Assessed for eligibility (11 troops, n = 116)

Excluded (4 troops, n = 40)

- Not meeting inclusion criteria (n = 15)
- Refused to participate (n = 25)

Randomized (7 troops, n = 76)

Allocated to intervention (3 troops, n = 34)
- Received allocated intervention (n = 34)
- Did not receive allocated intervention (n = 0)

Allocated to control (4 troops, n = 42)
- Received standard-care control (n = 42)
- Did not receive allocated intervention (n = 0)

Follow-up

- Lost to follow up (n = 1) (moved away)
- Discontinued intervention (n = 1) (moved away)

Analysis

- Analyzed (n = 33)
- Excluded from analysis (n = 0)

- Analyzed (n = 39)
- Excluded from analysis (n = 0)