Received study information and consent ($n = 232$)

Enrollment

Signed consent returned ($n = 167$)

Excluded ($n = 1$)
- Declined to participate

Final sample ($n = 166$)

Allocation

Allocated to intervention ($n = 79$)
- Baseline measures taken
- Received 6-week Travelling Green intervention (September/October 2009)
- Post-intervention measures taken

Allocated to comparison ($n = 87$)
- Baseline comparison measures taken
- 6-week comparison period (September/October 2009)
- Post-comparison measures taken

Delayed intervention delivered
- Baseline measures taken
- Received 6-week Travelling Green intervention (April/May 2010)
- Post-intervention measures taken

Follow-up measures (2010) at:
- 5-months (March)
- 12-months (October/November)

Follow-up measures (2010/2011) at:
- 5-months (November 2010)
- 12-months (June 2011)