Flow Diagram

Recruitment
N= 529

Assessed for eligibility (n= 220)

Excluded (n= 36)
- Not meeting inclusion criteria (n=3)
- Declined to participate (n=6)
- Other reasons (n=26)

Randomized (n= 184)

Allocated to control group (n=92)
- Received allocated intervention (n= 60)
- Did not receive allocated intervention (n=22)
Lost = 10

Allocated to experimental intervention (n=92)
- Received allocated intervention (n=89)
- Did not receive allocated intervention (n=3)

Follow-Up
n=147

Lost to follow-up (give reasons) (n=7)
Lost (n= 17)

Analysis
n=127

Analysed (n=58)
- Excluded from analysis (n=10)

Lost to follow-up (give reasons) (n=6)

Discontinued intervention (n=7)

Analysed (n=69)
- Excluded from analysis (n= 10)