

Enrollment

133 Assessed for eligibility

85 Excluded
74 = Did not meet inclusion
criteria,
11 = Declined to participate

28 Participants consented

Allocation

4 Declined to participate further
2 = work conflict,
1 = lack of transportation,
1 = personal reasons
24 Participants randomized to intervention

Follow-Up

3 Discontinued intervention
1 = noncompliance with protocol,
1 = moved out of state,
1 = personal reasons

Analysis

21 Completed study
4 Excluded from analysis
3 = medical complications
1 = non-compliance
17 Analyzed