Assessed for eligibility  
\( n = 327 \)

Eligible  
\( n = 317 \)

Excluded prior to randomisation \( (n=10) \)  
- Reason for exclusion:  
  - No mobile \( (n=1) \)  
  - Too young \( (n=2) \)  
  - No longer interested \( (n=7) \)

Randomised  
\( n = 317 \)

Withdrawal from trial \( (n=7) \)  
- Reason for Exclusion:  
  - No longer interested \( (n=1) \)  
  - Unable to participate \( (n=1) \)  
  - Did not complete assessment \( (n=5) \)

Withdrawal from trial \( (n=9) \)  
- Reason for Exclusion:  
  - No longer interested \( (n=2) \)  
  - Moved away \( (n=1) \)  
  - Did not complete assessment \( (n=6) \)

Allocated to “Print-based”  
\[ N = 103 \text{ (32 Obj) + 71} \]

- Baseline assessment  
  - Survey \( n = 96 \)  
    - Obj \( n = 30 \)

- 3 month assessment

- 9 month assessment

Allocated to “IT-based”  
\[ N = 214 \text{ (63) } \]

- Baseline assessment  
  - Survey \( n = 205 \)  
    - Obj \( n = 61 \)

- 3 month assessment

- 9 month assessment