

Time periods	W group	WB group	Self-directed group (C)
Supervised phase at 12 months			
Dropout rate	34/79 (43.1%)	28/69 (40.6%)	36/73 (49.3%)
Retention rate	45/79 (56.9%)	41/69 (59.4%)	37/73 (50.7%)
Follow-up phase at 18 months			
Dropout rate	35/79 (44.3%)	28/69 (40.6%)	38/73 (52.1%)
Retention rate	44/79 (55.7%)	41/69 (59.4%)	35/73 (47.9%)