

Enrolment

Invited to participate in the study (n=551)

Exclusions (n=350):  
No response to invite (n=178)  
Not willing to participate (n=74)  
Returned invite, but did not answer (n=98)

Eligibility (n=201)  
Willing to participate (n=177)  
Unsure about participating (n=24)

Randomised (n=174)  
Unsure of reasons (n=11)  
Not eligible (n=15)  
Eligible, not randomised (n=1)

Allocation

GROUP TREATMENT  
Allocated (n=111)  
Received allocated intervention through the study (n=83)  
Changed to individual treatment (n=28)

INDIVIDUAL TREATMENT  
Allocated (n=63)  
Received allocated intervention (n=63)

Follow-up

Withdrew/lost-to-follow-up by week 6 (n=12);  
Withdrew/lost-to-follow-up between week 6 and month 5 (n=1)  
Completed by month 5 (n=158)

Withdrew/lost-to-follow-up by week 6 (n=2);  
Withdrew/lost-to-follow-up between week 6 to month 5 (n=1)