Supplementary Material A Flow Music

**Enrollment**
Assessed for eligibility (n=24)
Excluded (n=0)
- Dropped or refused (n=0)
- Dropped not able to contact (n=0)

Randomized (n=24)

**Allocation**
Music (n=16)
- Received allocated intervention (n=16)
- Did not receive allocated intervention (n=0)

Conventional training (n=8)
- Received allocated intervention (n=8)
- Did not receive allocated intervention (n=0)

**Follow-Up**
- Completed follow-up (n=12)
- Lost to follow-up (n=4)

- Completed follow-up (n=5)
- Lost to follow-up (n=3)

**Analysis**
- Completed follow-up and included in analysis (n=12)
- Excluded from analysis (n=4)

- Completed follow-up and included in analysis (n=5)
- Excluded from analysis (n=3)