

Randomization

```
graph TD; A[Randomization] --> B["Experimental Group  
Phase I Intervention  
Phase II Intervention  
Follow-up"]; A --> C["Wait-Listed Control Group  
Usual Care"]; C --> D["At Completion of the Study  
Wait-Listed Control Group is  
Offered the  
Phase I Intervention"];
```

Experimental Group
Phase I Intervention
Phase II Intervention
Follow-up

Wait-Listed Control Group
Usual Care

At Completion of the Study
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