Recruit/screen participants

Enroll/Baseline (O1)

(n=528)

Randomize

(n=528)

MyLife MyStyle Intervention

(n=264)

Wait-list

Controls

(n=264)

3-month post intervention follow-up interview (O2)

(n=210)

3-month follow-up interview (O2)

(n=210)

3 weekly sessions

(n=224)

6-month follow-up interview (O3)

(n=200)

6-month follow-up interview (O3)

(n=200)

**Data Collection Flowchart for Total Sample**