Figures

Figure 1: Flow chart showing the study design

- Reported interest, consent & registration, Provided T0 data (HHQ, HADS, URICA & HDAQ) $N = 90$
- Suitable participants selected (i.e., HHQ>20) $N = 82$ (8 not eligible)
- Email to potential participants to make sure they are willing and have the time to participate in the study. $N = 80$ (2 dropped out at this stage)
- Randomization $N = 80$
  - Intervention Group $N = 40$
    - Withdraw $N = 0$
    - Intervention
      - Provided T1 data $N = 10$
      - Did not provide T1 data $N = 21$
  - Control Group $N = 40$
    - Waiting
      - Provided T1 data $N = 29$
      - Did not provide T1 data $N = 11$
    - Intervention
      - Provided T1 data $N = 8$
      - Did not provide T1 data $N = 9$