Multimedia Appendix 1. CONSORT diagram

Assessed for eligibility (n=573)

Excluded (n=110)
- Inclusion criteria not met (n=47)
- Declined to participate (n=63)

Randomized (n=463)

Allocated to intervention group (n=247)
1. Received allocated intervention (n=181)
2. Missing data or excluded (n=66)
   1. Incomplete BL survey (n=4)
   2. Fake participant (n=61)
   3. Invalid email address (n=1)

Analysis

Analyzed (n=181)
Excluded from analysis (n=66)
1. Fake participant (n=61)
2. Incomplete BL survey (n=4)
3. Invalid email address (n=1)

Follow-Up

Lost to Follow-Up
Week 4  Week 8
65       76