

Figure. Example template of recommended content for the schedule of enrolment, interventions, and assessments.*

	Enrolment	Allocation	Post-allocation			
TIMEPOINT**	-t ₁	0	t (0-6 week)	t (6-7 week)	t (7-13 week)	t (13-14 week)
ENROLMENT:						
Eligibility screen	X					
Informed consent	X					
[List other procedures]	X					
Allocation		X				
INTERVENTIONS:						
[head down and strong abdominal breathing]			↔	X	↔	X
[strong abdominal breathing]			↔	X	↔	X
[Ba Duan Jin]			↔	X	↔	X
[control group]			↔	X	↔	X
ASSESSMENTS:						
[List baseline variables]	X	X				
[primary outcome]				X		X
[Secondary outcomes]				X		X

*Recommended content can be displayed using various schematic formats. See SPIRIT 2013 Explanation and Elaboration for examples from protocols.

**List specific timepoints in this row.