Assessed for Eligibility

Screening
- Refused consent
- Exclusion criteria

Randomized
N= 216

Allocation
- Allocated to intervention 1:
  N=108
  Lost to follow up or discontinued intervention:
  N=16 (Drop out 15%)
  Analysed N=92
  Excluded from analysis N= 16

- Allocated to intervention 2:
  N=108
  Lost to follow up or discontinued intervention:
  N=16 (Drop out 15%)
  Analysed N=92
  Excluded from analysis N= 16