

Assessed for eligibility
(N=79)

Excluded (n=23)
Did not meet inclusion criteria n=18
Refused to participate (n=5)

Randomised (N=56)

Control group (n=29)
Received standard care
and treatment for 8 weeks

Assessment time
Week 0: n=29
Week 8: n=28
Week 12: n=28

n=28 in analysis
(n=1 excluded)

Intervention group (n=27)
Received standard care
and treatment, plus
bibliotherapy programme
for 8 weeks

Assessment time
Week 0: n=27
Week 8: n=26
Week 12: n=26

n=26 in analysis
(n=1 excluded)