

Annexure-x

Sample size calculation	
Before the study	After the study
$N = \frac{z^2 * p(1-p)}{e^2}$ $N = \frac{(1.96)^2 * 0.8 * (1-0.8)}{(0.05)^2}$ $N = \frac{0.6144}{0.0025}$ $N = 246$	$N = \frac{z^2 * p(1-p)}{e^2}$ $N = \frac{(1.96)^2 * 0.9 * (1-0.9)}{(0.05)^2}$ $N = \frac{0.3456}{0.0025}$ $N = 138$
Power effect of the study <p>Keeping in mind as a two tailed hypothetical study, the probable effect size with respect to before and after intervention was calculated. The post hoc analysis helped to understand the observed effect size with respect to conventional Cohen's P, where the study was on medium effect at 0.5 range.</p> <p>As per sample size availed by using the Epi-calculator, the observed sample size of 246 subjects gave a validity of 97.4% impact at baseline. On the follow up at the end of two years along with drop out and observed attrition rates, the study impact still remained at medium effect with impact of 83%.</p>	