Assessed for eligibility (n=244)

Excluded (n=88)
- Not meeting inclusion criteria (n=47)
- Refused to participate (n=26)
- Other reasons (n=15)

Enrolled (n=156)

Allocated to A (n=79)
- Received allocated intervention (n=79)
- Excluded from analysis (no post baseline data) (n=3)
- Analysed (n=76)

Allocated to B (n=77)
- Received allocated intervention (n=77)
- Excluded from analysis (no post baseline data) (n=4)
- Analysed (n=73)

Completed Randomised Phase (n=44)
- Discontinued intervention (n=21)
  Reasons:
  - Lost to follow-up (n=2)
  - Adverse Events (n=1)
  - Withdrew consent (n=10)
  - Non-adherence (n=8)

Completed Open Label Phase (n=65)
- Discontinued intervention (n=11)
  Reasons:
  - Lost to follow-up (n=3)
  - Adverse Events (n=3)
  - Withdrew consent (n=4)
  - Non-adherence (n=1)

Completed Randomised Phase (n=49)
- Discontinued intervention (n=18)
  Reasons:
  - Lost to follow-up (n=2)
  - Withdrew consent (n=12)
  - Non-adherence (n=4)

*Completion on primary outcome was defined as either completing all assessments up to and including the week 32 assessment and/or having an intervention for a mood event.*