**Supplement 1: Study flow diagram**

**CONSORT 2010 Flow Diagram**

Allocated to intervention (n=51)

## Follow-Up

Analysed (n=51)
 Excluded from analysis (n=0)

## Analysis

Analysed (n=53)
 Excluded from analysis (n=0)

Lost to follow-up (n=0)

Discontinued intervention (n=0)

Lost to follow-up (n=0)

Discontinued intervention (n=0)

## Enrollment

## Allocation

Allocated to control (n=53)

Randomized (n=104)

Excluded (n=0)

Assessed for eligibility (n=104)