CONSORT 2010 Checklist

Section/Topic	Item No.	CONSORT Description	Reported on Page/Line
Title and Abstract	1a	Identification as a randomized trial in the title	Title includes “Randomized Controlled Trial”
	1b	Structured summary of trial design, methods, results, and conclusions	Abstract provides structured summary
Introduction	2a	Scientific background and explanation of rationale	Introduction sections 1-2
	2b	Specific objectives or hypotheses	End of Introduction
Methods	3a	Description of trial design (e.g., parallel, factorial) including allocation ratio	2.1 Design and Setting
	3b	Important changes to methods after trial commencement (e.g., eligibility criteria), with reasons	2.6 – states no post-registration modifications
Participants	4a	Eligibility criteria for participants	2.2 Participants – Eligibility Criteria

Section/Topic	Item No.	CONSORT Description	Reported on Page/Line
	4b	Settings and locations where the data were collected	2.1 Design and Setting
Interventions	5	The interventions for each group with sufficient details to allow replication	2.2 Interventions (Hybrid, EAGT-only, CGT-only)
Outcomes	6a	Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed	2.3 Outcomes
	6b	Any changes to trial outcomes after the trial commenced, with reasons	2.6 – none reported
Sample Size	7a	How sample size was determined	2.2 – Sample Size Determination
	7b	When applicable, explanation of any interim analyses and stopping guidelines	2.5 – interim safety review mentioned
Randomization	8a	Method used to generate the random allocation sequence	2.4 – Randomization and Blinding

Section/Topic	Item No.	CONSORT Description	Reported on Page/Line
	8b	Type of randomization; details of any restriction (e.g., blocking and block size)	2.4 – stratified, permuted block randomization
Allocation Concealment	9	Mechanism used to implement the random allocation sequence (e.g., central telephone; sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned	2.4 – Central web-based randomization system; sealed envelopes backup
Implementation	10	Who generated the allocation sequence, who enrolled participants, and who assigned participants to interventions	2.4 – independent statistician, site coordinators, treating physiotherapists
Blinding	11a	If done, who was blinded after assignment to interventions (e.g., participants, care providers, outcome assessors), and how	2.4 – Blinding procedures described (assessors and analysts blinded)
	11b	If relevant, description of the similarity of interventions	2.2 – interventions differ by design; comparability of intensity described
Statistical Methods	12a	Statistical methods used to compare groups for primary and secondary outcomes	2.5 – Statistical Analysis

Section/Topic	Item No.	CONSORT Description	Reported on Page/Line
	12b	Methods for additional analyses, such as subgroup analyses and adjusted analyses	2.5 and 4.1 Subgroup Analyses
Results	13a	For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analyzed for the primary outcome	Figure/flow not provided in text, but numbers given in Methods/Results
	13b	For each group, losses and exclusions after randomization, together with reasons	Not explicitly detailed; adherence >95% reported
Recruitment	14a	Dates defining the periods of recruitment and follow-up	2.1 – March 2022 to September 2024
	14b	Why the trial ended or was stopped	Not stated; presumably completed as planned
Baseline Data	15	A table showing baseline demographic and clinical characteristics for each group	Table 1 in Results
Numbers Analyzed	16	For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups	Results sections refer to n=48, 46, 46 per group; ITT used

Section/Topic	Item No.	CONSORT Description	Reported on Page/Line
Outcomes and Estimation	17a	For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (e.g., 95% confidence interval)	Tables 2–4; Figures 1–3; between-group differences reported
	17b	For binary outcomes, presentation of both absolute and relative effect sizes is recommended	Not applicable (continuous outcomes)
Ancillary Analyses	18	Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory	4.1 Subgroup Analyses
Harms	19	All important harms or unintended effects in each group	2.6 – mentions risks minimized; no adverse events reported
Discussion	20	Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses	Discussion – Limitations section
Interpretation	21	Generalizability (external validity, applicability) of the trial findings	Discussion – Clinical Implications and Generalizability

Section/Topic	Item No.	CONSORT Description	Reported on Page/Line
Registration	22	Registration number and name of trial registry	2.1 and 2.6 – OSF
Protocol	23	Where the full trial protocol can be accessed, if available	2.1 – link to OSF registration provided
Funding	24	Sources of funding and other support (such as supply of drugs), role of funders	Declarations – Funding section