

## 1. Participant Flow

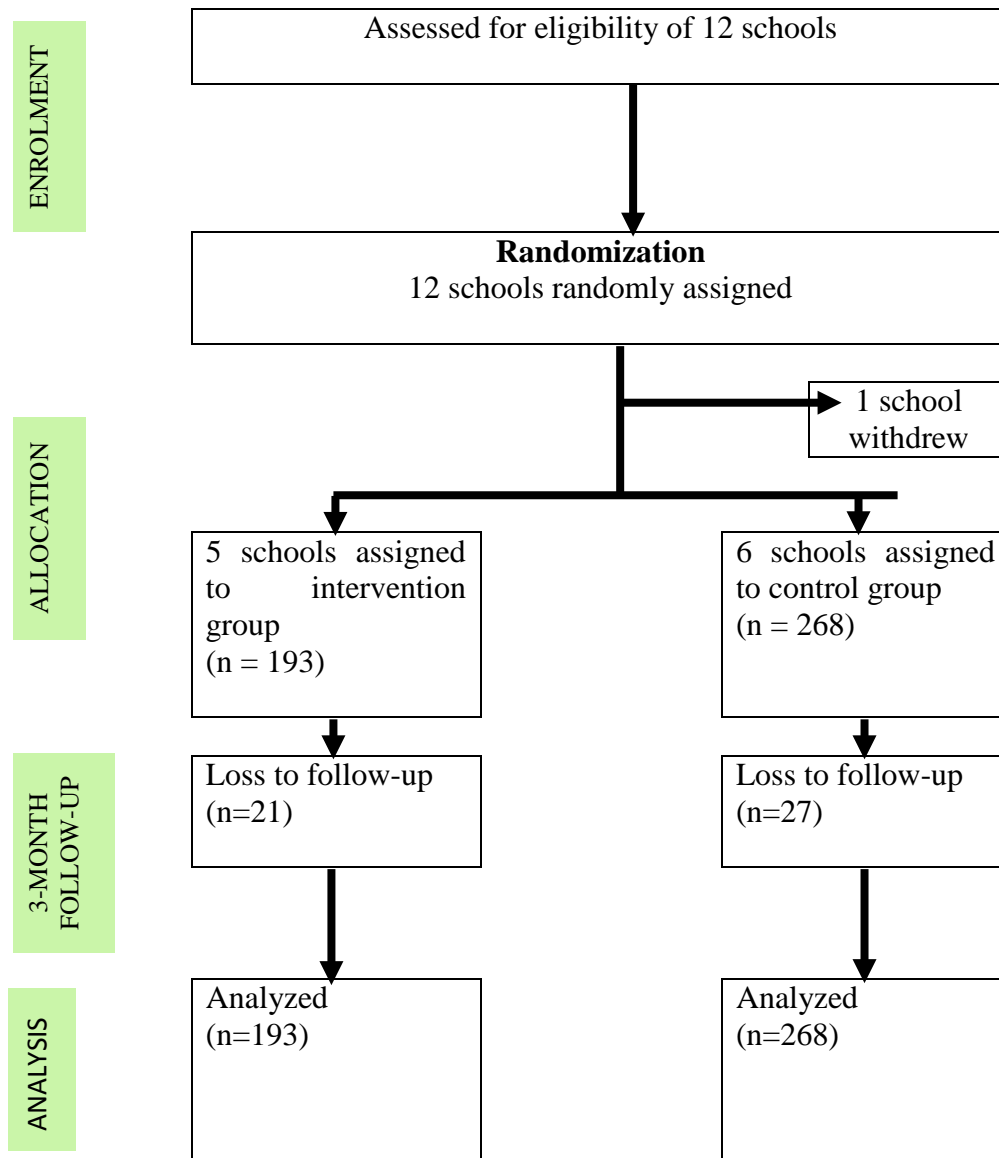


Figure 1. CONSORT diagram of the clusters and study participants

## 2. Baseline Characteristics

**Table 1: Baseline characteristics for socio-demographic variables of the participants**

Variables	Intervention (n=193)		Control (n=268)	
	n	%	n	%
Age				
10	98	50.8	135	50.4
11	95	49.2	133	49.6
Gender				
Male	77	39.9	126	47.0
Female	116	60.1	142	53.0
Ethnicity				
Malay	192	99.5	268	100.0
Non-Malay	1	0.5	0	0.0

**Table 2: Baseline characteristics for psychological variables of the participants**

Variables	Intervention Mean (SD)	Control Mean (SD)
Anxiety score	14.14 (6.194)	15.06 (6.948)
Worry coping skill score	5.35 (1.409)	5.54 (1.518)
Self-esteem score	37.43 (5.724)	36.46 (6.127)

### 3. Outcome Measures

**Table 3: Primary outcome measure at immediately and three months after intervention in both the intervention and control groups**

		Immediately after intervention Mean (SD)	3-months after intervention Mean (SD)
Anxiety score	Control	15.14 (6.325)	13.87 (7.178)
	Intervention	14.10 (6.421)	12.95 (7.088)

**Table 4: Secondary outcome measures at immediately and three months after intervention in both the intervention and control groups**

		Immediately after intervention Mean (SD)	3-months after intervention Mean (SD)
Worry coping skill score	Control	5.58 (1.487)	5.50 (1.443)
	Intervention	5.28 (1.434)	5.26 (1.382)
Self-esteem score	Control	36.68 (6.710)	35.52 (6.834)
	Intervention	36.41 (6.638)	36.71 (7.106)

#### **4. Adverse Events**

There were no adverse events associated with this trial.