

Enrollment

854 Questionnaires sent

Excluded (n= 317)

- ◆ Did not reply (n= 185)
- ◆ Not meeting inclusion criteria (n= 28)
- ◆ Declined to participate (n= 104)

Randomized (n= 537)

Allocation

Allocated to TG1 (n= 282)

Allocated to TG2 (n= 255)

20 Week

Missing replies (n= 71)

Replied to questionnaires (n= 211).

Missing replies (n= 18)

Replied to questionnaires (n= 237).

One Year

Missing replies (n= 45)

Replied to questionnaires (n= 166).

Missing replies (n= 79)

Replied to questionnaires (n= 158).