

Enrollment

Assessed for eligibility (n= 882)

Excluded (n=522)

- Not meeting inclusion criteria (n=195; ie from non-English speaking backgrounds)
- Declined to participate (Busy,3; Not interested, 183; Unable to attend if randomised into group, 141)(n= 327)

Randomized (n=360)

Allocation

Allocated to intervention (n= 178)

- Received allocated intervention (n= 87)
- Did not receive allocated intervention (did not attend workshop) (n= 91)

Allocated to control (n= 182)

- Received control group materials only (n= 181)
- Inadvertently received HSP intervention (attended workshop!) (n=1)

Follow-Up

n = 113

Lost to follow-up (Did not return survey)(n=65)
Discontinued intervention (Unable to attend group (12); language (1) (n=13)

n = 129

Lost to follow-up (Did not return survey)(n=53)

Analysis

Analysed (n=113) - intention to treat (HSP)

Analysed (n = 72) - per protocol (HSP)

Analysed (n=129) - intention to treat (UC)

Analysed (n = 169) - per protocol (UC)