

Eligible schools
n=31

Exclude (n=110) pre-contemplation, contemplation, action or maintenance stages (n=97). Medically screen (n=1). Parent refused

Block randomization of schools (n= 3)

Allocated to THP group n=55

Allocated to HP group n=54

Allocated to control group n=52

Received tailored intervention

Follow-up 1, 24, 48 wks (n=52) received pamphlets after the final follow-up pamphlets after 48 week

Follow-up 1, 4, 10, 18, 24, 48 wks (n=109)