

Assessed for eligibility through
online survey ($n = 118$)

Enrollment

Excluded ($n = 84$)

- ◆ Did not meet inclusion criteria based on online survey ($n = 27$)
- ◆ Did not meet inclusion criteria based on follow-up phone call or not interested after phone call ($n = 48$)
- ◆ Did not meet inclusion criteria based on blood work ($n = 6$)
- ◆ Failed to appear for baseline measurement meeting ($n = 3$)

Randomized ($n = 34$)

Allocation

Allocated to MCCR group ($n = 18$)

- ◆ Received allocated intervention ($n = 17$)
- ◆ Did not receive allocated intervention (moved away before classes finished) ($n = 1$)

Allocated to LCK group ($n = 16$)

- ◆ Received allocated intervention ($n = 15$)
- ◆ Did not receive allocated intervention (moved away before classes finished) ($n = 1$)

Follow-Up

More lost to follow-up (cited work schedules and/or family responsibilities as reasons, participated in classes up to this point)

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Analysis

Analysed

- ◆ Intention to treat analysis (6 months: $n = 15$, 12 months: $n = 14$)

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- ◆ Intention to treat analysis (6 months: $n = 16$, 12 months: $n = 15$)