Eligibility of 11,806 subjects were determined to enter RCT using checklist

1,483 Consented to participate in the study, completed Baseline Questionnaire and randomly allocated in to the intervention and control group

752 Randomly assigned to Intervention Group
570 Received health education advice, booklets and telephone reminder 1 week after intervention (75.8%)
182 Did not receive allocated intervention (24.2%)

731 Randomly assigned to Control Group
731 Received usual care (100%)

1,483 Consented to participate in the study, completed Baseline Questionnaire and randomly allocated in to the intervention and control group

752 Eligible for telephone follow up at 3-month
659 Completed (87.6%)
93 Lost contacts (12.4%)

731 Eligible for telephone follow up at 3-month
638 Completed (87.3%)
93 Lost contacts (12.7%)

752 Eligible for telephone follow up at 6-month
641 Completed (85.2%)
111 Lost contacts (14.8%)

731 Eligible for telephone follow up at 6-month
642 Completed (87.8%)
89 Lost contacts (12.2%)

752 Eligible for telephone follow up at 12-month
650 Completed (86.4%)
102 Lost contacts (13.6%)

731 Eligible for telephone follow up at 12-month
623 Completed (85.2%)
108 Lost contacts (14.8%)

752 Included in intention-to-treat analysis (100%)

731 Included in intention-to-treat analysis (100%)