Assessed for eligibility
N=110

- Excluded: (N=10)
  - Not meeting inclusion criteria
  - Declined to participate
  - Other reasons

Randomization
N=100

- Waitlist control group
  N=50
  - Week 0: Assessment 1
  - Week 8: Assessment 2
  - Start of intervention
  - 6 months after end of training

- Intervention group
  N=50
  - Week 0:
  - Week 8: Assessment 1
    Start of intervention
  - Assessment 2
  - Follow up

Week 16:
- Assessment 2
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