



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Efficacy of a compulsory homework programme for increasing physical activity and improving nutrition in children: a cluster randomised controlled trial.

PMID

31488140

Journal

Int J Behav Nutr Phys Act

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 9

| Component | Item | SEES assessment |
|----------------------|---|-----------------|
| Transparency | Registration: Is the study registered in a clinical trial database? | Yes |
| Transparency | Protocol: Is there referral of a publicly available methodological protocol? | No |
| Completeness | Title: Is the study identified as a randomized? | Yes |
| Intervention | Abstract: Does the abstract list the study interventions? | Yes |
| Outcome | Abstract: Does the abstract inform the primary outcome (variable of interest)? | Yes |
| Outcome | Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)? | No |
| Completeness | Intro/Methods-TID2: Is there a rationale, theory, or goals described to present the essential elements of the intervention? | Yes |
| Critical appraisal | Introduction: Is there a hypothesis stated for the outcomes of interest? (Note: if there is not a directional hypothesis, but there is explanation for an exploratory approach, answer "Yes") | No |
| Completeness | Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)? | Yes |
| Participants | Methods: Is there a detailed description of eligibility criteria for participants? (i.e., information that would allow to replicate the inclusion and exclusion decisions) | Yes |
| Outcome | Methods: Are primary and secondary outcomes listed as well as their measurements specified? | Yes |
| Methodological rigor | Methods: Is the type of randomization sufficiently described? (Note: (i) type, such as computer; (ii) allocation ratio; and (iii) methods of restriction (if any) such as stratification or blocking should be considered) | Yes |
| Methodological rigor | Methods: Is there a mention regarding the mechanism for allocation concealment? | Yes |
| Methodological rigor | Methods: Is there a description of blinding/masking for measurements or analysis of outcomes? | No |
| Methodological rigor | Methods: Is there a description of sample size calculation? | Yes |
| Completeness | Methods/Intro-TID1: Is there a brief name or a phrase that describes the intervention? | Yes |
| Intervention | Methods-TID3: Is there a description of physical and information materials used as part of the intervention? (i.e., information that would allow to replicate the intervention with materials for participants or intervention providers) | Yes |
| Intervention | Methods-TID4: Is there a description of activities or procedures used to carry out the intervention? (i.e., information that would allow to replicate the necessary steps to run the intervention) | No |
| Participants | Methods-TID5: Is there a description of individuals involved in providing the intervention? (i.e., information that would allow to replicate the necessary workforce to run the intervention) | Yes |
| Intervention | Methods-TID6: Is there a description of modes of delivery of the intervention? (i.e., information that would allow to replicate the delivery to run the intervention, such as face-to-face, telephone, individually or in a group) | Yes |
| Intervention | Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered) | Yes |
| Intervention | Methods/Results-TID8: Is there a description regarding the period, amount, intensity and schedule of delivery? (i.e., information that would allow to replicate 'when' and 'how much') | Does not apply |
| Intervention | Methods/Results-TID9: If any form of individual tailoring for the intervention was used (such as, variable exercise intensity), is there a description for the rationale and guide for tailoring? | Does not apply |
| Intervention | Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence? | No |

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| Intervention | Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)? | No |
| Critical appraisal | Methods: Is there a description of statistical methods used to compare groups for primary and secondary outcomes? | Yes |
| Participants | Results: Is there a participant flow (in text or diagram) reporting the numbers of participants who were assigned, received intervention, and were analyzed for the primary outcome? | Yes |
| Completeness | Results: Is there a description regarding the dates/periods of recruitment? (Note: if the follow-up has a variable length, the min-median-max durations should be considered) | Yes |
| Outcome | Results: Are baseline data for each group presented? | Yes |
| Outcome | Results: Is there a description on the actual number of participants analyzed? (Note: if numbers are reported only for the primary outcome, we choose "Yes") | Yes |
| Outcome | Results: Are the effect sizes described along with their precision measures? (e.g., continuous outcomes with standard deviation and binary outcomes with risk measures and absolute numbers) | Yes |
| Intervention | Results-TID10: Is there a description for non-planned modifications to the intervention during the course of the study? (Note: regards to the study level, and what-why-when for changes should be considered). | No |
| Intervention | Results: Is there a description for harm outcomes or adverse events? (Note: whether related or unrelated to interventions) | No |
| Critical appraisal | Discussion: Is there a discussion of potential bias, imprecision, multiplicity of analyses or other limitations? | Yes |
| Critical appraisal | Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial? | No |
| Transparency | Is there a statement regarding the data availability (data sharing plan)? | No |
| Completeness | Is there a statement regarding the sources of funding? | Yes |
| Completeness | Did the trial authors declare whether they had any conflicts of interest (COI)? | Yes, but NONE of the authors disclosed potential COIs |