

Eligible women receive invitation to participate, OR see media promotion about the study



Women respond to invitation/media and are assessed for eligibility



Ineligible women – do not meet inclusion criteria



Eligible women sent baseline survey questionnaire



Did not return baseline survey



Completed baseline assessment and consent form



**Randomisation**



Allocated to interventions (one of three conditions)  
Received intervention  
OR  
Did not receive intervention  
-Lost to follow up  
-Discontinued intervention /withdrew



Allocated to control  
Received control condition  
OR  
Did not receive control condition  
-Lost to follow up  
-Discontinued/withdrew

**Allocation**

**Post-intervention assessment (three months)**



Completed post-intervention assessment  
OR  
Lost to follow-up  
Withdrew



Completed post-intervention assessment  
OR  
Lost to follow-up  
Withdrew

**Follow-up assessment (six months)**



Completed follow-up assessment  
OR  
Lost to follow-up  
Withdrew



Completed follow-up assessment  
OR  
Lost to follow-up  
Withdrew

**Analysis**



Analysed



Analysed