



STRENGTHENING THE EVIDENCE IN EXERCISE SCIENCES

The SEES Initiative

Journal Reports 2019

Medicine & Science in Sports & Exercise

Randomized Clinical Trials



www.sees-initiative.org

About SEES Initiative

We are a group of academics, including faculty, post-doctoral fellows, graduate, and undergraduate students, highly compelled to do meta-research in publications featuring interventions of exercise and physical activity applied to several health conditions.

Our primary goal is to promote surveillance of published evidence in exercise sciences, fostering a culture of respectful and critical appraisal for the published evidence in our field. We attempt to do so as transparently and collaboratively as possible.

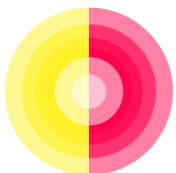
Further, we ultimately aim to increase the awareness regarding the need for transparent and informative scientific reports that should be valued by a complete reporting, carefully designed methods, and well-reasoned claims on the pursued research question.

About this collection

The present journal collection displays assessment reports generated by us as a result of continuous and systematic surveillance of published articles by the featured journal. Such publications reported either randomized clinical trials or systematic reviews with meta-analysis. All of our assessment reports were sent by email to the corresponding authors. Whenever requested by authors, we were prone to proceed required revisions and self-correction (whenever applicable), disseminating the corrected assessment reported.

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Journal: Medicine & Science in Sports & Exercise

Editor in Chief: L. Bruce Gladden, PhD

Associated Professional Society: American College of Sports Medicine

Website: <https://www.jsams.org/>

Number of randomized clinical trials assessed by the SEES Initiative

48 articles

Information for individual publication reports

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Effects of Sprint-Interval and Endurance Respiratory Muscle Training Regimens	02	SEES link: https://sees-initiative.org/spengler-30216239/
Individual Variability in Waist Circumference and Body Weight in Response to Exercise	02	SEES link: https://sees-initiative.org/ross-30216237/
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*Pack: (place where each month's articles are archived).



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effects of Napping on Alertness, Cognitive, and Physical Outcomes of Karate Athletes

PMID

30239491

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
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)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	There is no reporting of quantitative results
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)?	No
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)	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	No
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')	Yes
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

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?	No
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)	No
Outcome	Results: Are baseline data for each group presented?	No
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")	No
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?	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effects of Sprint-Interval and Endurance Respiratory Muscle Training Regimens

PMID

30216239

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
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)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	No
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')	No
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

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?	No
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)	No
Outcome	Results: Are baseline data for each group presented?	No
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")	No
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?	Yes
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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Individual Variability in Waist Circumference and Body Weight in Response to Exercise

PMID

30216237

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 2

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?	Yes
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?	No
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)	Yes
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Yes

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?	No
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")	No
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?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

The Effect of Dietary Protein on Protein Metabolism and Performance in Endurance-trained Males

PMID

30252774

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 2

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)?	No
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")	Yes
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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
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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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

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?	No
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)	No
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")	No
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?	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Type 1 Muscle Fiber Hypertrophy after Blood Flow-restricted Training in Powerlifters

PMID

30188363

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
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)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
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)	Yes
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)	No
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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?	No
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)	No
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")	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Exercise Training Increases Metaboreflex Control in Patients with Obstructive Sleep Apne

PMID

30312214

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 3

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	No
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')	Yes
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?	No
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

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?	No
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)	No
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")	No
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?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effect of Ice Slurry Ingestion on Cardiovascular Drift and V'O₂max during Heat Stress

PMID

30371546

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 3

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	check eligibility
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No
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')	Yes
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?	No
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Yes

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?	No
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)	No
Outcome	Results: Are baseline data for each group presented?	No
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")	No
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?	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Caffeine Augments the Prothrombotic but Not the Fibrinolytic Response to Exercise

PMID

30395052

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 3

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	check eligibility
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No
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')	No
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?	No
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

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?	No
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)	No
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")	No
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?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Testosterone and Resistance Training Improve Muscle Quality in Spinal Cord Injury

PMID

30845047

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 3

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
Methodological rigor	Methods: Is there a description of sample size calculation?	No
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)	No
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)	No
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)	No
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')	No
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Yes

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?	No
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)	No
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")	No
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)	Yes
Critical appraisal	Discussion: Is there a discussion of potential bias, imprecision, multiplicity of analyses or other limitations?	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Blood Flow-restricted Exercise Does Not Induce a Cross-transfer of Effect: An RCT

PMID

30913160

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 3

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?	Yes
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)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	There is no reporting of quantitative results
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")	Yes
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?	Yes
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)	Yes
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

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")	No
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)	Yes
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, authors declare financial COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Exercise Mode Specificity for Preserving Spine and Hip Bone Mineral Density in Prostate Cancer Patients

PMID

30395051

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 4

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?	Yes
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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)?	No
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)	No
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?	No
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)	Yes
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)	No
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

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")	No
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)	No
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)	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effectiveness of a Parent-led Physical Activity Intervention in Youth with Obesity

PMID

30407275

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 4

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?	Yes
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	Does not apply
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')	Yes
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?	No
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Morning versus Evening Aerobic Training Effects on Blood Pressure in Treated Hypertension

PMID

30489494

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 4

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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?	No
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)	Yes
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)	No
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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")	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Aerobic Exercise Improves Microvascular Function in Older Adults

PMID

30489496

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 4

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
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)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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?	No
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)	No
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")	No
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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Diverse Exercises Similarly Reduce Older Adults' Mobility Limitations

PMID

30973482

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 4

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?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
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)	Yes
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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")	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effective Weight Loss and Maintenance by Intensive Start with Diet and Exercise

PMID

30531489

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 5

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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)	Yes
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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")	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Activity Tracker to Prescribe Various Exercise Intensities in Breast Cancer Survivors

PMID

30694978

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 5

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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)?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	Does not apply
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	Does not apply
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Yes

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")	No
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)	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

High-Intensity Single-Leg Cycling Improves Cardiovascular Disease Risk Factor Profile

PMID

31145180

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 5

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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")	Yes
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)	No
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)	Yes
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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)	Yes
Critical appraisal	Discussion: Is there a discussion of potential bias, imprecision, multiplicity of analyses or other limitations?	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	Yes
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, authors declare non-financial COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Ischemic Preconditioning Maintains Performance on Two 5-km Time Trials in Hypoxia

PMID

31169794

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 6

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
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")	Yes
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	No
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')	Yes
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?	No
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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?	No
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)	No
Outcome	Results: Are baseline data for each group presented?	Does not apply
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)	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Dual-Task Walking Capacity Mediates Tai Ji Quan Impact on Physical and Cognitive Function

PMID

31169795

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 6

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?	Yes
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
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?	No
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?	Yes
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)	Yes
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)	No
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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")	No
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)	Yes
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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Cytokine and Sclerostin Response to High-Intensity Interval Running versus Cycling

PMID

31246713

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 6

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Does not apply

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Does not apply
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?	No
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)	No
Outcome	Results: Are baseline data for each group presented?	Does not apply
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")	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

High-Intensity Interval Training Is Feasible in Women at High Risk for Breast Cancer

PMID

31269007

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 6

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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)	No
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)	No
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Yes

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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")	No
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)	Yes
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?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

The Effect of Sprint Interval Training on Body Composition of Postmenopausal Women

PMID

31210647

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 7

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
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)	Yes
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)	No
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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?	No
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)	No
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")	No
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, authors declare non-financial COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Exercise Intensity Matters in Chronic Nonspecific Low Back Pain Rehabilitation

PMID

31269004

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 7

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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)?	No
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)	No
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)	Yes
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	Yes
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, authors declare non-financial COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Resistance Exercise–induced Changes in Muscle Phenotype Are Load Dependent

PMID

31306302

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 7

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
Methodological rigor	Methods: Is there a description of sample size calculation?	No
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)	No
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)	Yes
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)	No
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

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?	No
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)	No
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")	No
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, authors declare non-financial COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Low-Frequency HIIT Improves Body Composition and Aerobic Capacity in Overweight Men

PMID

31343521

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 7

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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?	No
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")	No
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)	Yes
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?	Yes
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, authors declare non-financial COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effects of Lifestyle Physical Activity on Vascular Function in Asymptomatic Peripheral Arterial Disease

PMID

31361714

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 7

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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)?	No
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?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
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)	Yes
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)	Does not apply
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')	No
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?	No
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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")	No
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, authors declare non-financial COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Muscle Glycogen Content during Endurance Training under Low Energy Availability

PMID

31343520

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 7

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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)	No
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)	Yes
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)	No
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No

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?	No
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)	No
Outcome	Results: Are baseline data for each group presented?	Does not apply
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")	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Acute Exercise Effects Predict Training Change in Cognition and Connectivity

PMID

31385912

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	No
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	There is no reporting of quantitative results
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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?	No
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)	Yes
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Yes
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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")	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

The Effects of Water-based Exercise Training in People with Type 2 Diabetes

PMID

31469709

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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)?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
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)	Yes
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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)	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

The Impact of Exercise Timing on Glycemic Control: A Randomized Clinical Trial

PMID

31479004

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

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SEES Initiative team.

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)?	Yes
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")	Yes
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?	Yes
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)	Yes
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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?	Yes
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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Skeletal Effects of Nine Months of Physical Activity in Obese and Healthy-weight Children

PMID

31479005

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

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SEES Initiative team.

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?	No
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)?	There is no reporting of quantitative results
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	No
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)	No
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)	No

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')	Yes
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?	No
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
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?	No
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)	No
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")	No
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)	No
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?	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

A Randomized Community-based Exercise Training Trial in African American Men: ARTIIS

PMID

31939911

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

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SEES Initiative team.

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?	Yes
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)?	No
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)?	No
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?	Yes
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)	Yes
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	Yes
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?	Yes
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effects of Exercise Training and Statin Use in People Living with Human Immunodeficiency Virus with Dyslipidemia

PMID

31834252

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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)?	No
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?	No
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?	Yes
Methodological rigor	Methods: Is there a description of sample size calculation?	No
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)	Yes
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)	No
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No

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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

A Mobile Application for Exercise Intervention in People Living with HIV

PMID

31415448

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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?	No
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
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)	Yes
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Exercise Training Modulates Gut Microbiota Profile and Improves Endotoxemia

PMID

31425383

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

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SEES Initiative team.

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	There is no reporting of quantitative results
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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)	Yes
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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)	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Unsupervised Isometric Exercise versus Wait-and-See for Lateral Elbow Tendinopathy

PMID

31425384

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

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SEES Initiative team.

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?	No
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)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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?	Yes
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)	Yes
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Yes
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effectiveness of Aerobic Exercise Programs for Health Promotion in Metabolic Syndrome.

PMID

31415443

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 9

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SEES Initiative team.

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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)?	No
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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?	No
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?	No
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)	Yes
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)	No
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

MICT or HIIT ± RT Programs for Altering Body Composition in Postmenopausal Women.

PMID

31524825

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 9

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SEES Initiative team.

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	There is no reporting of quantitative results
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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)	Yes
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No

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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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)	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

“Chemotherapy-periodized” Exercise to Accommodate for Cyclical Variation in Fatigue

PMID

31490858

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 9

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No

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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Increasing Students' Activity in Physical Education: Results of the SELF-FIT Trial

PMID

31652232

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 10

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

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?	Yes
Completeness	Title: Is the study identified as a randomized?	No
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)?	Yes
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")	Yes
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?	No
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)	Yes
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')	Yes
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?	No
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
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)	No
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")	No
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).	Yes
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Interval Exercise Lowers Circulating CD105 Extracellular Vesicles in Prediabetes

PMID

31609300

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 10

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	No
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)	Yes
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)	No
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)	No
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	No

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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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?	No
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)	No
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")	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Cognitive Impairment during High-Intensity Exercise: Influence of Cerebral Blood Flow.

PMID

31609297

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 10

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	Yes
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)	No
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
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?	No
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)	No
Outcome	Results: Are baseline data for each group presented?	No
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")	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Metabolic Effects of Three Different Activity Bouts during Sitting in Inactive Adults

PMID

31764465

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 11

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

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?	No
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)?	Yes
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")	Yes
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?	No
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
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)	Yes
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Exercise Training Reduces Reward for High-Fat Food in People with Overweight/Obesity

PMID

31764466

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 11

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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)?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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)	Yes
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
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?	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Strength Training Increases Conduction Velocity of High-Threshold Motor Units

PMID

31688652

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 11

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SEES Initiative team.

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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?	No
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)	No
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)	Yes
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)	No
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
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)	No
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?	No
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



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Exercise Effects on Multiple Sclerosis Quality of Life and Clinical-Motor Symptoms

PMID

31876670

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 12

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

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?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
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?	Yes
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)	Yes
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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)	No
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")	No
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)	Yes
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?	No
Completeness	Did the trial authors declare whether they had any conflicts of interest (COI)?	Yes, but NONE of the authors disclosed potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Heavy Resistance Training in Breast Cancer Patients Undergoing Adjuvant Therapy

PMID

31876673

Journal

Med Sci Sports Exerc

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 12

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.
SEES Initiative team.

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	No
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	No
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
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")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	No
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)	No
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	No
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)	Yes
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')	Yes
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?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
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?	No
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)	No
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")	No
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).	Yes
Intervention	Results: Is there a description for harm outcomes or adverse events? (Note: whether related or unrelated to interventions)	Yes
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?	No
Completeness	Did the trial authors declare whether they had any conflicts of interest (COI)?	Yes, but NONE of the authors disclosed potential COIs

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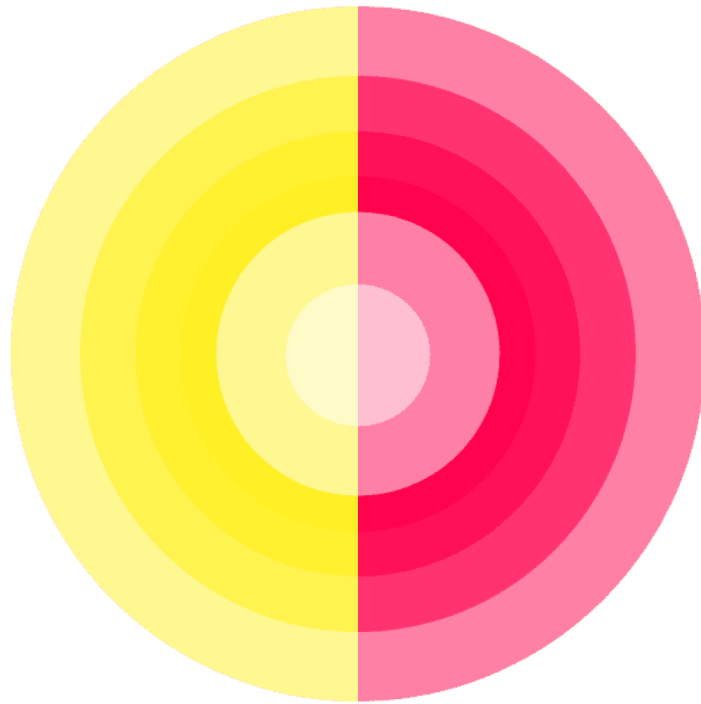
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STRENGTHENING THE EVIDENCE IN EXERCISE SCIENCES
The SEES Initiative

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