Figure 1: Flow chart of the research protocol

Screening of potential participants by Providers/Insurers
Eligible participants referred to the study

Agree to participate
Non – volunteers

When 20 volunteers are recruited, random allocated to intervention or usual care group

Intervention Group
n = 10

8 weeks usual care + SMRTW intervention provided by trained facilitators

Post-intervention Follow-up

6 month post-intervention Follow-up

12 month post-intervention Follow-up

Usual care
n = 10

8 weeks usual care

Post-intervention Follow-up

6 month post-intervention Follow-up

12 month post-intervention Follow-up