Figure 1 CONSORT flow diagram of participants (n = 182)

Assessed for eligibility (n=182)

Excluded (n = 0)
Not meeting inclusion criteria (n = 0)
Refused to participate (n = 0)
Other reasons (n = 0)

Randomized (n = 182)

Allocation

Allocated to intervention group A (n = 91)
Received allocated intervention (n = 91)
Did not receive allocated intervention (give reasons) (n = 0)

Allocated to intervention group B (n = 91)
Received allocated intervention (n = 91)
Did not receive allocated intervention (give reasons) (n = 0)

Follow-up

Lost to follow-up (give reasons) (n = 2)
Discontinued intervention (give reasons) (n = 0)

Lost to follow-up (give reasons) (n = 0)
Discontinued intervention (give reasons) (n = 0)

Analysis

Analysed (n = 89)
Excluded from analysis (give reasons) (n = 2)

Analysed (n = 91)
Excluded from analysis (give reasons) (n = 0)