Randomization
$N = 143$

Screening
$N = 264$

Exclusion
$N = 121$

Rehabilitation group
$N = 70$

Baseline
Completed questionnaires
$N = 58$

6 months
Completed questionnaires
$N = 57$

Individual group
$N = 73$

Baseline
Completed questionnaires
$N = 61$

6 months
Completed questionnaires
$N = 58$