854 Questionnaires sent

Excluded (n=317)
- Did not reply (n=185)
- Not meeting inclusion criteria (n=28)
- Declined to participate (n=104)

Randomized (n=537)

Allocated to TG1 (n=282)
- Missing replies (n=71)
- Replied to questionnaires (n=211)

Allocated to TG2 (n=255)
- Missing replies (n=18)
- Replied to questionnaires (n=237)

20 Week

One Year

Missing replies (n=45)
Replied to questionnaires (n=166)

Missing replies (n=79)
Replied to questionnaires (n=158)