Enrolment

Assessed for eligibility (n=1127)

Excluded (n=1075)
- Did not meet inclusion criteria (n=805)
- Did not respond to letters (n=270)
- Declined informed consent (n=0)

Randomized (n=52)

Allocation

Allocated to FST-UL (n=27)
- Received allocated intervention (n=27)
- Did not receive allocated intervention (n=0)

Allocated to FST-LL (n=25)
- Received allocated intervention (n=23)
- Did not receive allocated intervention (n=2)
  - declined assigned group allocation (n=1)
  - too unwell to start intervention (n=1)

Outcome

Analyzed (n=24)
- Unable to complete measures to protocol (n=1)
- Unwell for outcome measures (n=1)
- Unable to contact (n=1)

Analyzed (n=20)
- Unwell for outcome measures (n=3)
- Did not take part in the intervention (n=2)

Follow-up

Analyzed (n=23)
- Unable to complete measures to protocol (n=1)
- Unwell for outcome measures (n=1)
- Unable to contact (n=1)
- Away when follow-up measures due (n=1)

Analyzed (n=21)
- Unwell for follow-up measures (n=2)
- Did not take part in the intervention (n=2)