Figure 1. Flowchart of the study CONSORT

**Enrollment**

Assessed for Eligibility ($n = \ )$

- Excluded ($n = \ )
  - Not meeting inclusion criteria ($n = \ )
  - Refused to participate ($n = \ )
  - Other reasons ($n = \ )

Randomised ($n = 100$)

**Allocation**

Allocated to active intervention ($n = 50$)

- Received allocated intervention ($n = \ )
- Did not receive intervention ($n = \ )

Allocated to waiting list control ($n = 50$)

- Received allocated intervention ($n = \ )
- Did not receive intervention ($n = \ )

**Follow up**

Lost to followup ($n = \ )

- Discontinued intervention ($n = \ )

Lost to followup ($n = \ )

- Discontinued intervention ($n = \ )

**Analysis**

Analysed ($n = \ )

- Excluded from analysis ($n = \ )

Analysed ($n = \ )

- Excluded from analysis ($n = \ )