

ASSESSED FOR ELIGIBILITY (n=131)

Excluded: Workers less than 18 years old, on sick leave, on vacation, at night shift, or considered not assessed due to company requirements.

ENROLLMENT
n=120 (51 Clerical + 69 Production)

Written Informed Consent

ENROLLMENT
n=101 (42 Clerical, 56 Production)

Stratified Randomization,
Baseline WLQ and SF-36

**INTERVENTION
GROUP
(n= 50)**

**CONTROL
GROUP
(n= 51)**

Not answered baseline questionnaires (n=2)
Transferred to the night shift (n=1)

Not answered baseline questionnaires (n=1)
Answered later and was excluded (n=2)

ALLOCATED TO INTERVENTION (n=47)

ALLOCATED TO INTERVENTION (n=48)

Lost to follow-up:
by dismissed (n=4)
not answered 5 week questionnaires (n=2)*

Lost to follow-up
by dismissed (n=1)
not answered 5 week questionnaires (n=3)*
not attended the educational meetings (n=1)

FOLLOW-UP 5 WEEK (n=41)

FOLLOW-UP 5 WEEK (n=43)

Not answered 26 week questionnaires (n=4)*

Not answered 26 week questionnaires (n=8)*

FOLLOW-UP 26 WEEK (n=39)

FOLLOW-UP 26 WEEK (n=38)

ANALYZED (n=43)**

ANALYZED (n=46)**

* The subjects remained under study.

** Includ subjects that aswered baseline questionnaire and at weeks 5 and/or 26.