Registered interest (n = 131)

Completed baseline questionnaire (n = 90)

Attended/completed training (n = 82)

Withdrawal during training (n = 1)

Did not attend training (n = 7)

Completed post training questionnaire (n = 82)

Completed follow-up questionnaire (n = 73)

Partially completed follow-up questionnaire (n = 5)

Did not respond to follow-up questionnaire (n = 4)