### Figure 1 – Design of the randomized controlled trial

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Group A: Before lessons began, after lessons finished, and at 3 and 6 months after lessons finished.

Group B: At 3 and 0 months before lessons began, after lessons finished, and at 3 months after lessons finished.

Participants were also asked a series of questions by their teachers before and after each individual lesson (Set 2 Outcome Measures), and were invited to participate in a focus group or telephone interview once all lessons had been completed.