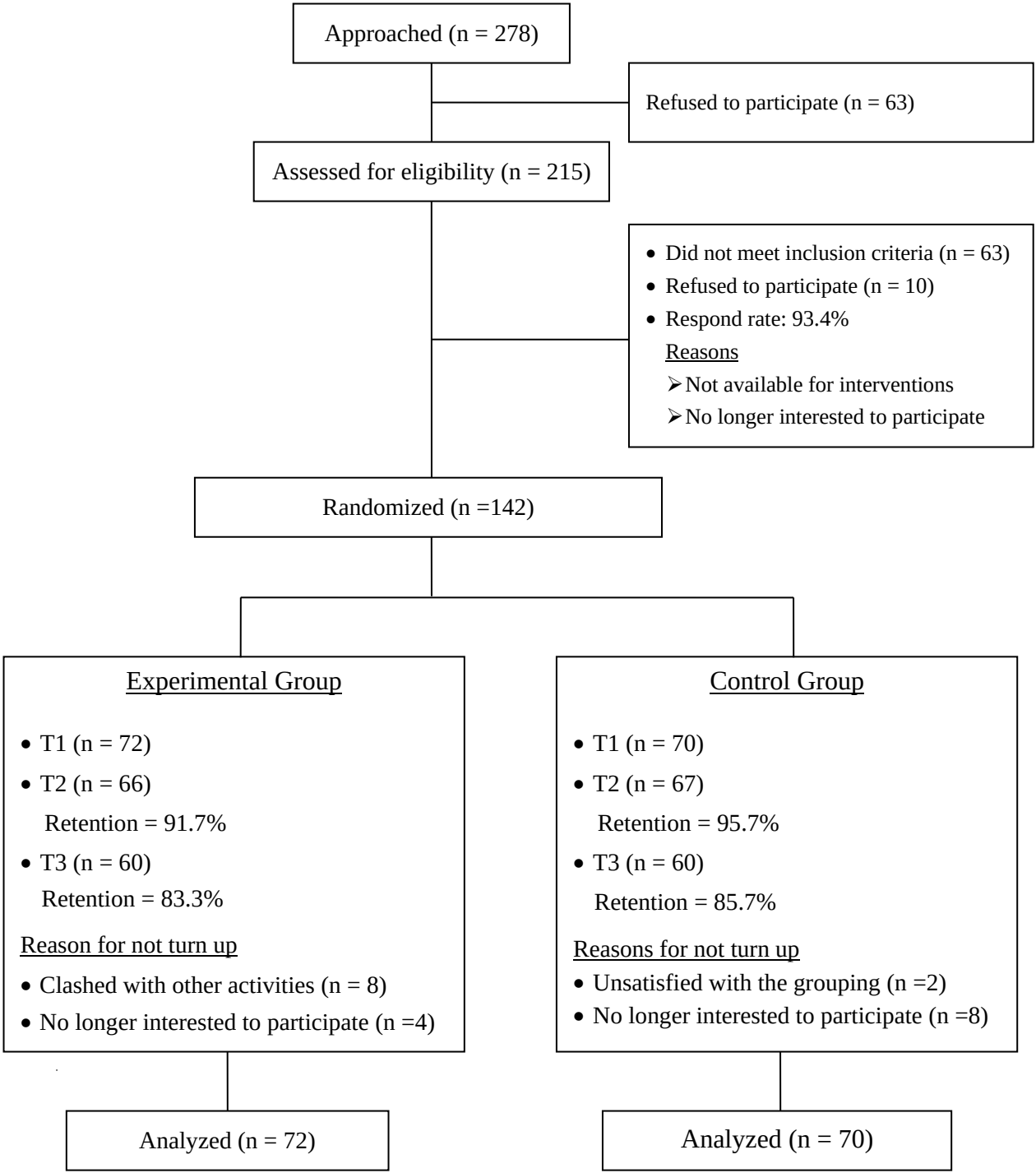
Approached (n = 278)
Refused to participate (n = 63)
Assessed for eligibility (n = 215)
Did not meet inclusion criteria (n = 63)
Refused to participate (n = 10)
Respond rate: 93.4%
Reasons
Not available for interventions
No longer interested to participate
Randomized (n =142)
Experimental Group
T1 (n = 72)
T2 (n = 66)
Retention = 91.7%
T3 (n = 60)
Retention = 83.3%
Reason for not turn up
Clashed with other activities (n = 8)
No longer interested to participate (n =4)
Control Group
T1 (n = 70)
T2 (n = 67)
Retention = 95.7%
T3 (n = 60)
Retention = 85.7%
Reasons for not turn up
Unsatisfied with the grouping (n =2)
No longer interested to participate (n =8)
Analyzed (n = 72)
Analyzed (n = 70)