Assessed for eligibility
n=244

Excluded
Not meeting inclusion criteria

Consented (n=156)
Phase 1 Treatment (n=156)
Usual care continued

Randomized (n=134)

Allocated to Usual Care intervention for Phase 2 of treatment (n=67)

Allocated to Smartphone Care for Phase 2 of treatment (n=67)

Follow up

Follow up

Follow up

Analysis

12-month follow up and analysis

Enrolment

Allocation

3-month Booster
3-Month outcome measurement

6-month Booster
6-Month outcome measurement

9-month Booster
9-Month outcome measurement

3-month Booster
3-Month outcome measurement

6-month outcome measurement

6-month outcome measurement

9-month outcome measurement

12-month follow up and analysis

12-month follow up and analysis