1	86	*	*	*	Subsequent questionnaires not returned, no response to letters.
	2	8	*	*	*	
	3	16	*	*	*	
	4	63	*	*	*	
	5	80	*	*	*	
	6	94	*	*	*	
	7	96	*	*	*	
	8	87	*	*	*	
	9	93	*	*	*	
	10	20	*	*	*	

129	1	61	63	71	29	Interesting inverse correlation between VAS and GHQ
	2	100	100	100	38	
	3	100	70	66	70	
	4	100	70	96	37	
	5	100	21	78	73	
	6	97	100	100	22	
	7	55	69	68	37	
	8	100	100	85	25	
	9	100	100	80	49	
	10	100	67	58	74	
149	1	75	82	83	49	Results generally showing stasis, consistent with a person who is healthy. Consistent with GHQ.? Validity of the diagnosis.
	2	77	83	85	90	
	3	73	84	83	91	
	4	65	83	79	74	
	5	65	75	68	43	
	6	87	90	38	85	
	7	79	85	82	84	
	8	98	98	92	85	
	9	93	92	93	95	
	10	72	82	86	71	
155	1	75	76	*	*	3 months questionnaire, page not turned over, subsequent questionnaires not returned, no response to letters.
	2	74	70	*	*	
	3	86	70	*	*	
	4	55	70	*	*	
	5	27	48	*	*	
	6	72	*	*	*	
	7	55	*	*	*	
	8	78	*	*	*	
	9	69	*	*	*	
	10	19	*	*	*	

Client Ref	Baseline	3 Months	6 Months	12 Months	Comments
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No.						
163	1	56	87	*	*	6 and 12 months questionnaires not returned, no response to letters.
	2	76	72	*	*	
	3	73	100	*	*	
	4	2	100	*	*	
	5	18	72	*	*	
	6	45	74	*	*	
	7	11	63	*	*	
	8	59	100	*	*	
	9	78	69	*	*	
	10	8	67	*	*	
171	1	46	61	68	*	Was hospitalised for cardiac related problem 1 month after completion of the 6 months questionnaire. 12 months questionnaire not returned. Follow up letter led to a response that the client had died of MI.
	2	35	42	62	*	
	3	28	35	71	*	
	4	19	51	47	*	
	5	21	36	47	*	
	6	42	53	58	*	
	7	82	53	60	*	
	8	57	65	65	*	
	9	58	65	58	*	
	10	29	46	61	*	
179	1	47	35	53	57	Results showing improvement. Client accepted the offer to switch to the experimental programme after collection of the 12 months results.
	2	46	34	30	53	
	3	44	34	52	33	
	4	28	29	31	52	
	5	27	30	25	41	
	6	34	31	54	78	
	7	33	29	47	37	
	8	50	40	75	72	
	9	41	69	86	90	
	10	10	23	13	13	
181	1	48	6	3	27	Very variable results, ?cause/reason.
	2	53	6	0	43	
	3	39	7	0	42	
	4	50	6	55	23	
	5	48	5	13	39	
	6	53	5	51	32	
	7	7	5	0	2	
	8	54	4	63	7	
	9	11	7	4	4	

	10	33	5	2	6	
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Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
189	1	60	63	24	65	Very variable results, ?cause/reason.
	2	85	100	90	80	
	3	2	73	80	100	
	4	55	74	29	64	
	5	31	54	20	33	
	6	100	100	91	94	
	7	68	72	55	36	
	8	68	100	40	77	
	9	100	53	20	52	
	10	55	16	4	13	
191	1	47	100	8	6	Very variable results, ?cause/reason. After 12 months, client accepted the offer to switch to the experimental programme.
	2	36	2	3	7	
	3	40	2	8	7	
	4	57	97	4	60	
	5	25	92	2	57	
	6	22	2	100	10	
	7	14	2	97	87	
	8	68	92	6	16	
	9	11	2	3	10	
	10	10	7	2	7	

Table 13. Complete VAS Results – Control Group



Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
4	13	59	4	47	2	40	2	43	Improved, sustained.
16	23	80	26	78	31	81	11	44	Had CABG between 6 and 12 months questionnaires.
20	7	47	0	29	8	39	5	40	Improved, but not sustained well.
26	28	82	0	38	0	38	*	*	Creative; good, clear imagery. 12 months not returned. Results not consistent with VAS
32	40	117	2	19	*	*	5	30	Dramatic improvement, largely sustained. 6 months questionnaires not returned.
36	42	105	0	28	15	70	2	19	Improved, largely sustained. Subsequently taken off the waiting list for bypass surgery.
42	4	43	9	52	0	46	8	54	Variable and inconsistent results; unable to visualise.
50	12	53	1	13	0	8	2	14	Improvement sustained, despite other difficulties caused by chronic disability leading to ongoing problems.
64	7	41	*	*	0	19	0	28	Seen by assistant, improvement sustained. 3 months results missing - not told by asst. that they were due.
74	21	70	4	25	0	23	0	51	Improved, sustained, taken off waiting list for bypass surgery.
80	33	95	15	50	15	64	10	58	Logical, unable to use imagery well.
84	36	101	0	18	1	25	10	52	Seen by assistant, improvement sustained, but some slippage.
88	0	20	17	54	8	41	0	22	Heavily in denial at the start. Counselling broke the denial, leading to a more accurate result at 3 months, and then sustained improvement.
96	4	44	9	55	19	68	1	22	Extended counselling, 2 years end to end, diagnosed valve disease shortly before '3 month' questionnaire.
110	48	124	0	16	9	47	37	99	Dramatic improvement, base to 3 months, unrelated (non-cardiac) major health concerns reported over last 6 months, with the 12 months questionnaire, hence apparent regression.



Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
128	14	58	0	20	0	17	1	8	Creative; good, clear image taken off waiting list for by surgery.
148	30	94	15	57	11	52	19	68	Improved, slight slippage of time.
150	40	117	8	40	32	104	35	96	Improved through counselling despite business problems which led to bankruptcy shortly after completion of counselling.
156	35	96	3	52	0	27	1	43	Dramatic improvement from base to 3 months. CABG between 3 months and 6 months.
158	30	77	3	17	25	78	*	*	12 months from start to completion of counselling. Lifelong depression and complicated by eg diabetes mellitus.
170	24	75	12	62	10	50	5	48	Improved, sustained, despite non-related surgery.
186	25	64	5	18	8	34	4	22	Improved and largely sustained. Subsequently taken off the waiting list for bypass surgery.
188	15	68	6	52	8	56	6	54	Sustained improvement.
190	4	32	4	38	1	34	3	35	Consistent results throughout but not consistent with self-report, which indicated a high degree of satisfaction with counselling and tape.
194	0	28	0	24	3	29	0	14	Sent letter with 6 months retrospective. Had suffered head injury, hence higher scores.

Table 14. Useable GHQ Results – Experimental Group



Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
7	38	88	40	99	44	115	49	114	Results show deterioration over the period of the study, consistent with VAS
13	42	124	57	159	53	127	34	112	Some variance with VAS, see comments on VAS results page.
19	24	74	14	47	16	55	*	*	Died of MI before 12 month questionnaire
21	5	57	4	53	12	65	23	77	Shows progressive deterioration. 12 months results at variance with VAS
27	22	71	18	67	*	*	*	*	Subsequent questionnaires not returned. No response to letters
29	14	58	15	70	22	79	27	83	Continued deterioration, despite angioplasty
33	19	68	8	52	17	69	23	76	Results show deterioration over the period of the study, consistent with VAS
35	10	36	10	58	4	36	*	*	12 months questionnaires not returned, overall trend not consistent with VAS.
39	18	66	25	75	*	*	*	*	Subsequent questionnaires not returned. No response to letters. Trend consistent with VAS, though less dramatic.
45	15	80	4	48	*	*	*	*	Subsequent questionnaires not returned. No response to letters.
47	30	87	20	80	12	68	8	64	Overall trend shows improvement, VAS shows stasis.
57	7	40	50	131	42	110	*	*	12 months not returned. No response to letter. Results show progressive deterioration consistent with VAS
59	10	60	18	69	*	*	20	72	Accepted offer to switch to the counselling/Guided Imagery programme after 12 months.
63	47	120	3	51	*	*	*	*	Died following cardiac arrest, 2 months after completion of 3 months questionnaires.
91	29	75	12	48	15	61	11	52	Results consistent with VAS, showing improvement
103	18	65	38	108	*	*	26	78	6 months questionnaires not returned. Overall trend to deterioration

Client Ref No.	GHQ Baseline		GHQ 3 Months		GHQ 6 Months		GHQ 12 Months		Comments
	60	180	60	180	60	180	60	180	
113	11	47	11	54	16	60	*	*	12 months not returned. Response to letter saying had died of MI between 12 months contact. C trend to deterioration on results.
115	17	64	20	74	*	*	18	70	See VAS comment
121	13	65	32	93	12	64	*	*	12 months not returned. Overall, trend to progressive deterioration shown.
123	2	28	3	33	1	40	4	42	GHQ consistent with showing trend to progressive deterioration, though dramatic.
129	20	67	4	38	10	50	7	52	Inverse correlation with ? Why.
149	0	29	0	26	0	29	0	23	See VAS comment
155	6	45	5	45	*	*	*	*	Subsequent questionnaire returned, no response letters.
163	13	61	1	25	*	*	*	*	Subsequent questionnaire returned. No response letters.
171	10	68	12	70	15	72	*	*	Hospitalised for cardiac problem after 6 months questionnaires, then a further MI. GHQ and VAS consistent - GHQ shows towards deterioration towards improvement.
179	12	64	3	40	9	48	5	45	Accepted offer to switch counselling/Guided Intervention programme after 12 months.
181	29	91	20	77	19	74	33	94	Results less variable VAS, show overall s

189	6	37	14	47	33	83	1	20	Results consistent with confusion shown in though less so. Over deterioration till 12 months then dramatic improvement not mirrored in V
191	23	87	41	130	52	140	30	94	Accepted offer to switch counselling/Guided In programme after 12 months

Table 15. Useable GHQ Results – Control Group

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
4	1	96	47	67	72	Improved, sustained
	2	40	43	53	30	
	3	0	66	47	31	
	4	50	55	44	47	
	5	50	49	42	87	
	6	98	62	63	38	
	7	98	59	61	45	
	8	27	60	78	68	
	9	16	71	64	64	
	10	20	57	74	40	
Total		495	569	593	522	
Average		49.5	56.9	59.3	52.2	
16	1	77	93	97	95	Had CABG before 6 months and months
	2	21	4	27	69	
	3	8	21	12	62	
	4	20	5	26	78	
	5	40	25	17	46	
	6	21	23	20	47	
	7	7	3	2	77	
	8	42	30	16	53	
	9	3	3	0	30	
	10	17	5	4	38	
Total		256	212	221	595	
Average		25.6	21.2	22.1	59.5	
20	1	52	79	63	43	Improved, though fully sustained
	2	45	47	30	36	

	3	45	70	53	42	
	4	44	74	52	45	
	5	27	72	46	43	
	6	50	66	79	54	
	7	40	85	42	74	
	8	44	80	57	55	
	9	47	87	62	88	
	10	30	73	39	53	
	Total	424	733	523	533	
	Average	42.4	73.3	52.3	53.3	
26	1	74	73	79	*	Final question not returned response to I Results not co with GH
	2	33	87	35	*	
	3	78	95	79	*	
	4	10	9	9	*	
	5	7	6	11	*	
	6	77	98	90	*	
	7	10	9	4	*	
	8	18	19	83	*	
	9	17	85	82	*	
	10	21	21	14	*	
	Total	345	502	486		
	Average	34.5	50.2	48.6		

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
32	1	10	75	*	52	Showed significant improvement from baseline to 6 months, 6 months questionnaire returned. Some slippage, but significant improvement in 7/10 items months
	2	30	63	*	47	
	3	22	83	*	68	
	4	78	78	*	43	
	5	76	90	*	60	
	6	94	90	*	32	
	7	11	81	*	33	
	8	17	100	*	77	
	9	7	87	*	72	
	10	18	69	*	53	
Total		363	816		537	
Average		36.3	81.6		53.7	
36	1	45	57	56	77	Improved, 1 sustained. Subsequently off the waiting list for bypass surgery
	2	83	79	95	89	
	3	74	79	89	68	
	4	78	80	65	79	
	5	50	79	62	81	
	6	0	90	92	93	
	7	52	80	64	91	
	8	13	88	81	97	
	9	2	90	58	97	
	10	25	56	37	54	
Total		422	778	699	826	
Average		42.2	77.8	69.9	82.6	
42	1	78	83	39	71	Curious re Apparent deterioration questionnaire results, yet report was heart trouble by the end counselling and of feeling well indeed. to visual
	2	89	91	90	89	
	3	88	91	90	94	
	4	49	21	27	20	
	5	48	31	26	17	
	6	86	82	96	85	
	7	83	95	35	28	
	8	92	91	78	85	
	9	51	65	78	28	
	10	83	62	35	38	
Total		747	712	594	555	
Average		74.7	71.2	59.4	55.5	
50	1	89	76	49	24	Client has a long severe disability an industrial accident which may explain anomalous scores
	2	49	76	64	90	
	3	7	33	50	15	
	4	7	64	49	50	
	5	90	87	56	33	

	6	97	62	83	60	baseline - he is living with pr so coped by c difficulties. 3 results more a and in keepin self-report, t GHQ gives a better pict
	7	96	98	67	45	
	8	54	92	85	91	
	9	51	93	83	90	
	10	7	62	52	30	
Total		547	743	638	528	
Average		54.7	74.3	63.8	52.8	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
64	1	15	*	54	76	Seen by assistant results consistent with GHQ score improvement sustained. 3 months results missing - 1 told by assistant that they were due.
	2	78	*	82	78	
	3	48	*	78	45	
	4	18	*	79	78	
	5	16	*	47	60	
	6	100	*	89	97	
	7	2	*	50	69	
	8	8	*	83	80	
	9	88	*	90	97	
	10	12	*	71	62	
Total		385		723	742	
Average		38.5		72.3	74.2	
74	1	41	87	71	67	Improved, largely sustained. Subsequently taken off the waiting list for bypass surgery.
	2	19	59	64	65	
	3	24	68	66	63	
	4	20	47	56	43	
	5	28	53	48	48	
	6	46	76	55	62	
	7	19	73	71	63	
	8	37	86	78	73	
	9	37	79	73	69	
	10	9	60	65	50	
Total		280	688	647	603	
Average		28	68.8	64.7	60.3	
80	1	35	25	30	38	Client very logical unable to use imagery well. Results still show improvement.
	2	47	25	72	54	
	3	7	19	17	37	
	4	45	28	34	57	
	5	37	22	32	40	
	6	19	57	38	57	
	7	60	23	30	38	
	8	35	47	38	47	
	9	29	24	29	31	
	10	38	45	53	59	
Total		352	315	373	458	
Average		35.2	31.5	37.3	45.8	
84	1	2	*	73	23	Seen by assistant

	2	22	*	55	23	Clearly communication failed between assistant and researcher, since this was the 2nd time the 3 months results were not requested. Dramatic improvement at 6 months, mostly not sustained, but overall improvement.
	3	3	*	63	4	
	4	26	*	27	20	
	5	26	*	29	20	
	6	28	*	86	77	
	7	5	*	53	18	
	8	20	*	97	53	
	9	29	*	89	46	
	10	3	*	42	14	
Total		164		614	298	
Average		16.4		61.4	29.8	
Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
88	1	63	66	87	87	In denial at baseline but acknowledged improvement after counselling. Likelihood that the 3 months results are more reflective of the actual state of the client.
	2	73	65	82	75	
	3	92	55	82	94	
	4	42	13	28	72	
	5	37	13	20	51	
	6	89	85	42	89	
	7	70	60	57	60	
	8	85	96	94	93	
	9	100	95	93	96	
	10	32	20	18	22	
Total		683	568	603	739	
Average		68.3	56.8	60.3	73.9	
96	1	48	89	72	94	2 years altogether including an extended period of counselling of 26 sessions over 6 months. Also diagnosed with aortic and mitral valve disease leading to an anomalous scoring overall. Improved on final questionnaire. Self report better than questionnaire results.
	2	63	27	40	39	
	3	95	6	21	43	
	4	80	47	79	48	
	5	73	37	85	31	
	6	65	78	97	94	
	7	61	68	86	55	
	8	73	83	85	97	
	9	72	65	37	96	
	10	75	14	62	41	
Total		705	514	664	638	
Average		70.5	51.4	66.4	63.8	
110	1	28	100	81	41	Dramatic improvement at 3 months, slight slipping
	2	28	100	61	43	
	3	42	78	87	43	

	4	17	100	95	24	at 6 months, large degree of slippage 12 months, though to pre-input levels however, client sent letter with the 12 month return saying that the low results were due to non-cardiac-related problems.
	5	40	100	98	37	
	6	63	100	97	67	
	7	28	100	95	30	
	8	32	100	81	33	
	9	25	76	81	30	
	10	25	100	52	30	
Total		328	954	828	378	
Average		32.8	95.4	82.8	37.8	
128	1	28	70	83	100	Creative, good, clear imagery. Subsequently took off the waiting list for bypass surgery.
	2	23	72	100	100	
	3	73	91	48	83	
	4	21	32	92	50	
	5	13	50	88	100	
	6	87	100	100	100	
	7	17	48	78	100	
	8	56	100	100	100	
	9	23	100	100	87	
	10	8	29	57	88	
Total		349	692	846	908	
Average		34.9	69.2	84.6	90.8	
<b>Client Ref No.</b>		<b>Baseline</b>	<b>3 Months</b>	<b>6 Months</b>	<b>12 Months</b>	<b>Comments</b>
148	1	94	83	83	74	Scores not consistent with GHQ, in that they indicate a greater level of well-being than GHQ. However, GHQ scores mostly on 'depression', which is not rated on VA
	2	96	82	90	78	
	3	85	69	87	77	
	4	100	68	95	90	
	5	98	70	93	85	
	6	98	98	97	87	
	7	98	74	96	76	
	8	81	63	85	74	
	9	12	66	57	50	
	10	97	91	94	87	
Total		859	764	877	778	
Average		85.9	76.4	87.7	77.8	
150	1	18	76	37	41	MI led to loss of business and income. Declared bankrupt with large debts between completion of counselling and the
	2	76	26	55	54	
	3	13	52	37	28	
	4	27	28	32	14	
	5	26	29	33	25	

	6	100	100	100	55	final questionnaire leading to extreme guilt about his family and his creditors. Despite this, there still some improvement on results over the baseline.
	7	47	30	33	30	
	8	0	86	82	57	
	9	0	55	19	17	
	10	0	4	3	11	
	<b>Total</b>	<b>307</b>	<b>486</b>	<b>431</b>	<b>332</b>	
	<b>Average</b>	<b>30.7</b>	<b>48.6</b>	<b>43.1</b>	<b>33.2</b>	
156	1	38	37	89	92	Showed significant improvement from baseline to 3 months then had a CABG between 3 months and 6 months, leading to much more pronounced improvement, but according to a report that the surgery had been more straightforward and less anxiety provoking than expected, ? because of counselling
	2	39	38	95	92	
	3	42	64	95	92	
	4	39	31	95	93	
	5	26	34	91	87	
	6	49	51	95	94	
	7	36	41	90	95	
	8	40	53	85	94	
	9	26	55	84	95	
	10	25	51	83	93	
	<b>Total</b>	<b>360</b>	<b>455</b>	<b>902</b>	<b>927</b>	
	<b>Average</b>	<b>36</b>	<b>45.5</b>	<b>90.2</b>	<b>92.7</b>	
158	1	21	74	63	*	Longest period of counselling undertaken in this study. Overall duration 12 months. Client had a pattern of going from crisis to crisis throughout life, so it perhaps surprising that the results are sustained as well as they are. Final questionnaire not returned. No response to letters.
	2	14	65	39	*	
	3	6	70	47	*	
	4	73	78	54	*	
	5	47	78	50	*	
	6	40	99	65	*	
	7	23	87	65	*	
	8	70	98	47	*	
	9	32	93	44	*	
	10	25	79	51	*	
	<b>Total</b>	<b>351</b>	<b>821</b>	<b>525</b>		
	<b>Average</b>	<b>35.1</b>	<b>82.1</b>	<b>52.5</b>		
<b>Client Ref No.</b>		<b>Baseline</b>	<b>3 Months</b>	<b>6 Months</b>	<b>12 Months</b>	<b>Comments</b>
170	1	46	49	*	89	Seen by the assistant. Largely improved, especially on GHQ. Also had (unsuccessful) spinal fusion surgery before the final questionnaire
	2	100	92	*	85	
	3	100	93	*	90	
	4	33	48	*	86	
	5	37	48	*	84	
	6	42	8	*	16	
	7	45	7	*	94	

	8	38	49	*	15	leading to some anomalous result
	9	2	52	*	92	
	10	2	6	*	7	
Total		445	452		658	
Average		44.5	45.2		65.8	
186	1	80	98	92	95	Consistent with GHQ, improvement in all areas except shortness of breath. Also consistent with self-report.
	2	100	50	80	63	
	3	53	100	100	100	
	4	60	100	99	96	
	5	72	98	94	93	
	6	5	100	79	98	
	7	65	100	80	97	
	8	96	100	100	95	
	9	71	65	73	100	
	10	4	78	85	78	
Total		606	889	882	915	
Average		60.6	88.9	88.2	91.5	
188	1	48	55	77	60	Significant improvement, at and 6 months, but large slippage by months.
	2	48	74	65	48	
	3	66	90	79	64	
	4	46	73	76	44	
	5	41	65	77	46	
	6	52	92	61	52	
	7	55	85	62	72	
	8	67	91	80	73	
	9	27	75	78	55	
	10	38	78	66	45	
Total		488	778	721	559	
Average		48.8	77.8	72.1	55.9	
190	1	37	82	69	63	Generally improved on most parameters but the improvement is not consistently sustained. Had a cold at 12 month questionnaire, which ? affected results. GHQ shows stable not in keeping with self-report, which indicates satisfaction
	2	73	80	69	28	
	3	72	87	66	57	
	4	51	75	66	63	
	5	57	67	57	58	
	6	79	83	80	73	
	7	75	88	69	59	
	8	90	81	82	77	
	9	41	59	55	81	
	10	35	45	53	39	
Total		610	747	666	598	

Average		61	74.7	66.6	59.8	with result of counselling.
Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
194	1	83	93	79	100	Scores consistent with GHQ and se report. NB Letter say that there was lower score on it 1 at 6 months because of a head injury from an accident. ? Over-compliant/trying please.
	2	83	69	100	90	
	3	100	100	100	100	
	4	80	57	100	92	
	5	82	57	100	93	
	6	100	100	100	100	
	7	97	98	90	100	
	8	97	94	100	100	
	9	13	83	100	100	
	10	75	75	100	100	
Total		810	826	969	975	
Average		81	82.6	96.9	97.5	

Table 16. Useable VAS results – Experimental Group



Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
7	1	57	84	25	35	Results show deterioration over study period.
	2	87	51	20	35	
	3	75	54	24	38	
	4	5	34	22	15	
	5	8	37	23	13	
	6	55	41	24	34	
	7	19	39	19	33	
	8	49	46	20	19	
	9	50	26	60	21	
	10	83	30	10	24	
Total		488	442	247	267	
Average		48.8	44.2	24.7	26.7	
13	1	13	32	36	43	GHQ ? 45 (panicky) was do underlined on 2 occasions. S improvement on GHQ at months (not reflected on VA questions related to 'usual'. H started to get used to the illn NB later referred for counse by the GP because of sever 'stress', anxiety and alcohol m Seen X 2 then DNA'd Denie problems!!
	2	95	58	36	28	
	3	53	7	16	8	
	4	68	59	336	29	
	5	75	36	23	23	
	6	58	5	38	*	
	7	5	53	42	*	
	8	3	11	13	*	
	9	55	7	4	*	
	10	94	38	0	*	
Total		519	306	544	131	
Average		51.9	30.6	54.4	26.2	
19	1	30	75	10	*	Died of further MI 2 months completion of the 6 month questionnaire, the results of showed significant progres deterioration.
	2	68	54	7	*	
	3	88	13	29	*	
	4	12	38	6	*	
	5	26	29	8	*	
	6	87	87	80	*	
	7	24	17	5	*	
	8	73	47	19	*	
	9	87	57	15	*	
	10	28	7	2	*	
Total		523	424	181		
Average		52.3	42.4	18.1		
21	1	80	32	38	45	Generally showing progres deterioration. Some recover
	2	74	37	39	34	

	3	84	16	29	43	some aspects at 12 months (not reflected in GHQ.
	4	54	37	27	28	
	5	52	37	36	30	
	6	56	40	48	45	
	7	85	23	25	32	
	8	85	35	40	38	
	9	72	36	28	39	
	10	51	25	28	32	
	Total	693	318	338	366	
	Average	69.3	31.8	33.8	36.6	
Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
27	1	80	22	*	*	Subsequent questionnaires returned, no response to let
	2	75	66	*	*	
	3	77	24	*	*	
	4	48	21	*	*	
	5	73	35	*	*	
	6	45	48	*	*	
	7	88	29	*	*	
	8	50	71	*	*	
	9	22	12	*	*	
	10	45	47	*	*	
	Total	603	375			
	Average	60.3	37.5			
29	1	61	52	47	29	6 month questionnaires completed in March, records show client underwent angioplasty 15 March, discharged 18 March, admitted with chest pain 21 March. 12 months results show continued deterioration despite angioplasty
	2	82	42	40	29	
	3	89	41	43	28	
	4	37	37	42	28	
	5	34	32	34	28	
	6	63	80	41	40	
	7	63	55	41	37	
	8	47	56	40	43	
	9	47	63	41	49	
	10	30	37	22	30	
	Total	553	495	391	341	
	Average	55.3	49.5	39.1	34.1	
33	1	78	42	47	78	Results show overall deterioration over time. Consistent with C
	2	31	44	48	26	
	3	5	55	35	43	
	4	80	47	66	83	

	5	36	41	15	27	
	6	33	39	51	21	
	7	73	36	58	19	
	8	80	35	54	35	
	9	64	56	45	26	
	10	32	36	58	15	
	Total		512	431	477	373
	Average		51.2	43.1	47.7	37.3
35	1	48	79	47	*	12 months questionnaires returned, no response to let overall trend of progression deterioration.
	2	83	76	27	*	
	3	5	70	34	*	
	4	7	73	13	*	
	5	7	50	33	*	
	6	97	53	28	*	
	7	46	52	16	*	
	8	92	86	87	*	
	9	95	20	42	*	
	10	49	45	32	*	
	Total		529	604	359	
	Average		52.9	60.4	35.9	
<b>Client Ref No.</b>		<b>Baseline</b>	<b>3 Months</b>	<b>6 Months</b>	<b>12 Months</b>	<b>Comments</b>
39	1	35	0	*	*	Subsequent questionnaires returned, no response to let Significant deterioration from to 3 months.
	2	15	0	*	*	
	3	20	0	*	*	
	4	23	0	*	*	
	5	5	0	*	*	
	6	37	0	*	*	
	7	29	0	*	*	
	8	43	23	*	*	
	9	25	20	*	*	
	10	26	3	*	*	
	Total		258	46		
	Average		25.8	4.6		
45	1	55	50	*	*	Subsequent questionnaires returned, no response to let
	2	97	96	*	*	
	3	71	89	*	*	
	4	20	62	*	*	
	5	23	52	*	*	
	6	93	51	*	*	

	7	17	49	*	*	
	8	23	44	*	*	
	9	2	20	*	*	
	10	32	19	*	*	
	Total		433	532		
	Average		43.3	53.2		
47	1	46	46	55	38	6 months VAS, page not tu over. Overall trend to stas
	2	35	46	60	28	
	3	33	49	61	30	
	4	19	37	55	18	
	5	21	43	40	14	
	6	54	37	*	27	
	7	30	38	*	30	
	8	58	47	*	55	
	9	34	36	*	30	
	10	29	40	*	18	
	Total		359	419	271	288
	Average		35.9	41.9	54.2	28.8
57	1	70	56	51	*	12 months questionnaires returned, no response to let overall trend of progressi deterioration.
	2	100	100	100	*	
	3	98	82	60	*	
	4	73	24	42	*	
	5	78	20	43	*	
	6	94	23	22	*	
	7	87	55	80	*	
	8	85	3	23	*	
	9	74	13	30	*	
	10	79	4	9	*	
	Total		838	380	460	
	Average		83.8	38	46	
<b>Client Ref No.</b>		<b>Baseline</b>	<b>3 Months</b>	<b>6 Months</b>	<b>12 Months</b>	<b>Comments</b>
59	1	79	27	*	33	Mixed results, some impro some deteriorated, some sta Accepted the offer to switch experimental programme aft months results collected
	2	17	35	*	30	
	3	39	23	*	28	
	4	17	22	*	27	
	5	20	19	*	20	
	6	52	31	*	72	
	7	81	21	*	17	
	8	54	36	*	53	

	9	32	30	*	53	
	10	28	27	*	21	
Total		419	271		354	
Average		41.9	27.1		35.4	
63	1	9	94	*	*	Died of cardiac arrest 2 mo after completion of the 3 mo questionnaires. Letter of gratitude from daughter for the support interest
	2	9	93	*	*	
	3	90	95	*	*	
	4	2	96	*	*	
	5	2	96	*	*	
	6	96	95	*	*	
	7	8	95	*	*	
	8	6	95	*	*	
	9	3	95	*	*	
	10	3	0	*	*	
Total		228	854			
Average		22.8	85.4			
91	1	15	92	32	89	Results consistent with GI showing improvement.
	2	41	50	37	51	
	3	41	43	30	55	
	4	3	5	33	50	
	5	4	7	14	44	
	6	6	82	36	17	
	7	6	6	32	98	
	8	11	84	30	51	
	9	50	84	27	55	
	10	5	11	10	10	
Total		182	464	281	520	
Average		18.2	46.4	28.1	52	
103	1	86	86	*	95	Page not turned over for Q's 10 at 3 months; 6 month questionnaire not returned. Results show deterioration over the period.
	2	94	68	*	54	
	3	84	84	*	97	
	4	80	48	*	20	
	5	70	49	*	15	
	6	60	*	*	28	
	7	29	*	*	83	
	8	88	*	*	30	
	9	88	*	*	32	
	10	58	*	*	30	
Total		737	335		484	
Average		73.7	67		48.4	

Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
113	1	72	22	17	*	Unrealistically high VAS baseline, changing progress towards more realistic and m line with GHQ results. Died between 6 months and 12 m
	2	83	34	15	*	
	3	72	29	27	*	
	4	23	39	10	*	
	5	27	21	29	*	
	6	88	52	42	*	
	7	34	7	7	*	
	8	37	37	29	*	
	9	22	34	42	*	
	10	55	14	18	*	
Total		513	289	236		
Average		51.3	28.9	23.6		
115	1	60	70	*	25	6 month questionnaires n returned; 10 months, admitt hospital for 10 days with ca related problems after OPD
	2	28	20	*	25	
	3	25	30	*	26	
	4	23	17	*	53	
	5	26	43	*	54	
	6	63	43	*	83	
	7	26	21	*	70	
	8	40	53	*	82	
	9	35	29	*	43	
	10	13	10	*	7	
Total		339	336		468	
Average		33.9	33.6		46.8	
121	1	45	39	54	*	Generally showing progres deterioration. 12 month questionnaires not returned response to letters.
	2	68	81	86	*	
	3	63	32	41	*	
	4	40	52	38	*	
	5	42	39	35	*	
	6	98	70	66	*	
	7	58	54	11	*	
	8	98	54	31	*	
	9	43	22	30	*	
	10	32	20	8	*	
Total		587	463	400		
Average		58.7	46.3	40		
123	1	90	82	20	19	Results show progressiv deterioration over the study p
	2	82	89	75	42	

	3	90	97	96	87	
	4	94	92	90	87	
	5	62	60	73	50	
	6	95	91	94	72	
	7	94	89	89	65	
	8	100	98	97	76	
	9	97	98	92	93	
	10	80	67	85	55	
	Total	884	863	811	646	
	Average	88.4	86.3	81.1	64.6	
Client Ref No.		Baseline	3 Months	6 Months	12 Months	Comments
129	1	61	63	71	29	Interesting inverse correlation between VAS and GHQ
	2	100	100	100	38	
	3	100	70	66	70	
	4	100	70	96	37	
	5	100	21	78	73	
	6	97	100	100	22	
	7	55	69	68	37	
	8	100	100	85	25	
	9	100	100	80	49	
	10	100	67	58	74	
	Total	913	760	802	454	
	Average	91.3	76	80.2	45.4	
149	1	75	82	83	49	Results generally showing scores consistent with a person who is healthy. Consistent with GHQ diagnosis. Validity of the diagnosis.
	2	77	83	85	90	
	3	73	84	83	91	
	4	65	83	79	74	
	5	65	75	68	43	
	6	87	90	38	85	
	7	79	85	82	84	
	8	98	98	92	85	
	9	93	92	93	95	
	10	72	82	86	71	
	Total	784	854	789	767	
	Average	78.4	85.4	78.9	76.7	
163	1	56	87	*	*	6 and 12 months questionnaire not returned, no response to 1
	2	76	72	*	*	
	3	73	100	*	*	
	4	2	100	*	*	

	5	18	72	*	*	
	6	45	74	*	*	
	7	11	63	*	*	
	8	59	100	*	*	
	9	78	69	*	*	
	10	8	67	*	*	
Total		426	804			
Average		42.6	80.4			
171	1	46	61	68	*	
	2	35	42	62	*	
	3	28	35	71	*	
	4	19	51	47	*	
	5	21	36	47	*	
	6	42	53	58	*	
	7	82	53	60	*	
	8	57	65	65	*	
	9	58	65	58	*	
	10	29	46	61	*	
Total		417	507	597		
Average		41.7	50.7	59.7		
<b>Client Ref No.</b>		<b>Baseline</b>	<b>3 Months</b>	<b>6 Months</b>	<b>12 Months</b>	<b>Comments</b>
179	1	47	35	53	57	Results showing improvement. Client accepted the offer to start to the experimental program after collection of the 12 month results.
	2	46	34	30	53	
	3	44	34	52	33	
	4	28	29	31	52	
	5	27	30	25	41	
	6	34	31	54	78	
	7	33	29	47	37	
	8	50	40	75	72	
	9	41	69	86	90	
	10	10	23	13	13	
Total		360	354	466	526	
Average		36	35.4	46.6	52.6	
181	1	48	6	3	27	Very variable results, ?cause/reason.
	2	53	6	0	43	
	3	39	7	0	42	
	4	50	6	55	23	
	5	48	5	13	39	
	6	53	5	51	32	

	7	7	5	0	2	
	8	54	4	63	7	
	9	11	7	4	4	
	10	33	5	2	6	
	Total	396	56	191	225	
	Average	39.6	56	19.1	22.5	
189	1	60	63	24	65	Very variable results, ?cause/reason.
	2	85	100	90	80	
	3	2	73	80	100	
	4	55	74	29	64	
	5	31	54	20	33	
	6	100	100	91	94	
	7	68	72	55	36	
	8	68	100	40	77	
	9	100	53	20	52	
	10	55	16	4	13	
	Total	624	705	453	614	
	Average	62.4	70.5	45.3	61.4	
191	1	47	100	8	6	Very variable results, ?cause/reason. After 12 mo client accepted the offer to s to the experimental program
	2	36	2	3	7	
	3	40	2	8	7	
	4	57	97	4	60	
	5	25	92	2	57	
	6	22	2	100	10	
	7	14	2	97	87	
	8	68	92	6	16	
	9	11	2	3	10	
	10	10	7	2	7	
	Total	330	398	233	267	
	Average	33	39.8	23.3	26.7	

Table 17. Useable VAS results – Control Group

Client Ref No	Somatisation				Anxiety				Social Functioning				Severe Depression			
	B	3	6	12	B	3	6	12	B	3	6	12	B	3	6	12
4	4	1	1	0	1	2	0	1	4	1	1	0	4	0	0	0
6	3	*	*	*	2	*	*	*	9	*	*	*	1	*	*	*
8	8	*	*	*	5	*	*	*	17	*	*	*	10	*	*	*
16	2	4	2	0	7	7	7	3	6	6	16	3	8	7	6	5
18	4	0	6	3	3	0	1	2	6	11	9	7	6	3	0	2
20	5	0	3	3	2	0	2	1	0	0	2	0	0	0	1	1
22	9	*	*	D	9	*	*	D	11	*	*	D	10	*	*	D
26	4	0	0	0	3	0	0	0	16	0	0	0	11	0	0	0
30	4	3	5	6	6	5	7	7	8	6	4	10	2	1	1	1
32	7	*	0	0	10	*	0	3	10	*	2	2	12	*	0	0
36	6	0	6	2	10	0	9	0	15	0	0	0	10	0	0	0
42	0	1	0	0	2	7	0	7	1	1	0	0	1	0	0	1
44	2	1	0	0	1	3	0	1	1	0	0	0	0	0	0	0
50	1	0	0	0	5	0	0	0	4	1	0	2	2	0	0	0
64	2	*	0	0	1	*	0	0	4	*	0	0	0	*	0	0
74	3	2	0	0	5	0	0	0	7	0	0	0	6	0	0	0
80	6	2	3	3	7	5	4	4	12	5	4	1	8	3	4	2
84	9	*	1	5	7	*	0	2	13	*	0	1	7	*	0	2
88	0	4	1	0	0	2	2	0	0	10	5	0	0	1	0	0
96	0	2	0	0	0	1	1	0	1	5	7	1	3	1	11	0
104	10	8	*	*	9	5	*	*	21	18	*	*	15	15	*	*
108	0	D	D	D	1	D	D	D	0	D	D	D	0	D	D	D
110	9	0	4	9	10	0	3	8	16	0	0	12	13	0	2	8
114	6	3	6	7	2	6	6	4	7	6	8	7	3	3	4	10
122	0	*	*	*	0	*	*	*	0	*	*	*	1	*	*	*
128	1	0	0	0	7	0	0	1	4	0	0	0	2	0	0	0
132	3	*	*	*	1	*	*	*	1	*	*	*	0	*	*	*
148	1	0	1	1	1	0	0	1	10	4	2	7	18	11	8	8
150	7	1	2	4	8	1	7	9	16	6	16	16	9	1	5	6
156	4	1	0	0	8	1	0	0	13	1	0	0	10	0	0	1
158	5	0	*	3	5	2	*	6	7	1	*	8	13	0	*	7
170	4	*	2	2	5	*	1	0	8	*	8	2	7	*	1	1
186	8	3	0	0	8	0	3	4	7	0	2	0	2	1	3	0
188	3	2	0	0	4	4	5	6	6	0	1	0	2	0	2	0
190	1	0	0	0	2	4	0	3	0	0	0	0	1	0	0	0
194	0	0	3	0	0	0	0	0	0	0	0	0	0	0	1	0
Total	141	38	46	48	157	55	58	73	261	82	87	79	197	47	49	55
Average	3.8	1.8	1.9	2	4.3	2.4	2.5	2.7	7.1	3.9	3.8	3.3	5.3	2.3	2.2	2
Percentage	38	18	19	20	43	24	25	27	32	18	17	15	29	13	12	11



NB 'D' signifies that the results are not available because the participant had died.

Table 20. GHQ Subsection scores – Experimental Group

Client Ref No	Somatisation				Anxiety				Social Functioning				Severe Depression			
	B	3	6	12	B	3	6	12	B	3	6	12	B	3	6	12
1	3	*	*	*	8	*	*	*	11	*	*	*	2	*	*	*
7	7	3	8	2	5	2	3	7	18	19	16	22	8	16	17	18
11	3	*	5	*	5	*	3	*	11	*	11	*	11	*	6	*
13	3	10	10	5	8	10	9	7	14	19	18	12	17	18	16	10
19	6	2	3	D	2	7	4	D	11	5	7	D	5	0	2	D
21	4	0	2	2	1	1	2	6	0	3	3	10	0	0	5	5
27	6	4	*	*	2	1	*	*	9	8	*	*	5	5	*	*
29	5	6	8	7	4	7	5	7	3	2	6	10	2	0	3	3
31	7	*	*	*	9	*	*	*	5	*	*	*	4	*	*	*
33	5	0	6	4	3	2	3	5	8	6	7	12	3	0	1	2
35	2	4	3	*	5	6	1	*	3	0	0	*	0	0	0	*
39	4	*	5	*	6	*	3	*	5	*	12	*	3	*	5	*
43	1	*	*	*	1	*	*	*	12	*	*	*	5	*	*	*
45	5	0	*	*	8	3	*	*	6	2	*	*	6	0	*	*
47	3	4	3	2	1	6	7	1	15	3	1	1	11	7	1	4
55	2	D	D	D	0	D	D	D	1	D	D	D	0	D	D	D
57	1	6	4	*	2	7	5	*	1	19	16	*	3	18	16	*
63	2	7	*	D	1	10	*	D	0	19	*	D	0	11	*	D
73	2	*	*	*	2	*	*	*	5	*	*	*	1	*	*	*
89	3	*	*	*	3	*	*	*	4	*	*	*	5	*	*	*
91	4	3	4	1	8	4	6	8	13	5	3	2	4	0	2	0
97	0	*	*	*	0	*	*	*	0	*	*	*	0	*	*	*
103	1	1	*	4	6	9	*	7	9	18	*	9	2	10	*	6
113	2	4	3	D	6	4	6	D	0	2	5	D	3	1	2	D
115	7	4	*	5	5	3	*	5	4	8	*	6	1	5	*	2
121	2	5	0	D	4	6	4	D	5	10	1	D	2	11	7	D
123	0	1	0	0	2	2	1	3	0	0	0	1	0	0	0	0
125	0	*	*	*	0	*	*	*	0	*	*	*	0	*	*	*
129	3	1	3	2	6	1	4	4	6	1	1	1	5	1	2	0
149	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
155	0	1	*	*	1	0	*	*	4	4	*	*	0	1	*	*
163	2	0	*	*	6	0	*	*	5	0	*	*	0	1	*	*
171	3	3	1	D	2	3	5	D	3	3	1	D	2	3	8	D
181	7	7	7	7	5	5	8	7	5	4	5	12	12	4	4	7
189	5	1	4	0	1	2	7	0	0	3	10	1	0	8	12	0
Total	110	77	79	41	128	101	86	67	196	163	123	99	122	120	109	57
Average	3.1	3.1	4	2.9	3.6	4	4.3	4.8	5.6	6.5	6.2	7.1	5.6	6.5	6.2	7.1
Percentage	31	31	40	29	36	40	43	48	25	30	28	32	31	36	34	39



NB 'D' signifies that the results are not available because the participant had died.

Table 21. GHQ Subsection scores – Control Group

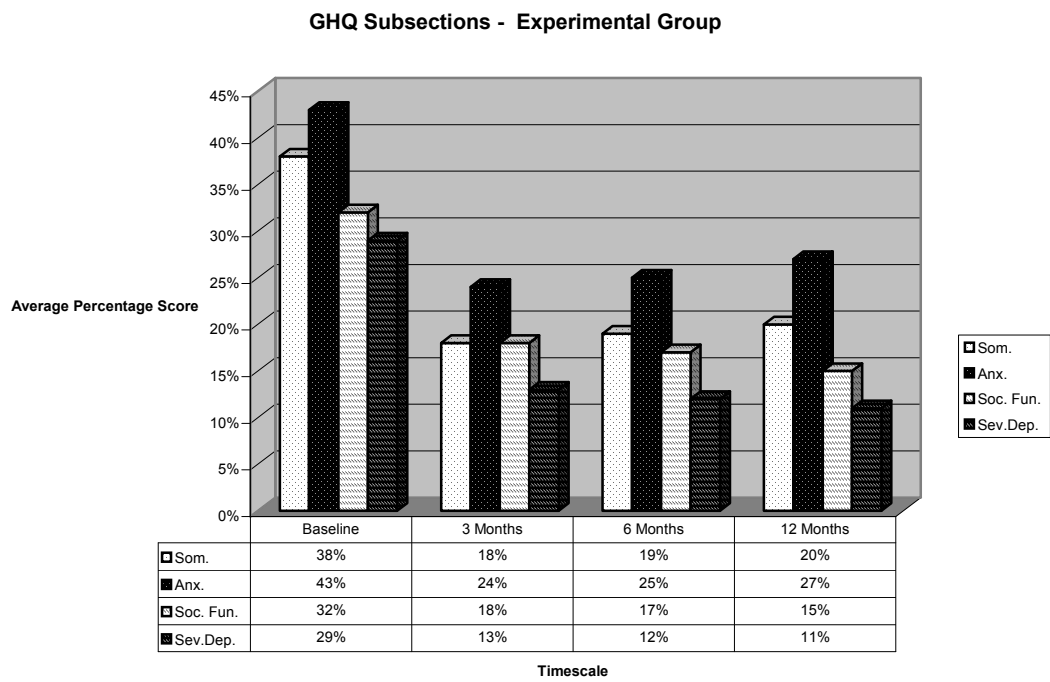


Figure 16. Average Percentage GHQ Subsection Scores – Experimental Group

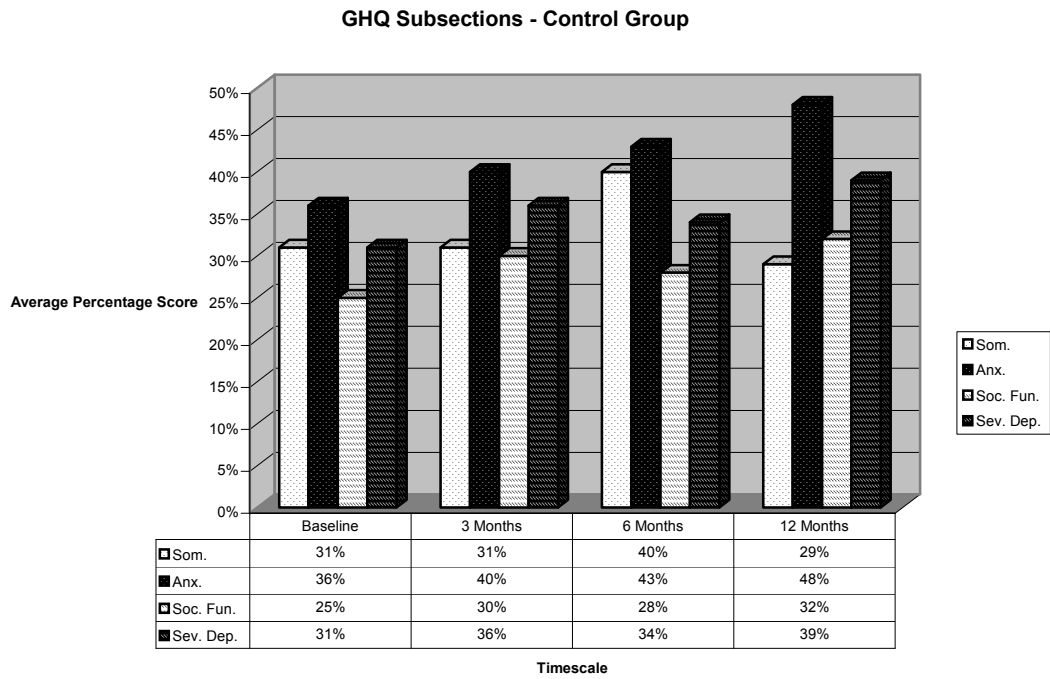


Figure 17. Average Percentage GHQ Subsection Scores – Control Group

Client Ref No.	Quality of Life				Cardiac Symptoms				Perception of Stress			
	B	3	6	12	B	3	6	12	B	3	6	12
4	314	267	288	291	40	109	100	61	141	193	205	170
6	232	*	*	*	111	*	*	*	201	*	*	*
8	48	*	*	*	96	*	*	*	130	*	*	*
16	161	131	146	334	29	25	39	131	66	56	36	130
18	121	214	151	198	59	119	65	79	109	144	122	130
20	193	383	242	258	90	117	83	78	141	233	198	195
22	245	*	*	D	54	*	*	D	161	*	*	D
26	122	118	117	*	111	182	114	*	112	202	255	*
30	128	91	113	253	50	75	67	57	125	131	138	154
32	192	*	393	241	52	*	146	115	118	*	277	181
36	250	352	278	382	157	158	184	157	15	268	231	287
42	157	341	160	174	182	177	180	183	238	229	252	198
44	205	269	*	214	104	105	125	98	192	192	*	154
50	289	387	273	182	56	109	114	105	202	247	251	241
64	63	*	301	345	126	*	160	123	196	*	262	274
74	117	320	311	271	43	127	130	128	120	241	206	204
80	215	143	179	232	54	44	89	91	83	128	105	135
84	62	*	224	95	25	*	118	27	77	*	272	176
88	244	172	204	292	165	120	164	169	274	276	229	278
96	337	255	384	269	158	33	61	82	210	226	219	287
104	9	27	*	*	40	27	*	*	54	40	*	*
108	382	D	D	D	181	D	D	D	262	D	D	D
110	138	500	421	162	70	178	148	86	120	276	259	130
114	205	185	207	102	90	83	98	42	220	168	153	100
128	87	229	398	438	96	163	148	183	166	300	300	287
132	217	*	*	*	101	*	*	*	125	*	*	*
148	487	386	412	461	181	151	155	177	191	227	211	239
150	118	167	138	121	89	78	92	82	100	241	151	129
156	164	194	448	460	81	102	190	184	115	159	264	283
158	189	396	*	283	20	135	*	86	142	290	*	156
170	163	*	158	360	200	*	185	175	82	*	109	123
186	281	474	449	459	153	150	180	163	172	265	252	293
188	228	356	358	267	114	164	144	112	146	258	219	180
190	255	357	314	282	145	167	135	85	210	223	217	231
194	417	380	469	485	183	169	200	190	210	277	300	300
Total	7035	7094	7536	7911	3506	3067	3614	3249	5226	5490	5693	5645
Average	201	272.8	279.1	282.5	100.2	118	129.1	116	149.3	211.2	210.9	201.6
Av Ind. Score	40.2	54.57	55.82	56.51	50.09	58.98	64.54	58.02	49.77	70.38	70.28	67.2
	40%	55%	56%	57%	50%	59%	65%	58%	50%	70%	70%	67%



NB 'D' signifies that the results are not available because the participant had died.

Table 22. VAS Subsection scores – Experimental Group

Client Ref No.	Quality of Life				Cardiac Symptoms				Perception of Stress			
	B	3	6	12	B	3	6	12	B	3	6	12
1	164	*	*	*	29	*	*	*	85	*	*	*
7	172	224	99	120	162	105	44	73	154	113	50	74
11	186	*	112	*	119	*	13	*	168	*	21	*
13	255	218	137	95	148	65	52	36	116	21	55	*
19	120	166	31	D	156	67	36	D	247	191	114	D
21	328	154	154	167	158	53	68	77	213	111	116	113
27	334	154	*	*	152	90	*	*	117	131	*	*
29	225	213	186	152	171	83	83	57	157	199	122	132
31	152	*	*	*	101	*	*	*	81	*	*	*
33	299	202	244	222	36	99	83	69	177	130	150	82
35	157	299	141	*	88	146	61	*	284	159	157	*
39	115	*	3	*	35	*	0	*	105	*	43	*
43	38	*	*	*	123	*	*	*	146	*	*	*
45	147	232	*	*	168	185	*	*	118	115	*	*
47	145	204	150	118	68	95	121	58	146	120	*	112
55	269	D	D	D	95	D	D	D	189	D	D	D
57	387	159	225	*	198	182	160	*	253	39	75	*
63	24	381	*	D	99	188	*	D	105	285	*	D
73	252	*	*	*	82	*	*	*	200	*	*	*
89	300	*	*	*	3	*	*	*	98	*	*	*
91	33	121	121	291	82	93	67	106	67	250	93	123
97	435	*	*	*	200	*	*	*	265	*	*	*
103	323	183	*	243	178	152	*	151	236	*	*	90
113	211	103	81	D	155	63	42	D	147	123	113	D
115	148	161	209	*	53	50	51	*	138	125	208	*
121	217	199	146	D	131	113	127	D	239	146	127	D
123	420	390	357	276	172	186	171	129	292	287	283	246
125	345	*	*	*	24	*	*	*	274	*	*	*
129	416	290	371	250	200	170	166	108	297	300	265	96
149	356	407	398	351	150	167	168	181	278	280	223	265
155	231	194	*	*	160	140	*	*	219	*	*	*
163	95	389	*	*	149	172	*	*	182	243	*	*
171	197	247	283	D	63	77	133	D	157	183	181	D
181	186	27	73	97	92	13	0	85	118	16	118	43
189	269	279	138	211	87	173	170	180	268	253	151	223
Total	7951	5596	3659	2593	4087	2927	1816	1310	6336	3820	2665	1599
Average	227.2	223.8	174.2	199.5	116.8	117.1	86.48	100.8	181	166.1	133.3	133.3
Av. Ind. Score	45.43	44.77	34.85	39.89	58.39	58.54	43.24	50.38	60.34	55.36	44.42	44.42
	45%	45%	35%	40%	58%	59%	43%	50%	60%	55%	44%	44%

NB 'D' signifies that the results are not available because the participant had died

Table 23. VAS Subsection scores – Control Group

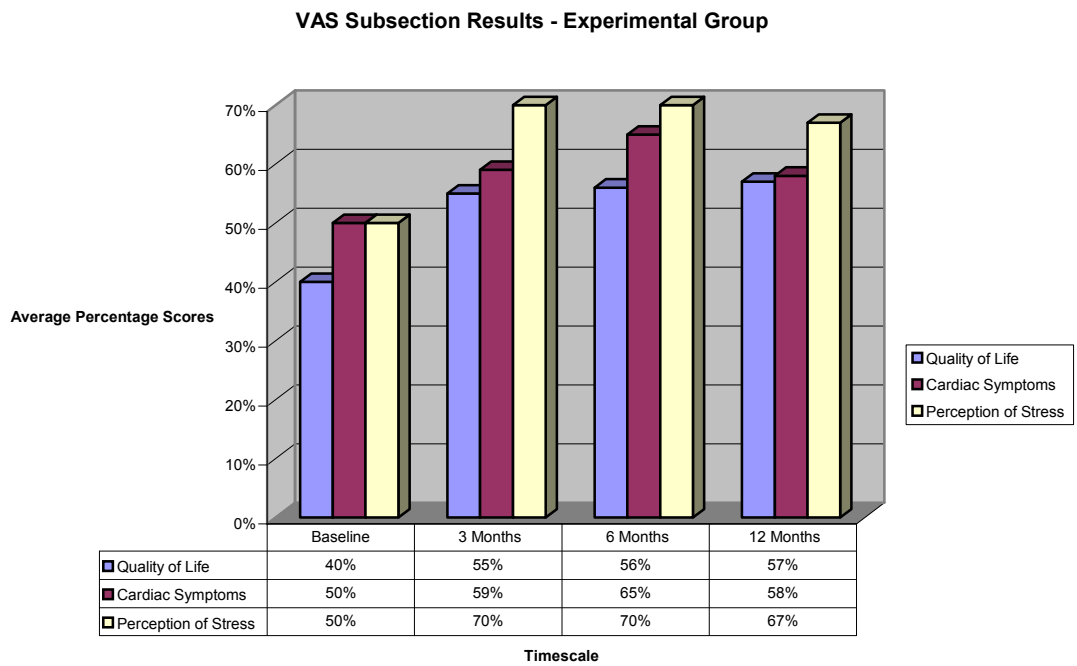


Figure 18. Average Percentage VAS Subsection Scores – Experimental Group

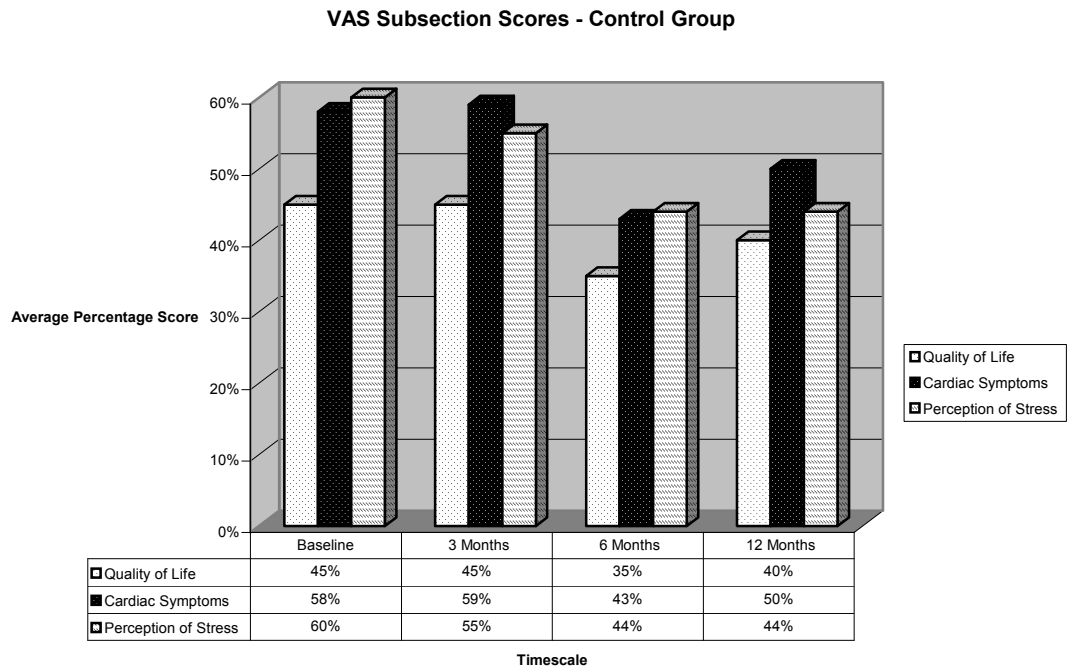


Figure 19. Average Percentage VAS Subsection Scores – Control Group