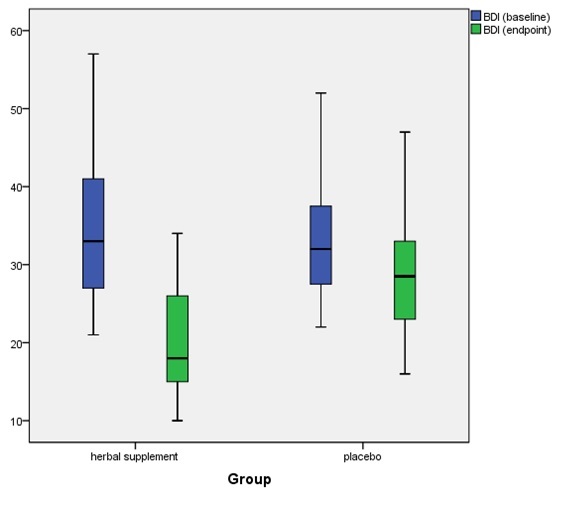


**Figure 1.** Flow diagram of the patients

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**Figure 2.** Changes in the BDI scores after an 8-week period of intervention; BDI (Beck depression inventory)