Enrolment

Assessed for eligibility (n = 44)

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

Completed pretests & randomised (n = 36)

Allocated to HIT (n = 18)

Lost to follow-up (n = 0)

Analysed (n = 18)
Excluded from analysis (n = 0)

Allocated to CON (n = 18)

Lost to follow-up (n = 0)

Analysed (n = 18)
Excluded from analysis (n = 0)