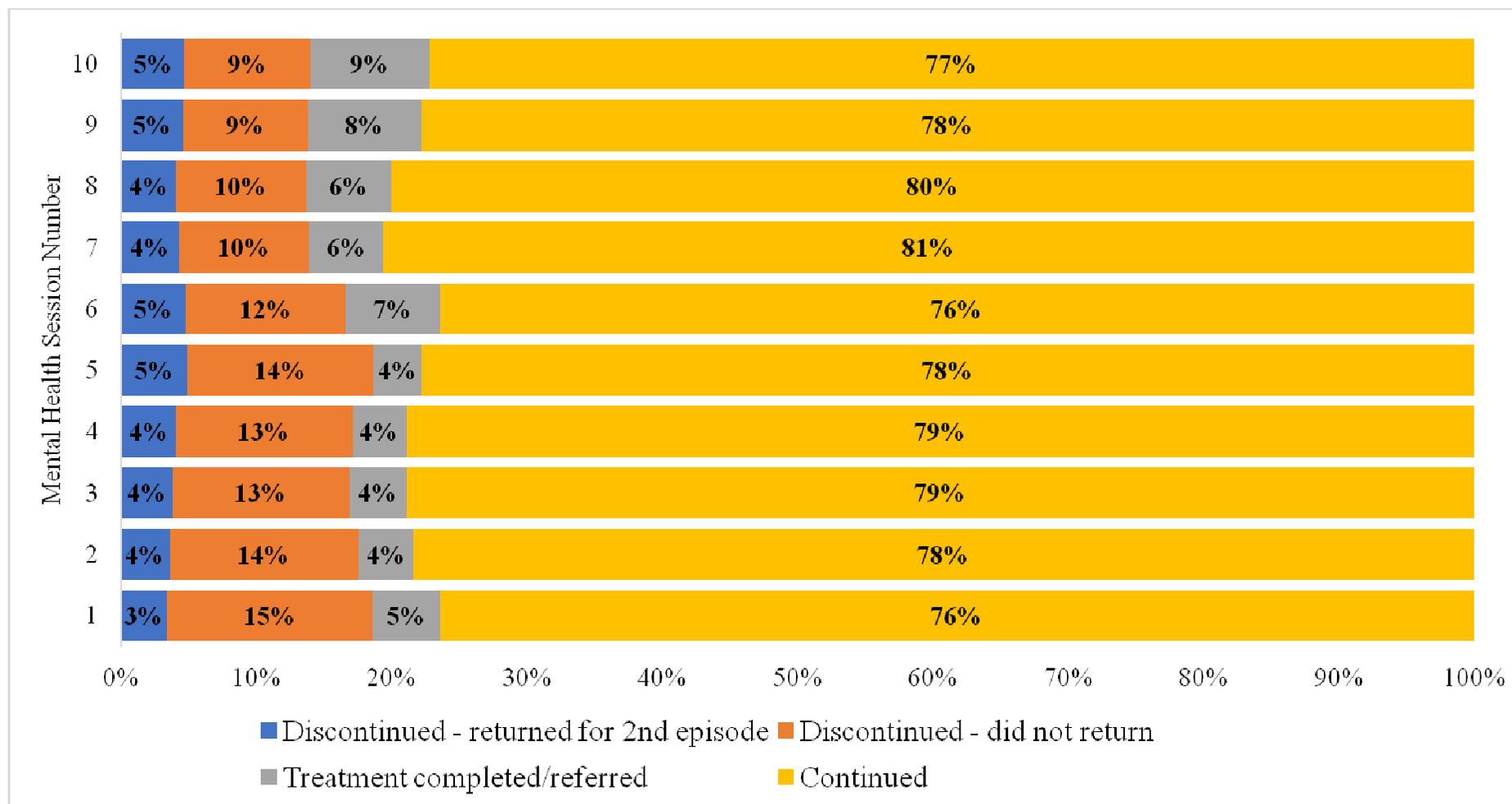


**Supplementary Figure.** Participant flow, cohort selection and data refinement



**Supplementary Figure.** Rates of continuation, discontinuation and completion after each session.

Note. Discontinued (return) proportions were projected from sub-group analyses and applied to the overall sample; All % may not sum to 100% due to rounding



