

SPIRIT Checklist for *Trials*

Complete this checklist by entering the page and line numbers where each of the items listed below can be found in your manuscript.

Your manuscript 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 state "n/a" and provide a short explanation. **Leaving an item blank or stating “n/a” without an explanation will lead to your manuscript being returned before review.**

Upload your completed checklist as an additional file when you submit to *Trials*. You must reference this additional file in the main text of your protocol submission. The completed SPIRIT figure must be included within the main body of the protocol text and can be downloaded here:

<http://www.spirit-statement.org/schedule-of-enrolment-interventions-and-assessments/>

In your methods section, please state that you used the SPIRIT reporting guidelines, and cite them as:

Chan A-W, Tetzlaff JM, Gøtzsche PC, Altman DG, Mann H, Berlin J, Dickersin K, Hróbjartsson A, Schulz KF, Parulekar WR, Krleža-Jerić K, Laupacis A, Moher D. SPIRIT 2013 Explanation and Elaboration: Guidance for protocols of clinical trials. BMJ. 2013;346:e7586

Reporting Item		Page and Line Number	Reason if not applicable	
Administrative information				
Title	#1	Descriptive title identifying the study design, population, interventions, and, if applicable, trial acronym	page 1 line 1-2	
Trial registration	#2a	Trial identifier and registry name. If not yet registered, name of intended registry	page 2 line 42-43	
Trial registration: data set	#2b	All items from the World Health Organization Trial Registration Data Set	n/a	To avoid unnecessary repetitions in the article we included a link to the preregistration.
Protocol version	#3	Date and version identifier	page 20	

			line 493-495	
Funding	#4	Sources and types of financial, material, and other support	page 31 Line 802-805	
Roles and responsibilities: contributorship	#5a	Names, affiliations, and roles of protocol contributors	page 32 Line 807-811	
Roles and responsibilities: sponsor contact information	#5b	Name and contact information for the trial sponsor	n/a	The study doesn't have a sponsor.
Roles and responsibilities: sponsor and funder	#5c	Role of study sponsor and funders, if any, in study design; collection, management, analysis, and interpretation of data; writing of the report; and the decision to submit the report for publication, including whether they will have ultimate authority over any of these activities	n/a	In the present study there is no role of study sponsor and funders. Decisions are made independently by principal investigators.
Roles and responsibilities: committees	#5d	Composition, roles, and responsibilities of the coordinating centre, steering committee, endpoint adjudication committee, data management team, and other individuals or groups overseeing the trial, if applicable (see Item 21a for data monitoring committee)	page 18 Line 427-435	
Introduction				
Background and rationale	#6a	Description of research question and justification for undertaking the trial, including summary of relevant studies (published and unpublished)	page 3-6 Line 57-161	

		examining benefits and harms for each intervention		
Background and rationale: choice of comparators	#6b	Explanation for choice of comparators	page 11 Line 268-270	
Objectives	#7	Specific objectives or hypotheses	page 6 Line 150- 161	
Trial design	#8	Description of trial design including type of trial (eg, parallel group, crossover, factorial, single group), allocation ratio, and framework (eg, superiority, equivalence, non-inferiority, exploratory)	page 6-7 Line 164-184	
Methods: Participants, interventions, and outcomes				
Study setting	#9	Description of study settings (eg, community clinic, academic hospital) and list of countries where data will be collected. Reference to where list of study sites can be obtained	page 7, line 181 Page 8, line 188	
Eligibility criteria	#10	Inclusion and exclusion criteria for participants. If applicable, eligibility criteria for study centres and individuals who will perform the interventions (eg, surgeons, psychotherapists)	page 8-9 Line 208-219	
Interventions: description	#11a	Interventions for each group with sufficient detail to allow replication, including how and when they will be administered	page 9-12 Line 231-278	

Interventions: modifications	#11b	Criteria for discontinuing or modifying allocated interventions for a given trial participant (eg, drug dose change in response to harms, participant request, or improving / worsening disease)	page 9 Line 226-229	
Interventions: adherence	#11c	Strategies to improve adherence to intervention protocols, and any procedures for monitoring adherence (eg, drug tablet return; laboratory tests)	page 7, line 169-171 page 9, line 236-239 page 17, line 423-424 page 20, line 486-489	
Interventions: concomitant care	#11d	Relevant concomitant care and interventions that are permitted or prohibited during the trial	page 9 Line 216-219	
Outcomes	#12	Primary, secondary, and other outcomes, including the specific measurement variable (eg, systolic blood pressure), analysis metric (eg, change from baseline, final value, time to event), method of aggregation (eg, median, proportion), and time point for each outcome. Explanation of the clinical relevance of chosen efficacy and harm outcomes is strongly recommended	page 13-16 Line 288-391 page 32 Line 826	
Participant timeline	#13	Time schedule of enrolment, interventions (including any run-ins and washouts), assessments, and visits for participants. A schematic diagram is highly recommended (see Figure)	Page 6-7 Line 165-179 Figure 1, line 184	

Sample size	#14	Estimated number of participants needed to achieve study objectives and how it was determined, including clinical and statistical assumptions supporting any sample size calculations	page 17 Line 403-411	
Recruitment	#15	Strategies for achieving adequate participant enrolment to reach target sample size	page 8 Line 187-188	
Methods: Assignment of interventions (for controlled trials)				
Allocation: sequence generation	#16a	Method of generating the allocation sequence (eg, computer-generated random numbers), and list of any factors for stratification. To reduce predictability of a random sequence, details of any planned restriction (eg, blocking) should be provided in a separate document that is unavailable to those who enrol participants or assign interventions	page 8 Line 199-201	
Allocation concealment mechanism	#16b	Mechanism of implementing the allocation sequence (eg, central telephone; sequentially numbered, opaque, sealed envelopes), describing any steps to conceal the sequence until interventions are assigned	page 8 Line 201-204	
Allocation: implementation	#16c	Who will generate the allocation sequence, who will enrol participants, and who will assign participants to interventions	page 8 Line 198-206 Line 193-194	

Blinding (masking)	#17a	Who will be blinded after assignment to interventions (eg, trial participants, care providers, outcome assessors, data analysts), and how	page 8 Line 204-206	
Blinding (masking): emergency unblinding	#17b	If blinded, circumstances under which unblinding is permissible, and procedure for revealing a participant's allocated intervention during the trial	n/a	In case of the needs of present study, after the beginning of the interventions there will be no blinding. Participants will know to which group they are allocated. Researchers also cannot be blinded because they are contacting participants.
Methods: Data collection, management, and analysis				
Data collection plan	#18a	Plans for assessment and collection of outcome, baseline, and other trial data, including any related processes to promote data quality (eg, duplicate measurements, training of assessors) and a description of study instruments (eg, questionnaires, laboratory tests) along with their reliability and validity, if known. Reference to where data collection forms can be found, if not in the protocol	Page 8 Line 187-194 page 13 Line 282-391	
Data collection plan: retention	#18b	Plans to promote participant retention and complete follow-up, including list of any outcome data to be collected for participants who discontinue or deviate from intervention protocols	Page 9, Line 236-239 Page 17, Line 415-417 Page 20, Line 486-489	
Data management	#19	Plans for data entry, coding, security, and storage, including any related processes to promote data	page 16, line 393-398	

		quality (eg, double data entry; range checks for data values). Reference to where details of data management procedures can be found, if not in the protocol		
Statistics: outcomes	#20a	Statistical methods for analysing primary and secondary outcomes. Reference to where other details of the statistical analysis plan can be found, if not in the protocol	page 17 Line 413-425	
Statistics: additional analyses	#20b	Methods for any additional analyses (eg, subgroup and adjusted analyses)	n/a	We don't have additional analyses
Statistics: analysis population and missing data	#20c	Definition of analysis population relating to protocol non-adherence (eg, as randomised analysis), and any statistical methods to handle missing data (eg, multiple imputation)	page 17 Line 415-417	
Methods: Monitoring				
Data monitoring: formal committee	#21a	Composition of data monitoring committee (DMC); summary of its role and reporting structure; statement of whether it is independent from the sponsor and competing interests; and reference to where further details about its charter can be found, if not in the protocol. Alternatively, an explanation of why a DMC is not needed	n/a	In the present trial there will be no DMC provided. This is due to the relatively short duration of a trial. Instead we will have a Trial Management Group, who will discuss any important decisions concerning data management or the course of the study.
Data monitoring: interim analysis	#21b	Description of any interim analyses and stopping guidelines, including who will have access to these interim results and make the final decision to terminate the trial	n/a	This is not applicable to the present study, due to the short duration of a recruitment process and short duration of a whole trial.

Harms	#22	Plans for collecting, assessing, reporting, and managing solicited and spontaneously reported adverse events and other unintended effects of trial interventions or trial conduct	Page 9, line 226-227 page 18, line 432-535	
Auditing	#23	Frequency and procedures for auditing trial conduct, if any, and whether the process will be independent from investigators and the sponsor	page 18 Line 427-435	
Ethics and dissemination				
Research ethics approval	#24	Plans for seeking research ethics committee / institutional review board (REC / IRB) approval	page 32, line 813-815	
Protocol amendments	#25	Plans for communicating important protocol modifications (eg, changes to eligibility criteria, outcomes, analyses) to relevant parties (eg, investigators, REC / IRBs, trial participants, trial registries, journals, regulators)	page 18 Line 432-435	
Consent or assent	#26a	Who will obtain informed consent or assent from potential trial participants or authorised surrogates, and how (see Item 32)	page 8 Line 188-189	
Consent or assent: ancillary studies	#26b	Additional consent provisions for collection and use of participant data and biological specimens in ancillary studies, if applicable	n/a	This is ot an ancillary study.
Confidentiality	#27	How personal information about potential and enrolled participants will be collected, shared, and maintained in order to protect confidentiality before, during, and after the trial	page 16 Line 394-398	

Declaration of interests	#28	Financial and other competing interests for principal investigators for the overall trial and each study site	page 32 Line 820-821	
Data access	#29	Statement of who will have access to the final trial dataset, and disclosure of contractual agreements that limit such access for investigators	page 16 Line 397-398	
Ancillary and post trial care	#30	Provisions, if any, for ancillary and post-trial care, and for compensation to those who suffer harm from trial participation	page 9 Line 228-229	
Dissemination policy: trial results	#31a	Plans for investigators and sponsor to communicate trial results to participants, healthcare professionals, the public, and other relevant groups (eg, via publication, reporting in results databases, or other data sharing arrangements), including any publication restrictions	page 17 Line 424-425	
Dissemination policy: authorship	#31b	Authorship eligibility guidelines and any intended use of professional writers	n/a	We are not planning to use any professional writers. All author of the protocol are mentioned in the paper with their contributions.
Dissemination policy: reproducible research	#31c	Plans, if any, for granting public access to the full protocol, participant-level dataset, and statistical code	page 31 Line 798-800	
Appendices				

Informed consent materials	#32	Model consent form and other related documentation given to participants and authorised surrogates	n/a	Our informed consent is written in polish language. It is approved by the Comimittee on The Ethics of Research of the Faculty of Psychology of the University of Warsaw.
Biological specimens	#33	Plans for collection, laboratory evaluation, and storage of biological specimens for genetic or molecular analysis in the current trial and for future use in ancillary studies, if applicable	n/a	We don` t collect any biological specimens.

It is strongly recommended that this checklist be read in conjunction with the SPIRIT 2013 Explanation & Elaboration for important clarification on the items. Amendments to the protocol should be tracked and dated. The SPIRIT checklist is copyrighted by the SPIRIT Group under the Creative Commons “[Attribution-NonCommercial-NoDerivs 3.0 Unported](#)” license. This checklist can be completed online using <https://www.goodreports.org/>, a tool made by the EQUATOR Network in collaboration with Penelope.ai