Assessed for eligibility (n=447)

Exclusion criteria (n=15)

Inclusion n=432

Drop-out (n=84)
  Declined to participate (n=52)
  Died before 1st data collection (n=23)
  Moved to another institution (n=5)
  Had become too ill (n=4)

1st baseline data collection (n=348)

INTERVENTION GROUP (n=171)

2nd baseline data collection (n=167)
  Died (n=4)

3rd baseline data collection (n=157)
  Died (n=10)

Randomised n=348

CONTROL GROUP (n=177)

2nd baseline data collection (n=169)
  Died (n=7), moved (n=1)

3rd baseline data collection (n=160)
  Died (n=7), moved (n=1), too ill (n=1)

4th data collection (n=127)
  Died (n=27), moved (n=2)
  Withdrew from study (n=1)

4th data collection (n=137)
  Died (n=17), moved (n=6)

Intervention

5th data collection (n=115)
  Died (n=11), moved (n=1)

5th data collection (n=122)
  Died (n=15)

Follow-up n=237