## Allocation

Assessed for eligibility (n=83)

Excluded (n= 32)

  Not meeting inclusion criteria (n=21)

  Declined to participate (n=19)

Randomized (n=43)

Allocated to control group (n=22)

 Received allocated intervention (n=22)

 Did not receive allocated intervention (n=0)

Allocated to intervention group (n=21)

 Received allocated intervention (n=21)

 Did not receive allocated intervention (n=0)

## Enrollment

Analysed (n=18)   
 Excluded from analysis (n=4)

Analysed (n=18)   
 Excluded from analysis (n=3)

## Follow-Up

Lost to follow-up (n=0)

Discontinued intervention (n=4)

Lost to follow-up (n=0)

Discontinued intervention (n=3)

## Analysis

**Figure 1:** Flow diagram of the groups' allocation, enrolment, intervention, follow-up, and the analysis in both groups of the study.