Excluded (n= 111)

* Screened in randomized stage (n=55)
* Not meeting inclusion criteria (n=35)
* Declined to participate (n=15)
* Other reasons (n=5)

**First degree relatives Participants (FDRP)**

Allocated to intervention (n= 25)

* Received allocated intervention (n=25)
* Did not receive allocated intervention (give reasons) (n= 0)

**Allocation**

**Follow-up**

**Analysis**

**Enrollment**

Assessed for eligibility (n= 186)

Included (n=75)

**Multiple Sclerosis Participants (MSP)**

Allocated to intervention (n= 25)

* Received allocated intervention (n=25)
* Did not receive allocated intervention (give reasons) (n= 0)

**Healthy Participants (HP)**

Allocated to intervention (n= 25)

* Received allocated intervention (n=25)
* Did not receive allocated intervention (give reasons) (n= 0)

Lost to follow-up (give reasons) (n= 0)

Discontinued intervention (give reasons) (n= 0)

Lost to follow-up (give reasons) (n= 0)

Discontinued intervention (give reasons) (n= 0)

Lost to follow-up (give reasons) (n= 0)

Discontinued intervention (give reasons) (n= 0)

Analysed (n= 25)
 Excluded from analysis (give reasons) (n= 0)

Analysed (n= 25)
 Excluded from analysis (give reasons) (n= 0)

Analysed (n= 25)
 Excluded from analysis (give reasons) (n= 0)

**Figure e-2.** Flow chart of the participants throughout the study.