Enrollment

Assessed for eligibility (n=182)

Excluded (n=27)
- Not meeting inclusion criteria (n=24)
- Refused to participate (n=0)
- Other reasons (n=3)

Randomization (n=155)

Allocated to control (n=74)
- Lost to follow-up (n=12)
- Did not respond to questionnaire

Allocated to intervention (n=81)
- Received allocated intervention (n=77)
- Did not receive allocated intervention (n=4)

Allocation

Follow-up

Lost to follow-up (n=14)
- Did not respond to questionnaire
- Discontinued intervention (n=8)
- Did not complete the course

Analysis

Analyzed (n=67)
- Excluded from analysis (n=14)
- Did not respond to questionnaire

Analyzed (n=62)
- Excluded from analysis (n=12)
- Did not respond to questionnaire