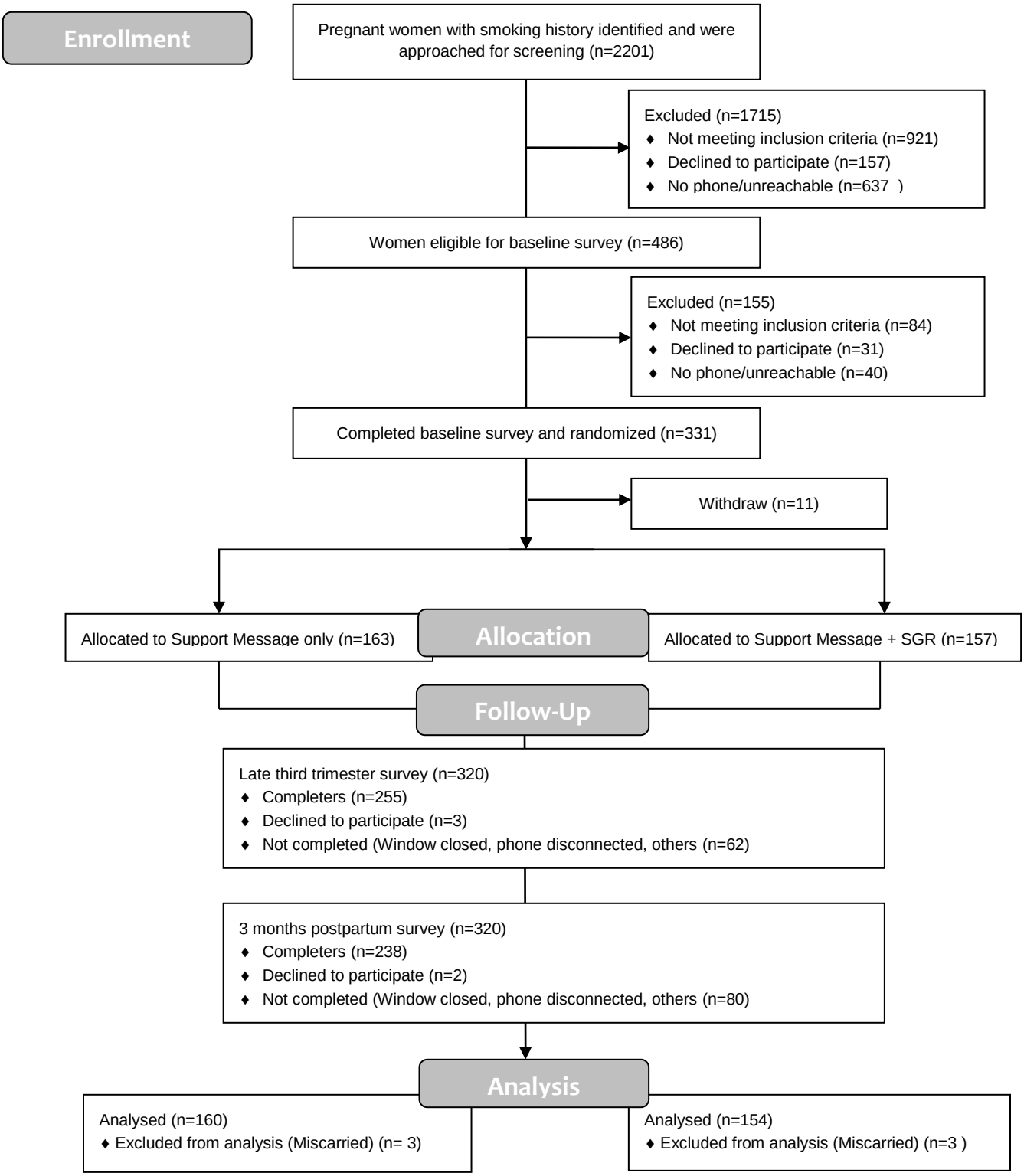
Figure 1. Study flow diagram

SGR= SMS text-based scheduled gradual reduction and counseling intervention; support only = SMS text-based counseling intervention only