

table (1)

Item No.	Recommendation	Reported on Page / Section	Reported?
Title and abstract			
1(a)	Indicate the study's design with a commonly used term in the title or the abstract	Title & Abstract	Yes
1(b)	Provide in the abstract an informative and balanced summary of what was done and what was found	Abstract	Yes
Introduction			
2	Explain the scientific background and rationale for the investigation	Background	Yes
3	State specific objectives, including any prespecified hypotheses	End of Background section	Yes
Methods			
4	Present key elements of study design early in the paper	Study design and setting	Yes
5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	Study design and setting	Yes
6(a)	Give the eligibility criteria, and the sources and methods of selection of participants	Participants and eligibility criteria	Yes
7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers	Variables and outcomes	Yes
8	For each variable of interest, give sources of data and details of methods of assessment	Data sources and measurement	Yes
9	Describe any efforts to address potential sources of bias	Control of biases	Yes
10	Explain how the study size was arrived at	Study size	Yes (convenience sample)
11	Explain how quantitative variables were handled in the analyses	Quantitative variables and statistical analysis	Yes
12(a)	Describe all statistical methods, including those used to control for confounding	Statistical analysis (ANCOVA)	Yes
12(e)	Describe any methods used to examine subgroups and interactions	Sensitivity analyses	Yes
Results			
13(a)	Report numbers of individuals at each stage of the study	Results – Baseline characteristics	Yes
14(a)	Give characteristics of study participants (demographic, clinical, social)	Table 1	Yes
15	Report outcome data	Tables 2, 3, 4 and Figure 1	Yes
16(a)	Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision	Tables 2–4 (ANCOVA)	Yes
17	Report other analyses performed (e.g., sensitivity analyses)	Sensitivity analyses	Yes
Discussion			
18	Summarise key results with reference to study objectives	Discussion	Yes
19	Discuss limitations of the study, taking into account sources of potential bias	Strengths and limitations	Yes
20	Give a cautious overall interpretation of results	Discussion and Conclusions	Yes
21	Discuss the generalisability (external validity) of the study results	Limitations and Future directions	Yes
Other information			
22	Give the source of funding and the role of the funders	Declarations – Funding	Yes