

Enrollment

Eligible to participate (n= 875)

Excluded (n= 729)

◆ Declined to participate (n= 729)

Randomised (n= 146)

Allocation

Allocated to intervention (n= 71)

Received allocated intervention (n= 63)

Did not receive allocated intervention (n= 8)

Reasons:

Preferred usual care group (n= 1)

Withdrawn, lost interest and time (n= 4)

Back operation (n= 1)

CVI prior to start programme (n= 1)

Gastric haemorrhage (n= 1)

Allocated to and received usual care (n= 75)

Follow-Up

Lost to follow-up at 3 months (n= 1) and at 6 months (n= 3)

Reasons for loss to follow-up:

Discontinued intervention because felt too tired (n= 1)

Lost interest and lack of time (n= 3)

Lost to follow-up at 3 months (n= 12) and at 6 months (n= 3)

Reasons for loss to follow-up:

Lost interest and lack of time (n= 12)

Mental health problems (n= 1)

Preferred intervention group (n= 2)

Analysis

Analysed at 3 months (n= 63) and at 6 months (n= 59)

Analysed at 3 months (n= 63) and at 6 months (n= 60)