Figure 1. CONSORT Flow Diagram

Enrollment

Assessed for eligibility (n = 711)

Excluded (n = 221)
- Not meeting inclusion criteria (n = 35)
- No Response (n = 89)
- Region Full (n = 86)
- Contaminated (n = 5)
- Declined to participate (n = 6)

Randomized (n = 490)

Allocation

Allocated to intervention (n = 244)
- Never started (n=6)
- Decline to continue participation (n=1)

Allocated to control (n = 246)
- Never started (n=11)
- Decline to continue participation (n=5)

Post: Follow-Up

- Lost to follow-up started did not finish (n= 16)
- Decline to continue participation (n=3)

- Lost to follow-up started did not finish (n= 10)
- Decline to continue participation (n=9)

Analysis

Analyzed (n = 218)

Analyzed (n = 211)
Complete data (n=194)
    Computer glitch (17)
        Lost pre data (n=15)
        Lost pre & post data (n=2)