Assessed for eligibility (n = 42)

Excluded (n = 10)
Not meeting inclusion criteria
(Successful in pretest, n = 4)
Refused to participate (n = 6)

Randomized (n = 32)

Allocated to intervention (n = 18)
Received allocated intervention (n = 18)
Did not receive allocated intervention (n = 0)

Allocated to control (n = 14)
Completed the study (n = 14)
Did not complete the study (n = 0)

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

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

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

Analyzed (n = 14)
Excluded from analysis (n = 0)