Figure 1 - The CONSORT diagram

Expressed initial interest \((n=169)\)

- Unable to contact or discuss in detail before start of groups \((n=44)\)
- Ineligible \((n=11)\)

Telephone discussion of study and provisional eligibility \((n=125)\)

- Ineligible \((n=11)\)
- Declined \((n=28)\)

Provisionally eligible \((n=114)\)

Final face-to-face eligibility assessment \((n=86)\)

- Ineligible \((n=11)\)

Randomised \((n=75)\)

Allocated to intervention \((n=52)\)

- \((49\text{ randomised to intervention and }3\text{ randomised to usual care but allocated to intervention})\)

- Lost to follow up \((n=4)\)
  - 3 month follow up \((n=48)\)
  - Lost to follow up \((n=7)\)
    - 6 month follow up* \((n=45)\)

Allocated to control \((n=21)\)

- \((26\text{ randomised to control, but }2\text{ withdrew immediately and }3\text{ were allocated to intervention})\)

- Lost to follow up \((n=2)\)
  - 3 month follow up \((n=19)\)
  - Lost to follow up \((n=2)\)
    - 6 month follow up* \((n=19)\)

*different individuals did not complete questionnaires at 3 and 6 months follow up so not an accumulative loss