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## Table 1. Summary of the study design and data collection

Study Design	Data Collection	Study Design	Data Collection
Phase 1: Baseline	Phase 1: Baseline	Phase 1: Baseline	Phase 1: Baseline
Phase 2: Intervention	Phase 2: Intervention	Phase 2: Intervention	Phase 2: Intervention
Phase 3: Follow-up	Phase 3: Follow-up	Phase 3: Follow-up	Phase 3: Follow-up



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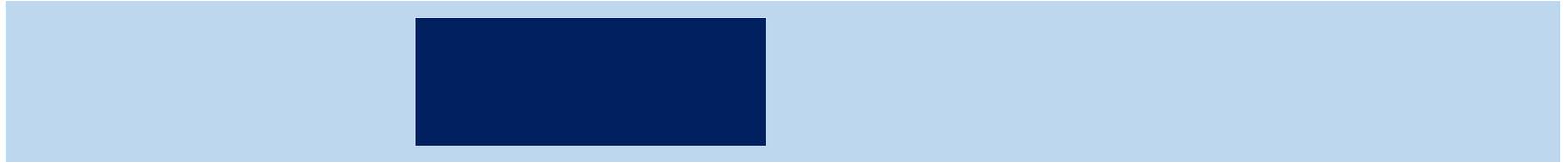


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