Assessed by phone for eligibility (n=175)

Assessed for eligibility (n=117)

Excluded (n=58)

Excluded (n=9)
Not meeting inclusion criteria (n=4)
Refused to participate (n=2)
Other reasons (n=3)

Randomised (n=108)

Symptomatic phase of treatments – all participants (n=108)

Dropped out during intensive phase (n=10)

SMT group (n=36)
Received intervention (n=32)
Did not receive intervention (n=4)
No specific reason given

SMT + Exercise group (n=33)
Received intervention (n=33)
Did not receive intervention (n=0)

Control group (n=29)
Received intervention (n=27)
Did not receive intervention (n=2)
Dropped out because of treatment allocation

Follow-Up

Lost to follow-up (n=0)

Analysis

Analyzed (n=32)

Lost to follow-up (n=1)
Discontinued care without specific reason

Analysis

Analyzed (n=32)

Lost to follow-up (n=1)
Discontinued care without specific reason

Analysis

Analyzed (n=27)