

Reporting checklist for randomised trial.

Based on the CONSORT guidelines.

Instructions to authors

Complete this checklist by entering the page numbers from your manuscript where readers will find each of the items listed below.

Your article may not currently address all the items on the checklist. Please modify your text to include the missing information. If you are certain that an item does not apply, please write "n/a" and provide a short explanation.

Upload your completed checklist as an extra file when you submit to a journal.

In your methods section, say that you used the CONSORT reporting guidelines, and cite them as:

Schulz KF, Altman DG, Moher D, for the CONSORT Group. CONSORT 2010 Statement: updated guidelines for reporting parallel group randomised trials

		Reporting Item	Page Number
Title and Abstract			
Title	#1a	Identification as a randomized trial in the title.	Title (pg 1)
Abstract	#1b	Structured summary of trial design, methods, results, and conclusions	Abstract section (pg 2)
Introduction			
Background and objectives	#2a	Scientific background and explanation of rationale	Introduction par.1 (pg 2,3)
Background and objectives	#2b	Specific objectives or hypothesis	Introduction par. 1 (pg 3)
Methods			
Trial design	#3a	Description of trial design (such as parallel, factorial) including allocation ratio.	Methods par.1 (pg 3) and Methods par. 5 (pg 4)
Trial design	#3b	Important changes to methods after trial	NA (no changes)

		commencement (such as eligibility criteria), with reasons	after trial commencement)
Participants	#4a	Eligibility criteria for participants	Methods par.2 (pg 3) & data supplement attachment.
Participants	#4b	Settings and locations where the data were collected	Abstract Methods section (pg 2) and Methods par.1 (pg 3).
Interventions	#5	The experimental and control interventions for each group with sufficient details to allow replication, including how and when they were actually administered	Methods par.3 (pg3) & data supplement attachment.
Outcomes	#6a	Completely defined prespecified primary and secondary outcome measures, including how and when they were assessed	Methods par.4 (pg 4)
Outcomes	#6b	Any changes to trial outcomes after the trial commenced, with reasons	NA (no changes after trial commencement)
Sample size	#7a	How sample size was determined.	Methods par. 5 (pg 4)
Sample size	#7b	When applicable, explanation of any interim analyses and stopping guidelines	Methods par. 1 (pg 3)
Randomization - Sequence generation	#8a	Method used to generate the random allocation sequence.	Methods par. 5 (pg 4)
Randomization - Sequence generation	#8b	Type of randomization; details of any restriction (such as blocking and block size)	Methods par. 5 (pg 4)
Randomization - Allocation concealment mechanism	#9	Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned	Methods par. 5 (pg 4)

Randomization - Implementation	#10	Who generated the allocation sequence, who enrolled participants, and who assigned participants to interventions	Methods par. 6 (pg 4)
Blinding	#11a	If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how.	Methods par. 6 (pg 4)
Blinding	#11b	If relevant, description of the similarity of interventions	Methods par. 6 (pg 4)
Statistical methods	#12a	Statistical methods used to compare groups for primary and secondary outcomes	Methods par. 7 (pg 4)
Statistical methods	#12b	Methods for additional analyses, such as subgroup analyses and adjusted analyses	Methods par. 8 (pg 4)
Results			
Participant flow diagram (strongly recommended)	#13a	For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome	Fig 2 Results section par.2 (pg 5)
Participant flow	#13b	For each group, losses and exclusions after randomization, together with reason	Fig 2 Results section par.2 (pg 5)
Recruitment	#14a	Dates defining the periods of recruitment and follow-up	Fig 2 Results section par.2 (pg 5)
Recruitment	#14b	Why the trial ended or was stopped	NA (trial completed successfully)
Baseline data	#15	A table showing baseline demographic and clinical characteristics for each group	Table1 (pg 5)
Numbers analysed	#16	For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups	Results section par.3 (pg 5)

Outcomes and estimation	#17a	For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval)	Results “Efficacy analysis” section par.2 (pg 6,7)
Outcomes and estimation	#17b	For binary outcomes, presentation of both absolute and relative effect sizes is recommended	NA (no binary outcomes)
Ancillary analyses	#18	Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory	Results “Covariate analysis”, “Blinding” sections (pg 7)
Harms	#19	All important harms or unintended effects in each group (For specific guidance see CONSORT for harms)	Results “Safety analysis” section (pg 7)
Discussion			
Limitations	#20	Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses	Discussion section “Considerations for future studies“ (pg 10)
Generalisability	#21	Generalisability (external validity, applicability) of the trial findings	Discussion section “Considerations for future studies“ (pg 10)
Interpretation	#22	Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	Discussion section “Rationale for the E-FIT trial and principal findings” (pg 8,9)
Registration	#23	Registration number and name of trial registry	Clinical trial registration (pg 2)

Other information

Interpretation	#22	Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	Discussion section “Rationale for the E-FIT trial and principal findings” (pg 8,9)
Registration	#23	Registration number and name of trial registry	Clinical trial registration (pg 2)
Protocol	#24	Where the full trial protocol can be accessed, if available	Methods par.3 (pg 3)
Funding	#25	Sources of funding and other support (such as supply of drugs), role of funders	Sources of funding section (pg 11)

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