**Acknowledgements**

We would like to thank the Institute of Applied Health Sciences (IAHS) at the University of Aberdeen for funding the PhD studentship of EF. Furthermore, we would like to thank everyone who was involved in the study, including Professor Sir Lewis Ritchie (Director of Public Health, NHS Grampian), John Lemon (University of Aberdeen), Dr. Fiona Garton (University of Aberdeen) and the Aberdeen Service User Group. Lastly, we would like to acknowledge all data entry clerks (Maxx Livingstone, Rory Macfarlane, Georgia Mannion-Krase and Hazel Reilly) and participants of the study. This study was conceived by GJM, GTJ and CMB. It was planned by all the authors and EF conducted the study. EF drafted the manuscript and all other authors critically reviewed the manuscript and provided important intellectual content. The authors declare that there is no conflict of interest.