Figure 1. Flow Diagram. Distribution of study population from those filling inclusion criteria by the healthcare charts to those completed the intervention.

2594 eligibility patients were randomized

Enrollment

- Not enrolled (n=1059)
  - unwilling or unable to participate (n=575)
  - no reply (n=484)

Allocation

- Allocated to intervention arm (n=1034)
  - Committed to intervention and usual care (n=932)
  - No commitment (n=102)

- Allocated to control arm (n=501)
  - Committed to usual care (n=463)
  - No commitment (n=38)

Follow-Up

- Lost to follow-up (no information) (n=10)
- Discontinued intervention (quit or drop out) (n=106)
  - withdraw consent (n=23)
  - dead (n=17)
  - other reason (n=66) (e.g. moved to other area, serious illness)

Analysis

- Analysed (n=816)

- Lost to follow-up (no information) (n=11)
- Discontinued (quit or drop out) (n=47)
  - withdraw consent (n=22)
  - dead (n=12)
  - other reason (n=13) (e.g. moved to other area, serious illness)

- Analysed (n=405)