Figure 1  Flow diagram of the participants in the randomised trial

Asked to participate = 230

Volunteered = 153

Excluded = 3

Included = 150

Withdrawals = 1
Lost to follow up = 2

Baseline I = 147

Randomised

Intervention = 75

Withdrawals = 2
Lost to follow up = 4

Baseline II = 69

Withdrawals = 1

One-week intervention = 68

Withdrawals = 9
Lost to follow up = 1

Follow up at three weeks = 58

Waiting list = 72

Withdrawals = 5
Lost to follow up = 1

Baseline II = 66

Withdrawals = 1
Lost to follow up = 5

Follow up at three weeks = 60