Assessed for eligibility (n=645)
- Excluded (n=306)
  - Not meeting inclusion criteria
  - Declined to participate
  - Other reasons

Randomized (n=339)

Allocation and pre intervention measurement (week 0)
- Face-to-face (n=84)
  - Received allocated intervention (n=68)
  - Did not receive allocated intervention (n=16)
    - Reasons: not meeting inclusion criteria (n=6), noncompliance (n=10)
- Mobile (n=85)
  - Received allocated intervention (n=78)
  - Did not receive allocated intervention (n=7)
    - Reasons: not meeting inclusion criteria (n=5), noncompliance (n=2)
- Internet (n=85)
  - Received allocated intervention (n=78)
  - Did not receive allocated intervention (n=7)
    - Reasons: not meeting inclusion criteria (n=1), noncompliance (n=5), medical condition (n=1)
- Control (n=85)
  - Participated in the control group (n=70)
  - Did not participate in the control group (n=15)
    - Reasons: not meeting inclusion criteria (n=7), noncompliance (n=7), medical condition (n=1)

Post intervention measurement (week 10)
- Face-to-face (n=84)
  - Lost to post intervention measurement (n=6)
    - Reasons: noncompliance (n=6)
- Mobile (n=85)
  - Lost to post intervention measurement (n=3)
    - Reasons: noncompliance (n=2), medical condition (n=1)
- Internet (n=85)
  - Lost to post intervention measurement (n=8)
    - Reasons: noncompliance (n=5), medical condition (n=3)
- Control (n=85)
  - Lost to post intervention measurement (n=2)
    - Reasons: noncompliance (n=1), medical condition (n=1)

Follow up measurement (week 36)
- Face-to-face (n=84)
  - Participated in the follow up measurement (n=60)
    - Lost to follow up measurement (n=2)
      - Reasons: noncompliance (n=1), medical condition (n=1)
- Mobile (n=85)
  - Participated in the follow up measurement (n=73)
    - Lost to follow up measurement (n=2)
      - Reasons: noncompliance (n=2)
- Internet (n=85)
  - Participated in the follow up measurement (n=64)
    - Lost to follow up measurement (n=6)
      - Reasons: noncompliance (n=4), medical condition (n=2)
- Control (n=85)
  - Participated in the follow up measurement (n=67)
    - Lost to follow up measurement (n=1)
      - Reasons: medical condition (n=1)