Assessed for eligibility (n = 64)

Excluded (n = 12)
- Not meeting inclusion criteria (n = 8)
- Refused to participate (n = 4)

Enrollment

TFA

Allocated to intervention (n = 25)
- Received allocated intervention (n = 24)
- Did not receive allocated intervention (n = 1)
  - one subject withdrew immediately after baseline.

Lost to follow-up (n = 1)
- Discontinued intervention (n = 0)

Analyzed (n = 24)
- Excluded from analysis (n = 0)

CTR

Allocated to intervention (n = 27)
- Received allocated intervention (n = 27)
- Did not receive allocated intervention (n = 0)

Lost to follow-up (n = 2)
- Discontinued intervention (n = 2)
  - 2 withdrew after 1-3 weeks due to lack of time.

Analyzed (n = 25)
- Excluded from analysis (n = 0)