

Recruitment via a survey
(2-3 months)

Text messages from general practices in North-East London to approximately 3,000 adults on asthma register; link to an online survey

800 survey responses; collect data on interest in online health communities (OHCs) along with asthma symptoms, quality of life and mental wellbeing; identify patients potentially eligible for the intervention

Patients for intervention recruited from survey respondents

Intervention
(2 months)

50 asthma patients receive intervention; collection of baseline data

Exit interviews with 1 clinician/practice; collect data on experiences of delivering intervention

Follow-up
(3-4 months)

Collect data on asthma symptoms, quality of life and mental wellbeing; collect data on OHC use and content of posts; collect data on 1° and 2° care use during follow-up period

Patient interviews
(1-2 months)

15 patient exit interviews; collect data on experiences of receiving intervention

Progression dependent on success of feasibility study

Main randomised controlled trial of intervention