Assessed for eligibility 
\[ n = 392 \]

Excluded* \[ n = 247 \]

Excluded** \[ n = 47 \]

Eligible 
\[ n = 145 \]

Included/Returned baseline questionnaires \[ n = 98 \]

Returned 3 months follow-up questionnaires \[ n = 82 \]

Did not return questionnaires \[ n = 16 \]

Returned 6 months follow-up questionnaires \[ n = 77 \]

Did not return questionnaires \[ n = 21 \]

Returned 12 months follow-up questionnaires \[ n = 73 \]

Did not return questionnaires \[ n = 25 \]

Included in the comparison group 
\[ n = 55 \]