Exclusions (n=350):
- No response to invite (n=178)
- Not willing to participate (n=74)
- Returned invite, but did not answer (n=98)

Eligibility (n=201)
- Willing to participate (n=177)
- Unsure about participating (n=24)

Randomised (n=174)
- Unsure of reasons (n=11)
- Not eligible (n=15)
- Eligible, not randomised (n=1)

GROUP TREATMENT
- Allocated (n=111)
  - Received allocated intervention through the study (n=83)
  - Changed to individual treatment (n=28)

INDIVIDUAL TREATMENT
- Allocated (n=63)
  - Received allocated intervention (n=63)

Follow-up
- Withdrew/lost-to-follow-up by week 6 (n=12);
- Withdrew/lost-to-follow-up between week 6 and month 5 (n=1)
- Completed by month 5 (n=158)