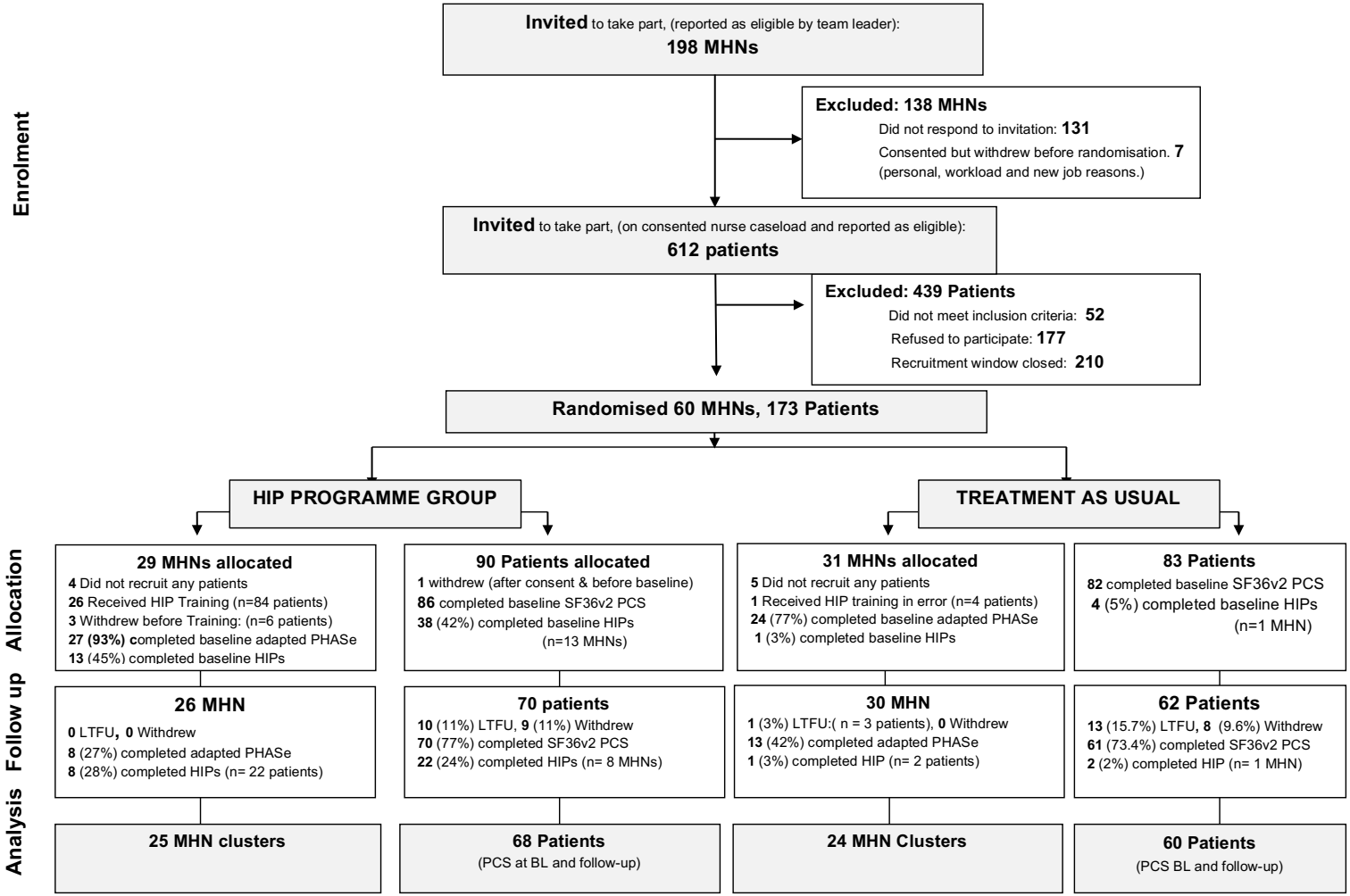
Figure 1, participant flow through the trial



MHN =Mental Health Nurse, PHASe = adapted Physical Health Attitude Survey, (adapted includes knowledge questions), LTFU = Lost to follow-up. SF36v2 PCS – Short Form 36 version 2 Physical Health Component, ITT = Intention to Treat

Table 1, Characteristics of nurses at baseline

	HIP (N=29)		Treatment as usual (N=31)	
Characteristic	N	%	N	%
Service				
Recovery	18	62	18	58
Assertive Outreach	9	31	10	32
Rehabilitation	1	3	0	0
Forensic	1	3	3	10
Age in years (mean, SD)	46.5±7.5		44.8±8.9	
Gender (female)	22	76	21	68
Ethnicity (white British)	28	97	25	81
NHS clinical band 6	27	93	26	84
Highest academic qualification				
Certificate	6	21	7	23
Diploma	14	48	12	39
Degree	7	24	9	29
Masters	2	7	3	10
Years of mental health clinical experience (mean, SD)	16.5±9.6		14.16±7.7	
Time in current post				
Less than 1 year	3	10	3	10
1 to less than 5 years	12	41	11	36
5 to less than 10 years	10	35	13	42
10 or more years	4	14	4	13
Adult nursing qualification	1	3	4	13

Table 2. Patient demographic and clinical characteristics at baseline

	HIP (n=90)		Treatment as usual (n=83)	
Characteristic	N	%	N	%
Diagnosis*				
Schizophrenia	52	58	58	70
Schizoaffective disorder	7	8	6	7
Bipolar Disorder	30	33	18	22
Other	0	0	1	1
Age in years (mean, SD)*	47.6±11.52		45.1±12.6	
Gender (male)*	46	51	50	60
Ethnicity (white British)	80	89	76	92
Lives alone*	49	54	48	58
Single, divorced or widowed	59	66	58	70
Smokes cigarettes*	59	66	48	58
Medical comorbidities*				
None	23	26	19	23
1-4	57	63	58	70
5 or more	6	7	6	7
Number of medications (median, range)	4 (0-18)		4 (0-20)	
Number of antipsychotics*				
Zero	3	3	10	12
1	65	72	60	72
2 or more	15	17	11	13
Prescribed atypical antipsychotic*	63	70	49	59
Prescribed typical antipsychotic*	24	27	27	33
Family history of cardiovascular disease	19	21	25	30
Prescribed medicines for cardiovascular disease**	24	27	22	27
SF 36v2 PCS baseline (mean, SD)[1]	43.2±11.0		45.1±11.94	
SF36v2 MCS baseline (mean, SD)[2]	39.2±14.01		36.92±14.3	

*potential covariate

**includes medications for diabetes, dyslipidaemia and hypertension

1. SF-36v2 (PCS) Physical Component Scale, range 0-100, a higher score indicates better physical wellbeing

2. SF-36v2 (MCS) Mental Component Scale, range 0-100, a higher score indicates better mental wellbeing

Table 3. Number of reported serious adverse events (SAEs)

	HIP	Treatment as usual
Deaths	1	2
Self-harm	1	0
Psychiatric admissions	11	11
General hospital admissions	3	7
Other serious medical conditions	1	1
Total SAEs	17	21