Assigned to groups (n = 452)

Assigned to the intervention group (baseline) (n = 227)
Completed the follow-up questionnaire (n = 194)
Lost to follow-up n = 33 drop-outs
Included in the analysis (n = 194)

Assigned to the control group (baseline) (n = 225)
Completed the follow-up questionnaire (n = 180)
Lost to follow-up n = 45 drop-outs
Included in the analysis (n = 180)