Additional file. The CONSORT flowchart of this study.

```
                    ┌──────────────────────────────┐
                    │ Assessed for eligibility      │
                    │ (n=2084)                      │
                    └──────────────────────────────┘
                                 │
                                 │                    ┌──────────────────────────────────┐
                                 │                    │ Excluded （n=1568)                │
                                 │◄───────────────────│    Not meeting inclusion          │
                                 │                    │    criteria (n=1221)              │
                    ┌────────────────────────┐        │    Refused to participate         │
                    │      Enrollment        │        │    (n=291)                        │
                    └────────────────────────┘        │    Other reasons (n=56)           │
                                 │                    └──────────────────────────────────┘
                                 ▼
                    ┌──────────────────────────────┐
                    │ Randomization                 │
                    │ (n=516)                       │
                    └──────────────────────────────┘
                       ╱                      ╲
                      ╱                        ╲
          ┌────────────────────────┐
          │      Allocation        │
          └────────────────────────┘
```

Allocated to intervention (n=258)   Allocated to control (n=258)

Follow-Up

Lost to follow-up （n=15)   Lost to follow-up （n=24)
    UTL (n=13)   UTL (n=18)
    Deceased (n=2)   Deceased (n=6)
Discontinued intervention   Discontinued intervention
(n=17)   (n=16)
    Too ill (n=4)   Too ill (n=4)
    Moved (n=7)   Moved (n=8)
    Refused (n=6)   Refused (n=4)

Analysis

Analyzed （n=203)   Analyzed （n=196)

Excluded from analysis due to   Excluded from analysis due to
missing MCS-12 (n=23)   missing MCS-12 (n=22)