Supplemental Table 1.



**CONSORT 2010 Flow Diagram**

Allocated to 3 session PE (n= 35)

 Attended 1 session (n=6)

 Attended 2 sessions (n=5)

 Attended 3 sessions (n=24)

Allocated to 1 session PE (n= 36)

 Attended 1 session (n= 36)

Allocated to assessment only (n=24)

Completed

1-month follow-up (n=23)

3-month follow-up (n=18)

6-month follow-up (n=17)

12-month follow-up (n=16)

Completed

1-month follow-up (n=29)

3-month follow-up (n=21)

6-month follow-up (n=21)

12-month follow-up (n=16)

Completed:

1-month follow-up (n=16)

3-month follow-up (n=14)

6-month follow-up (n=12)

12-month follow-up (n=13)

Analysed (n=35)
 Missing data handled with mixed effects modeling

Analysed (n=36)
 Missing data handled with mixed effects modeling

Analysed (n= 16)
 Missing data handled with mixed effects modeling

Excluded (n= 270)

  Not meeting inclusion criteria (n= 181)

  Declined to participate (n= 50)

  Other reasons (Intervention not available; n= 39)

Randomized (n= 95)

Assessed for eligibility (n= 365)

## Allocation

## Analysis

## Follow-Up

## Enrollment