Figure 1: Participant flow

Letter sent to eligible children (n = )

- Not eligible for call (n = )
  - Opted out (n = )
  - Other (n = )

Assessed for eligibility (n = )

- Excluded (n = )
  - Not meeting inclusion criteria (n = )
  - Declined to participate (n = )
  - Other reasons (n = )

Randomised (n = )

Allocated to intervention (n = )
- Received allocated intervention (n = )
- Did not receive allocated intervention (n = )
- Give reasons

Allocated to control (n = )
- Received ‘usual care’ (n = )
- Did not receive ‘usual care’ (n = )
- Give reasons

Follow-up
- Returned survey at 3, 6, and 12 month time point (n = )
- Lost to follow-up (n = )
- Give reasons
- Discontinued intervention (n = )
- Give reasons

Follow-up
- Returned survey at 3, 6, and 12 month time point (n = )
- Lost to follow-up (n = )
- Give reasons
- Discontinued control (n = )
- Give reasons

Analysed (n = )
- Excluded from analysis (n = )
- Give reasons

Analysed (n = )
- Excluded from analysis (n = )
- Give reasons