Enrollment:

Assessed for eligibility (n=882)

Excluded (n=522)
- Not meeting inclusion criteria (n=195; ie from non-English speaking backgrounds)
- Declined to participate (Busy, 3; Not interested, 183; Unable to attend if randomised into group, 141) (n=327)

Randomized (n=360)

Allocation

Allocated to intervention (n=178)
- Received allocated intervention (n=87)
- Did not receive allocated intervention (did not attend workshop) (n=91)

Allocated to control (n=182)
- Received control group materials only (n=181)
- Inadvertently received HSP intervention (attended workshop!) (n=1)

Follow-Up

n = 113
- Lost to follow-up (Did not return survey) (n=65)
- Discontinued intervention (Unable to attend group (12); language (1)) (n=13)

n = 129
- Lost to follow-up (Did not return survey) (n=53)

Analysis

Analysed (n=113) - intention to treat (HSP)
Analysed (n=72) - per protocol (HSP)

Analysed (n=129) - intention to treat (UC)
Analysed (n=169) - per protocol (UC)