52 women signed in to participate in the Self-efficacy intervention

Baseline questionnaire sent to 52 women

29 women fulfilled the inclusion criteria

10-week and 9-month follow-up questionnaires to 27 women

21 women included in this study

47 women signed in to participate in the Ergonomic intervention

Baseline questionnaire sent to 47 women

28 women fulfilled the inclusion criteria

10-week and 9-month follow-up questionnaires to 28 women

7 women did not answer the 9-month follow-up questionnaire

19 women did not answer

23 women excluded, as not working (20) or had no musculoskeletal symptoms (3) at baseline

2 women quit intervention because of ill health

6 women did not answer the 9-month follow-up questionnaire

21 women included in this study

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23 women excluded, as not working (20) or had no musculoskeletal symptoms (3) at baseline

2 women quit intervention because of ill health

6 women did not answer the 9-month follow-up questionnaire

21 women included in this study

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