

Assessed for eligibility (2 cohorts;  
in both 4 companies; 1079 conscripts)

Refused to participate (14 conscripts)

Excluded 28 conscripts (28 women)

Randomised (4 companies; 1037 conscripts)

Intervention group:  
anti-tank company (n=240),  
engineer company (n=296)  
536 conscripts

Lost to follow-up during  
two-week run-in period (n=35):  
33 medical discharges,  
2 applied for non-military service

Follow-up of 180 days  
or until drop-out:  
501 conscripts analysed

Drop-outs after two-week run-in period  
(included in the analyses for the  
time they participated):

- 42 medical discharges  
(20 musculoskeletal disorders/injuries,  
15 mental and behavioral disorders,  
3 diseases of the respiratory system,  
4 due to other diagnoses)
- 3 applied for non-military service
- 117 were moved to different company  
after the basic military training period  
(initial 8 weeks)
- 1 conscript was previously discharged  
and continued the service for 165 days

Completed intervention at 180 days  
(n=338/501)  
anti-tank company (n=132/222),  
engineer company (n=206/279)

Control group:  
signal company (n=283),  
mortar company (n=218)  
501 conscripts

Lost to follow-up during  
two-week run-in period (n=34):  
28 medical discharges,  
5 applied for non-military service  
1 missing patient record

Follow-up of 180 days  
or until drop-out:  
467 conscripts analysed

Drop-outs after two-week run-in period  
(included in the analyses for the  
time they participated):

- 52 medical discharges  
(29 musculoskeletal disorders/injuries,  
9 mental and behavioral disorders,  
5 diseases of the respiratory system,  
9 due to other diagnoses)
- 9 applied for non-military service
- 105 were moved to different company  
after the basic military training period  
(initial 8 weeks)
- 1 conscript was previously discharged  
and continued the service for 160 days

Completed intervention at 180 days  
(n=300/467)  
signal company (n=184/258),  
mortar company (n=116/209)

Exposures and injuries were reported for  
July 9, 2007 through January 4, 2008 (1 st arrival)  
January 7, 2008 through July 4, 2008 (2nd arrival)  
or until drop-out