Enrollment

Assessed for eligibility (n = 92)

- Excluded (n = 14)
  - Not meeting inclusion criteria (n = 14)
  - Declined to participate (n = 0)
  - Other reasons (n = 0)

Randomised (n = 78)

Allocation

Allocated to BG (n = 26)
- Received allocated intervention (n = 26)
- Did not receive allocated intervention (n = 0)

Allocated to WG (n = 26)
- Received allocated intervention (n = 24)
- Did not receive allocated intervention (personal reasons) (n = 2)

Allocated to SG (n = 26)
- Received allocated intervention (n = 26)
- Did not receive allocated intervention (n = 0)

Analysis

Analysed (n = 26)
- Excluded from analysis (n = 0)

Analysed (n = 24)
- Excluded from analysis (n = 0)

Analysed (n = 26)
- Excluded from analysis (n = 0)