



**eFigure 1: Consort diagram**

Group A completed follow-up before 23 March 2020 (when national COVID-19 lockdown was instigated in the UK). Group B completed treatment before 23 March 2020, but completed follow-up after 23 March 2020. Group C (n=89) were randomised but did not receive treatment prior to 23 March 2020, and completed follow-up after 23 March 2020. Group D (n=88) were recruited in the extension after 3 August 2021.