

### Additional file 3. The TIDieR (Template for Intervention Description and Replication) Checklist\*:

Information to include when describing an intervention and the location of the information

| Item<br>number | Item                                                                                                                                                                                                                                                                                                                | Where located **                              |                              |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------|
|                |                                                                                                                                                                                                                                                                                                                     | Primary paper<br>(page or appendix<br>number) | Other <sup>†</sup> (details) |
| 1.             | <b>BRIEF NAME</b><br>Provide the name or a phrase that describes the intervention.                                                                                                                                                                                                                                  | RB-TPP: p3<br>_____                           | _____                        |
| 2.             | <b>WHY</b><br>Describe any rationale, theory, or goal of the elements essential to the intervention.                                                                                                                                                                                                                | __p3, p4____                                  | _____                        |
| 3.             | <b>WHAT</b><br>Materials: Describe any physical or informational materials used in the intervention, including those provided to participants or used in intervention delivery or in training of intervention providers.<br>Provide information on where the materials can be accessed (e.g. online appendix, URL). | __Fig.1____                                   | _____                        |
| 4.             | Procedures: Describe each of the procedures, activities, and/or processes used in the intervention, including any enabling or support activities.                                                                                                                                                                   | __p3, p4, Fig.1__                             | _____                        |
| 5.             | <b>WHO PROVIDED</b><br>For each category of intervention provider (e.g. psychologist, nursing assistant), describe their expertise, background and any specific training given.                                                                                                                                     | __p4____                                      | _____                        |
| 6.             | <b>HOW</b><br>Describe the modes of delivery (e.g. face-to-face or by some other mechanism, such as internet or telephone) of the intervention and whether it was provided individually or in a group.                                                                                                              | __p4____                                      | _____                        |
|                | <b>WHERE</b>                                                                                                                                                                                                                                                                                                        |                                               |                              |

|                          |                                                                                                                                                                                   |                 |       |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------|
| 7.                       | Describe the type(s) of location(s) where the intervention occurred, including any necessary infrastructure or relevant features.                                                 | _p4, p5, Fig 1_ | _____ |
| <b>WHEN and HOW MUCH</b> |                                                                                                                                                                                   |                 |       |
| 8.                       | Describe the number of times the intervention was delivered and over what period of time including the number of sessions, their schedule, and their duration, intensity or dose. | _p5_            | _____ |
| <b>TAILORING</b>         |                                                                                                                                                                                   |                 |       |
| 9.                       | If the intervention was planned to be personalised, titrated or adapted, then describe what, why, when, and how.                                                                  | _n/a_           | _____ |
| <b>MODIFICATIONS</b>     |                                                                                                                                                                                   |                 |       |
| 10.*                     | If the intervention was modified during the course of the study, describe the changes (what, why, when, and how).                                                                 | _p6_            | _____ |
| <b>HOW WELL</b>          |                                                                                                                                                                                   |                 |       |
| 11.                      | Planned: If intervention adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them.            | _p5, p6_        | _____ |
| 12.*                     | Actual: If intervention adherence or fidelity was assessed, describe the extent to which the intervention was delivered as planned.                                               | _p7, p8_        | _____ |

\*\* **Authors** - use N/A if an item is not applicable for the intervention being described. **Reviewers** – use ‘?’ if information about the element is not reported/not sufficiently reported.

† If the information is not provided in the primary paper, give details of where this information is available. This may include locations such as a published protocol or other published papers (provide citation details) or a website (provide the URL).

‡ If completing the TIDieR checklist for a protocol, these items are not relevant to the protocol and cannot be described until the study is complete.

\* We strongly recommend using this checklist in conjunction with the TIDieR guide (see *BMJ* 2014;348:g1687) which contains an explanation and elaboration for each item.

\* The focus of TIDieR is on reporting details of the intervention elements (and where relevant, comparison elements) of a study. Other elements and methodological features of studies are covered by other reporting statements and checklists and have not been duplicated as part of the TIDieR checklist. When a **randomised trial** is being reported, the TIDieR checklist should be used in conjunction with the CONSORT statement (see [www.consort-statement.org](http://www.consort-statement.org)) as an extension of **Item 5 of the CONSORT 2010 Statement**. When a **clinical trial protocol** is being reported, the TIDieR checklist should be used in conjunction with the SPIRIT statement as an extension of **Item 11 of the SPIRIT 2013** TIDieR checklist

**Statement** (see [www.spirit-statement.org](http://www.spirit-statement.org)). For alternate study designs, TIDieR can be used in conjunction with the appropriate checklist for that study design (see [www.equator-network.org](http://www.equator-network.org)).