Enrollment

Assessed for eligibility (n=219)

- Excluded (n=97)
  - Did not meet inclusion criteria (n=30)
  - Declined study participation (n=67)

Randomised (n=122)

- Excluded
  - No questionnaires returned (n=27)
    - Intervention n=14, Control n=13

Randomised to intervention group (n=57)

- Status at 6 months follow-up
  - Received intervention as assigned (n=44)
    - Dropped out: n=13
      - Lost interest (n=11)
      - Unable to contact (n=1)
      - No questionnaires returned (n=1)

- Status at 18 months follow-up
  - Received allocated intervention (n=31)
    - Dropped out (n=13)
      - Lost interest (n=10)
      - Unable to contact (n=3)

Included in analyses (n=57)

Randomised to control group (n=38)

- Status at 6 months follow-up
  - Received allocated intervention (n=33)
    - Dropped out (n=5)
      - Lost interest (n=1)
      - Unable to contact (n=3)
      - No questionnaires returned (n=1)

- Status at 18 months follow-up
  - Received allocated intervention (n=24)
    - Dropped out (n=9)
      - Lost interest (n=4)
      - Unable to contact (n=3)
      - Withdrawn (n=2)
      - DM 1 de novo (n=1)
      - Acute onset of rheumatism (n=1)

Included in analyses (n=38)