Patients with hip fracture (n=935)

Excluded (n=773)
- Did not meet inclusion criteria (n=590)
- Refused to participate (n=183)

Randomized (n=162)

Allocated to intervention program group (n=80)

1-month follow-up (n=71)
- Dropped out (n=9)
- Died (n=1)
- Refused to participate (n=8)

3-month follow-up (n=67)
- Dropped out (n=4)
- Refused to participate (n=4)

6-month follow-up (n=65)
- Dropped out (n=2)
- Refused to participate (n=2)

1-year follow-up (n=60)
- Dropped out (n=5)
- Died (n=3)
- Refused to participate (n=2)

Allocated to control group (n=82)

1-month follow-up (n=76)
- Dropped out (n=6)
- Refused to participate (n=6)

3-month follow-up (n=70)
- Dropped out (n=6)
- Died (n=3)
- Refused to participate (n=3)

6-month follow-up (n=68)
- Dropped out (n=2)
- Refused to participate (n=1)
- Died (n=1)

1-year follow-up (n=62)
- Dropped out (n=6)
- Died (n=2)
- Refused to participate (n=4)