Fig. 1. Participant Flow diagram

Baseline

Follow-up 1 month (T2)

- Completed at least 6 out of 8 weekly sessions and 1 month follow-up assessment (n=21)
- Did not complete 1 month follow-up

Follow-up 3 months (T3)

- Completed at least 6 out of 8 weekly sessions and 3 month follow-up assessment (n=13)
- Did not complete 3 month follow-up