CONSORT Flow Diagram

Assessed for eligibility (n=102)

- Excluded (n=43)
  - Did not consent to participate (n=43)

Randomized (n=59)

Allocated to group A (short timely letter) (n=11)
- Received allocated intervention (n=11)
- Did not receive allocated intervention (n=0)

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

Analysed (n=11)
- Excluded from analysis (n=0)

Allocated to group B (short delayed letter) (n=18)
- Received allocated intervention (n=18)
- Did not receive allocated intervention (n=0)

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

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

Allocated to group C (long timely letter) (n=16)
- Received allocated intervention (n=16)
- Did not receive allocated intervention (n=0)

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

Analysed (n=16)
- Excluded from analysis (n=0)

Allocated to group D (long delayed letter) (n=14)
- Received allocated intervention (n=14)
- Did not receive allocated intervention (n=0)

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

Analysed (n=14)
- Excluded from analysis (n=0)