Women respond to invitation/media and are assessed for eligibility

Ineligible women - do not meet inclusion criteria

Eligible women sent baseline survey questionnaire

Did not return baseline survey

Completed baseline assessment and consent form

Allocation

Allocated to interventions (one of three conditions)
Received intervention
OR
Did not receive intervention
-Lost to follow up
-Discontinued intervention /withdrew

Allocated to control
Received control condition
OR
Did not receive control condition
-Lost to follow up
-Discontinued/withdrew

Randomisation

Post-intervention assessment (three months)

Completed post-intervention assessment
OR
Lost to follow-up
Withdrawn

Follow-up assessment (six months)

Completed follow-up assessment
OR
Lost to follow-up
Withdrawn

Analysis

Analysed