Assessed for eligibility \((n = 99)\)

- Excluded \((n = 22)\)
  - Did not meet inclusion criteria \((n = 15)\)
  - Lost interest in participation \((n = 7)\)

Randomized \((n = 77)\)

**Intervention Group \((n = 40)\)**
- Started allocated intervention \((n = 27)\)
- Lost to post-assessment \((n = 13)\)
- Lost to follow-up assessment \((n = 6)\)
- Analysed \((n = 40)\)
  - ITT approach

**Control Condition \((n = 37)\)**
- Lost to post-assessment \((n = 1)\)
- Lost to follow-up assessment \((n = 4)\)
- Analysed \((n = 37)\)
  - ITT approach