**Research Design Checklists**

1. *This list is based on the Randomised Trials: CONSORT + Extensions checklist:*

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| Items | Description |
| ***Title and Abstract*** | Clearly state that the study is a randomised trial to ensure accurate indexing and retrieval. |
| ***Introduction*** | Provide background information and the rationale behind the study to set the context. |
| ***Trial Design*** | Describe the specific type of trial design (e.g., parallel, cluster, crossover) to clarify the methodological approach. |
| ***Participants*** | Define the eligible participants and the settings and locations to understand the population studied. |
| ***Interventions*** | Detail the interventions given to each group, including how and when they were administered. |
| ***Outcomes*** | Specify the primary and secondary outcomes that will be measured to evaluate the intervention’s effectiveness. |
| ***Sample Size*** | Explain how the number of participants was determined to ensure the study is adequately powered. |
| ***Randomisation*** | Describe generating and concealing the allocation sequence to prevent bias. |
| ***Blinding*** | State who was blinded (participants, caregivers, researchers) to reduce bias. |
| ***Statistical Methods*** | Outline the methods for comparing groups to ensure proper data analysis. |
| ***Participant Flow*** | Diagram the flow of participants through each stage of the trial to show the progress and dropout rates. |
| ***Recruitment*** | Provide details on the recruitment period and follow-up duration to assess the study’s timeline. |
| ***Baseline Data*** | Present baseline demographic and clinical characteristics to ensure group comparability. |
| ***Numbers Analysed*** | Report the number of participants analysed in each group to maintain transparency. |
| ***Outcomes and Estimation*** | Present results for all pre-specified outcomes with effect size and precision estimates. |
| ***Ancillary Analyses*** | Describe any additional analyses performed to explore other aspects of the data. |
| ***Harms*** | Report any adverse events or side effects to provide a complete picture of the intervention’s safety. |
| ***Discussion*** | Interpret the findings in the context of existing research and discuss their implications. |
| ***Generalizability*** | Discuss how the findings can be applied to other settings or populations. |
| ***Protocol*** | Indicate where the full trial protocol can be accessed for transparency and reproducibility. |

2. *This list is based on the Observational Studies STROBE + Extensions checklist:*

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| Items | Description |
| ***Title and Abstract*** | Indicate the study is observational to ensure accurate indexing and retrieval. |
| ***Background*** | Explain the scientific background and rationale for conducting the study to set the context. |
| ***Objectives*** | State the specific objectives and hypotheses to define the study’s goals. |
| ***Study Design*** | Describe the study's design (e.g., cohort, case-control, cross-sectional) to clarify the methodological approach. |
| ***Setting*** | Provide details on the locations, settings, and relevant dates to understand where and when the study was conducted. |
| ***Participants*** | Define the eligibility criteria, sources, and methods of participant selection to clarify the study population. |
| ***Variables*** | Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. |
| ***Data Sources*** | Describe sources of data and methods of assessment to ensure data validity and reliability. |
| ***Bias*** | Discuss potential sources of bias and how they were addressed to ensure study credibility. |
| ***Study Size*** | Explain how the study size was determined to ensure adequate power. |
| ***Quantitative Variables*** | Describe how quantitative variables were handled in the analysis. |
| ***Statistical Methods*** | Specify all statistical methods to ensure appropriate data analysis. |
| ***Participants*** | Report numbers at each stage of the study to provide transparency about participant flow. |
| ***Descriptive Data*** | Present descriptive data on study participants to contextualise the findings. |
| ***Outcome Data*** | Provide detailed results for each outcome measure to ensure clarity. |
| ***Main Results*** | Report unadjusted and, if applicable, adjusted estimates to provide a complete picture of the findings. |
| ***Other Analyses*** | Describe any additional analyses performed to explore the data further. |
| ***Discussion*** | Summarise key results and interpret them in the context of existing research. |
| ***Limitations*** | Discuss the study's limitations to provide context for the findings. |
| ***Interpretation*** | Offer a balanced understanding of the results and their implications for practice or further research. |

3. *This is based on the Systematic Reviews PRISMA + Extensions Checklist*

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| Items | Description |
| ***Title*** | Identify the report as a systematic review to ensure accurate indexing and retrieval. |
| ***Abstract*** | Provide a structured summary to overview the review’s methods and findings clearly. |
| ***Rationale*** | Describe the rationale for the review to set the context and explain why it is needed. |
| ***Objectives*** | Specify the study objectives and research questions to define the review’s goals. |
| ***Eligibility Criteria*** | Define criteria for including and excluding studies to ensure a clear scope. |
| ***Information Sources*** | List all sources of information (databases, registries) used to identify relevant studies. |
| ***Search Strategy*** | Present the complete electronic search strategy to ensure reproducibility. |
| ***Study Selection*** | Describe the study selection process, including screening and eligibility assessment. |
| ***Data Collection Process*** | Detail how data were extracted from included studies. |
| ***Data Items*** | List and define all variables sought for data. |
| ***Risk of Bias*** | Describe methods used to assess the risk of bias in included studies. |
| ***Summary Measures*** | The synthesis used state principal summary measures (e.g., risk ratio, odds ratio). |
| ***Synthesis of Results*** | Describe methods of synthesising the results (e.g., meta-analysis). |
| ***Additional Analyses*** | Specify any additional analyses (e.g., sensitivity analyses) performed. |
| ***Study Selection Flow Diagram*** | Provide a flow diagram illustrating the study selection process. |
| ***Study Characteristics*** | Summarise the critical characteristics of the included studies. |
| ***Risk of Bias in Studies*** | Present data on the risk of bias for each included study. |
| ***Results of Individual Studies*** | Provide summary statistics for each study included in the review. |
| ***Synthesis of Results*** | Present results of each meta-analysis, if performed. |
| ***Summary of Evidence*** | Summarise the main findings and their implications for practice or research. |

4. *This is based on the Case Reports/Study CARE + Extensions Checklist:*

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| Items | **Description** |
| *Title* | Include “case report” to ensure accurate indexing and retrieval. |
| *Abstract* | Provide a structured summary to overview the case. |
| *Introduction* | Explain the context and background of the case to set the scene. |
| *Patient Information* | Describe the patient’s demographics, presenting concerns, and relevant medical history. |
| *Clinical Findings* | Detail the vital clinical findings and diagnostic results. |
| *Timeline* | Provide a timeline of the case to illustrate the sequence of events. |
| *Diagnostic Assessment* | Describe the diagnostic and research methods and results, including any differential/dosage response diagnoses. |
| *Intervention* | Explain the interventions used, including dosage/frequency and duration. |
| *Follow-up and Outcomes* | Report the follow-up data and outcomes of the interventions. |
| *Discussion* | Discuss the case in the context of existing literature and its implications. |
| *Test Subject Perspective* | Include the test subject’s perspective on their experience. |
| *Informed Consent* | Confirm that informed consent was obtained from the patient. |
| *Confidentiality* | Address confidentiality and privacy considerations. |
| *Ethics Approval* | Report any ethics approval for the case report. |
| *Funding* | Disclose sources of funding. |
| *Conflicts of Interest* | Declare any potential conflicts of interest. |
| *Key Points* | Highlight the key points and takeaways from the case. |
| *Limitations* | Discuss any limitations of the case report. |
| *Implications* | Outline implications for development practice or further research. |
| *Supplementary Information* | Provide additional information or materials. |

5. *This is based on the Qualitative Research SRQR & COREQ Checklists:*

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| Items | Description |
| ***Title and Abstract*** | Clearly state the study is qualitative to ensure accurate indexing and retrieval. |
| ***Introduction*** | Include background information and rationale to set the context for the study. |
| ***Study Design*** | Describe the qualitative approach and research paradigm used. |
| ***Context*** | Provide details on the setting and context in which the study was conducted. |
| ***Sampling*** | Detail the sampling strategy, including how participants were selected. |
| ***Data Collection*** | Describe the methods used for data collection, such as interviews or focus groups. |
| ***Data Analysis*** | Explain the qualitative data analysis methods. |
| ***Ethical Issues*** | Address ethical issues, including consent and confidentiality. |
| ***Reflexivity*** | Discuss the researcher’s role and potential biases in the study. |
| ***Findings*** | Present the findings with supporting quotes from participants. |
| ***Discussion*** | Interpret the findings in the context of existing literature and theoretical frameworks. |
| ***Transferability*** | Discuss the transferability of the findings to other contexts or populations. |
| ***Credibility*** | Address the study's credibility by describing how trustworthiness was ensured. |
| ***Dependability*** | Discuss the study's dependability, consistency, and reliability. |
| ***Confirmability*** | Address confirmability to ensure objectivity and neutrality. |
| ***Participant Quotes*** | Provide illustrative participant quotes to support the findings. |
| ***Researcher-Participant Relationship*** | Describe the relationship between researchers and participants. |
| ***Limitations*** | Discuss the study's limitations to provide context for the findings. |
| ***Implications*** | Outline implications for practice, policy, or further research. |
| ***Supplementary Information*** | Provide additional materials or information. |