**Figure 1: CONSORT 2025 Flow Diagram**

Flow diagram of the progress through the phases of a randomised trial of two groups (that is, enrolment, intervention allocation, follow-up, and data analysis)

Analysis

Analysed for primary outcome (n= )

Excluded from analysis (give reasons) (n= )

Discontinued intervention (give reasons) (n= )

Lost to follow-up for primary outcome (give reasons) (n= ):

Discontinued intervention (give reasons) (n= )

Lost to follow-up for primary outcome (give reasons) (n= ):

Excluded (n= )

Not meeting inclusion criteria (n= )

Declined to participate (n= )

Other reasons (n= )

Randomised (n= )

Allocation

Follow-Up

Allocated to intervention (n= )

Received allocated intervention (n= )

Did not receive allocated intervention (give reasons) (n= )

Allocated to intervention (n= )

Received allocated intervention (n= )

Did not receive allocated intervention (give reasons) (n= )

Enrolment

Assessed for eligibility (n= )

Analysed for primary outcome (n= )

Excluded from analysis (give reasons) (n= )