

Enrolment

Baseline 1 (n=98)
All relatives (PWD) to attend CST groups for 7 weeks

Baseline 2 (n=85)
Randomisation of participants

Allocation

Allocated to intervention
Maintenance CST
(n =41)

Allocated to control
Treatment as Usual
(n =44)

Follow up 1

Assessed at Follow up 1
(n =34)

Assessed at Follow up 1
(n =37)

Follow up 2

Assessed at Follow up 2
(n =29)

Assessed at Follow up 2
(n =34)