CONSORT Flow Diagram

Enrollment

Assessed for eligibility (n=205)

Excluded (n=13)
- ♦ Declined to participate (n=13)

Randomized (n=192)

Allocation

Allocated to group therapy (n=93)
- ♦ All received allocated intervention (n=93)

Allocated to individual therapy (n= 99)
- ♦ All received allocated intervention (n=99)

Followed-Up
- 4 months: N=164
- 1 year: N=122

Dropped out: N=33
- 4 months: n=14
- 1year: n=19

Dropped out: N=37
- 4 months: n=14
- 1year: n=23

Analysis

Analysed: N=92
- 1 excluded due to weight status (normal)

Analysed: N=99