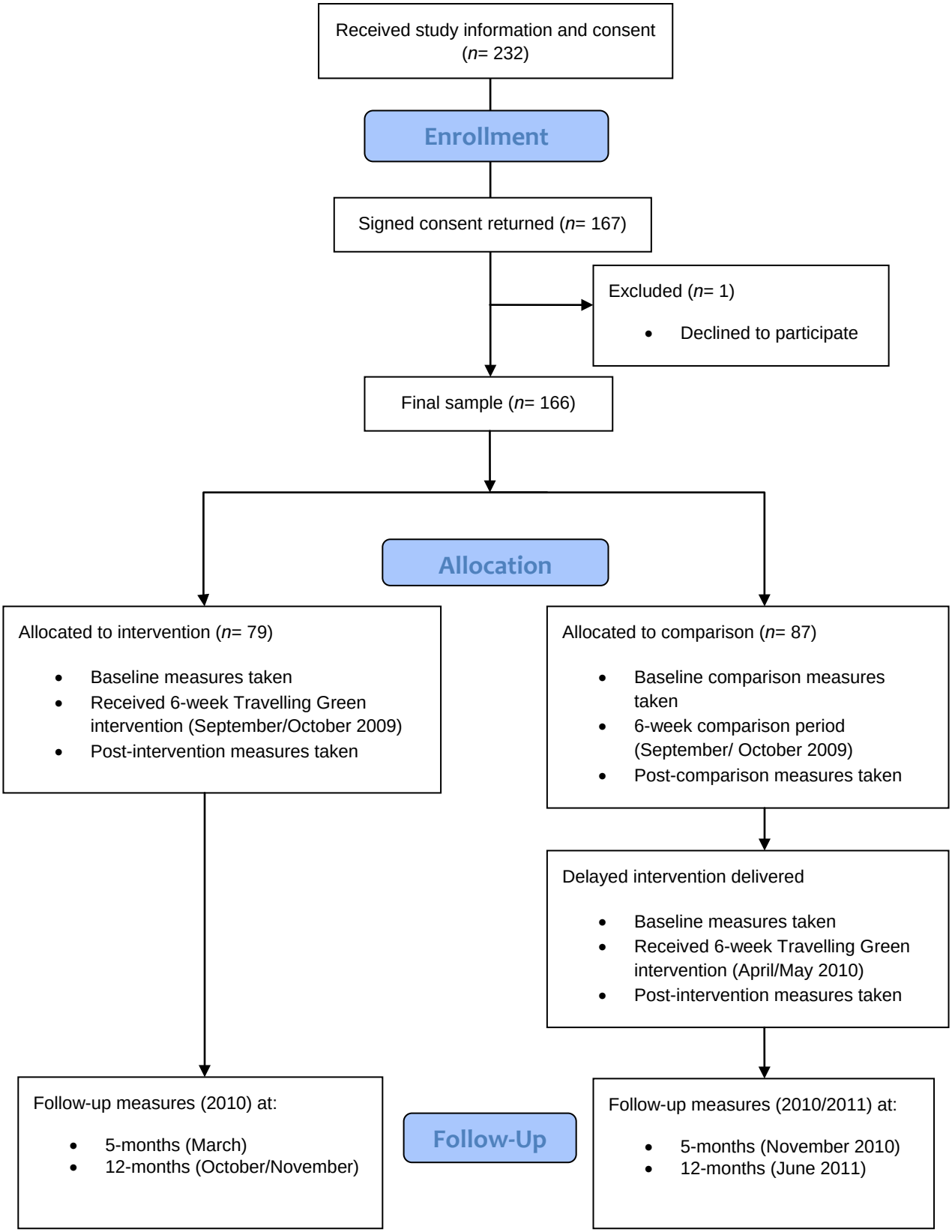
Received study information and consent (*n*= 232)
Enrollment
Signed consent returned (*n*= 167)
Excluded (*n*= 1)
• Declined to participate
Final sample (*n*= 166)
Allocation
Allocated to intervention (*n*= 79)
• Baseline measures taken
• Received 6-week Travelling Green intervention (September/October 2009)
• Post-intervention measures taken
Allocated to comparison (*n*= 87)
• Baseline comparison measures taken
• 6-week comparison period (September/ October 2009)
• Post-comparison measures taken
Delayed intervention delivered
• Baseline measures taken
• Received 6-week Travelling Green intervention (April/May 2010)
• Post-intervention measures taken
Follow-up measures (2010) at:
• 5-months (March)
• 12-months (October/November)
Follow-Up
Follow-up measures (2010/2011) at:
• 5-months (November 2010)
• 12-months (June 2011)