

ENROLLMENT

Assessed for eligibility (n = 762)

Excluded (n = 573)

- Not meeting inclusion criteria (n = 23)
- Did not sign-up for the intervention or did not answer the baseline questionnaire before the end of randomisation (n = 550)

Randomised (n = 189)

Facilitator visits

Delayed intervention group

ALLOCATED

Allocated for intervention (n = 96)

- Received allocated intervention (n = 87)
- Did not receive allocated intervention (n = 9)

Reason(s):

Did not receive any visits (n = 9)

Allocated for intervention (n = 93)

- Received allocated intervention (n = 80)
- Did not receive allocated intervention (n = 13)

Reason(s):

Received visits (n = 13)

FOLLOW UP

Lost to follow up (n = 7)

Reason(s):

Retirement (n = 2)

Not responded questionnaire (n = 5)

Lost to follow up (n = 11)

Reason(s):

Retirement (n = 4)

Not responded questionnaire (n = 7)

ANALYSIS

Analysed

Registry data: n=94

Questionnaire data: n=89

Excluded from analysis (n = 0)

Analysed

Registry data: n=89

Questionnaire data: n=82

Excluded from analysis (n = 0)