704 (all students) eligible to participate: 200 psych., 504 med. students

293 registered and were randomized: 147 intervention, 146 control

Baseline assessment: n=293, 5 answered less than 10% of the questionnaire and were excluded

144 allocated to intervention (58 psych. and 86 med. students)
6 did not turn up for the intervention

144 allocated to control (54 psych. and 90 med. students)
4 lost to follow up for unknown reasons
7 lost to follow up for unknown reasons

144 analysed
144 analysed