December 2008: A questionnaire set was distributed to 2663 pupils.

The beginning of January 2009: 2395 completed the details of their state of health before completing the questionnaire survey. 2476 completed the first questionnaire.

The beginning of March 2009: 2119 completed the second questionnaire.

613 excluded; 557 excluded because of non-completion of both the questionnaires. 56 excluded because of missing data including main outcome measures.

2050 included in analysis.

Supplemental Figure 1. Study flow diagram