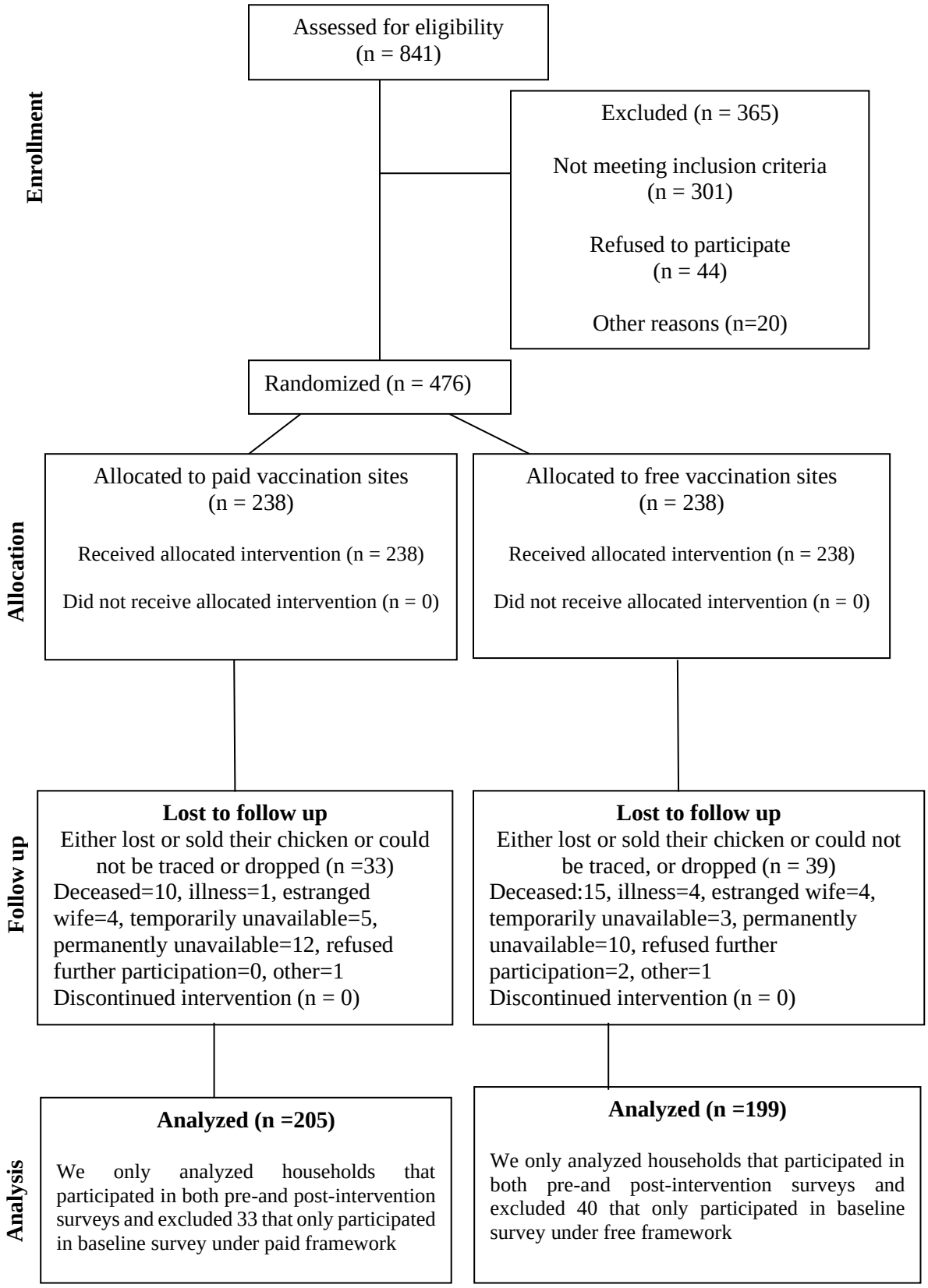CONSORT diagram showing the drop out over time of participants through each stage of the intervention