Assessed for eligibility (n=159)
- Excluded (n=101)
  - Not meeting inclusion criteria (n=90)
  - Declined to participate (n=6)
  - Other reasons (n=5)

Randomized (n=58)

Allocation
- Allocated to intervention (n=29)
  - Received allocated intervention (n=29)
  - Did not receive allocated intervention (n=0)
- Allocated to intervention (n=29)
  - Received allocated intervention (n=29)
  - Did not receive allocated intervention (n=0)

Follow-Up
- Lost to follow-up (n=6)
  - Lost interest (n=3)
  - Medical reasons (n=3)
- Lost to follow-up (n=5)
  - Lost interest (n=3)
  - Medical reasons (n=2)

Analysis
- Analyzed (n=29)
  - Excluded from analysis (n=0)
- Analyzed (n=29)
  - Excluded from analysis (n=0)