Figure 2. Consolidated Standards of Reporting Trials (CONSORT) study flow-chart

**Enrollment**
- Assessed for eligibility by clinical staff (n = ...)
  - Excluded (n = ...)
    - Not meeting inclusion criteria (n = ...)
- Information sheets sent to eligible patients and carers (n = ...)
  - Excluded (n = ...)
    - Refused to participate (n = ...)
    - Other reasons (n = ...)

**Data collection T0**
- Meeting with Research Nurse at Epilepsy Clinic to check understanding, consent, and randomise. Completion of baseline questionnaires.

**Allocation**
- Allocated to intervention (n = ...)
  - Received allocated intervention (n = ...)
  - Did not receive allocated intervention (n = ...)
- Allocated to control (n = ...)
  - Received allocated intervention (n = ...)
  - Did not receive allocated intervention (n = ...)

**Data collection T1**
- Week 4 follow-up
- Lost to follow up (n = ...)
  - Discontinued intervention (n = ...)

**Data collection T2**
- Week 12 follow-up
- Lost to follow up (n = ...)
  - Discontinued intervention (n = ...)

**Data collection T3**
- Week 20 follow-up
- Analysed (n = ...)
  - Excluded from analysis (n = ...)
  - (give reasons)

**Semi-structured interviews**