Participants' recruitment

Eligible patients n=206

Baseline assessment

Randomization allocation

TCC training group
n=103

Control group
n=103

Drop out (reasons): n=
TCC training group: n=
Control group: n=

Outcome assessment after intervention: balance ability, lower limbs proprioception, flexibility, physical fitness, self-efficiency, psychological symptoms, attention, stress, self-esteem, mood and mindfulness, quality of life, quality of sleep, safety outcomes.

Follow up for 12 weeks

Outcome assessment after follow-up period

Included analysis: n=
TCC training group: n=
Control group: n=

Excluded from analysis: n=
TCC training group: n=
Control group: n=

Statistic analysis

Figure 1 Flow diagram of participants