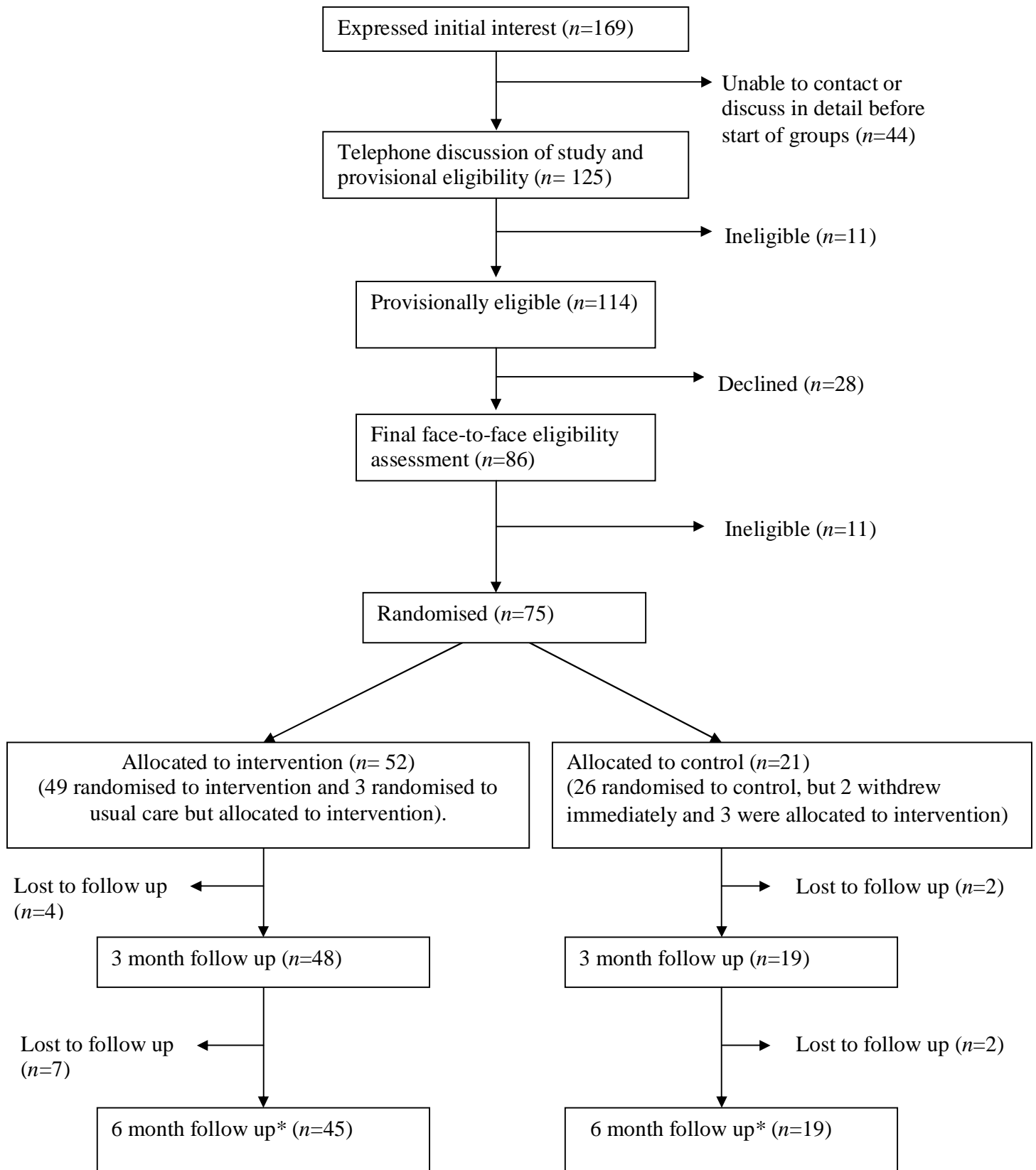


**Figure 1 - The CONSORT diagram**



\*different individuals did not complete questionnaires at 3 and 6 months follow up so not an accumulative loss