Assessed for eligibility (n=352)

Enrollment

Excluded (n=4)
MBPhD students (n=4))

Random allocation

Allocated to intervention
(n=177)
Received allocated intervention
(n= 172)
Did not receive allocated intervention (n=5)
• Researchers did not receive their reflective exercise (n= 5)

Allocation

Allocated to control
(n= 171)
Received allocated control
(n= 162)
Did not receive allocated control (n=9)
• Did affirmation intervention instead for reasons unknown (n=1)
• Researchers did not receive their reflective exercise (n=8)

Follow-Up

Lost to follow-up (n= 3)
(n=1) missing examination data
(n=2) missing ethnicity data

Analysis

Lost to follow-up (n= 10)
(n=5) missing examination data
(n=5) missing ethnicity data

Analysis

Allocated to intervention
(n=177)
Received allocated intervention
(n=172)
Did not receive allocated intervention (n=5)
• Researchers did not receive their reflective exercise (n=5)

Lost to follow-up (n=3)
(n=1) missing examination data
(n=2) missing ethnicity data

Analyzed (n=174)

Analysis

Allocated to control
(n=171)
Received allocated control
(n=162)
Did not receive allocated control (n=9)
• Did affirmation intervention instead for reasons unknown (n=1)
• Researchers did not receive their reflective exercise (n=8)

Follow-Up

Lost to follow-up (n=10)
(n=5) missing examination data
(n=5) missing ethnicity data

Analyzed (n=161)