Randomisation (n=137)

Group A = simple advice (n=46)
Group B = structured outpatient prog. (n=46)
Group C = structured inpatient prog. (n=45)

Eligibility assessment (n=151)

(n=230)

Excluded (n=14), not meeting inclusion criteria (n=10)
Withdrawal in baseline period (n=4)

Dropouts (n=20)

Baseline recordings (4 weeks)

2nd VISIT

Randomisation (n=137)

Dropouts (n=20)

(5 weeks)

(n=36)

(n=37)

(n=44)

1st FOLLOW UP VISIT

Group A = simple advice
Group B = structured outpatient prog.
Group C = structured inpatient prog.

(5 weeks)

2nd FOLLOW-UP VISIT

Group A = simple advice
Group B = structured outpatient prog.
Group C = structured inpatient prog.

(5 weeks)