All nulliparous women during the study period $n = 5645$

Not informed about the study $n = 818$
Did not match inclusion criteria $n = 2715$
Total $n = 3533$

Eligible nulliparous women
$n = 2112$

Declined participation
$n = 1092$

Randomized
$n = 1020$

Allocated to experimental group $n = 510$
Received allocated intervention $n = 246$
Did not receive allocated intervention $n = 264$

Allocated to control group $n = 510$
Received allocated intervention $n = 503$
Did not receive allocated intervention $n = 7$

Follow-Up

Lost to follow-up (sheet not found) $n = 10$

Lost to follow-up (sheet not found) $n = 8$

Analysis

Analysed by intention to treat $n = 500$

Analysed by intention to treat $n = 502$