



STRENGTHENING THE EVIDENCE IN EXERCISE SCIENCES

The SEES Initiative

Journal Reports 2019

Journal of Science and Medicine in Sports

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.

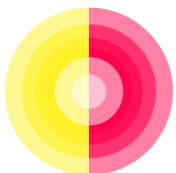
Further, we ultimately aim to increase the awareness regarding the need for transparent and informative scientific reports that should be valued by a complete reporting, carefully designed methods, and well-reasoned claims on the pursued research question.

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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Contents



Journal: Journal of Science and Medicine in Sports

Editor in Chief: Gordon Waddington, PhD

Associated Professional Society: Sports Medicine Australia (SMA)

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

Number of randomized clinical trials assessed by the SEES Initiative

17 articles

Information for individual publication reports

Title	Pack*	Links
Isokinetic resistance training combined with eccentric overload improves athletic performance and induces muscle hypertrophy in young ice hockey players	01	SEES link: https://sees-initiative.org/olss-on-30660559/
Intermittent exercise-heat exposures and intense physical activity sustain heat acclimation adaptations	01	SEES link: https://sees-initiative.org/pryor-30554611/
Sex differences in postprandial glucose response to short bouts of exercise: A randomized controlled trial	02	SEES link: https://sees-initiative.org/bart-holomae-30077599/
The effect of sensory-targeted ankle rehabilitation strategies on single-leg center of pressure elements in those with chronic ankle instability: A randomized clinical trial	03	SEES link: https://sees-initiative.org/pmid30244979/
Effect of induced alkalosis on performance during a field-simulated BMX cycling competition	03	SEES link: https://sees-initiative.org/pmid30170952/
A pilot primary school active break program (ACTI-BREAK): Effects on academic and physical activity outcomes for students in Years 3 and 4	04	SEES link: https://sees-initiative.org/pmid30314856/
Efficacy and feasibility of HIIT training for	05	SEES link:

university students: The Uni-HIIT RCT		https://sees-initiative.org/pmid/30509862/
Cognition in breast cancer survivors: A pilot study of interval and continuous exercise	05	SEES link: https://sees-initiative.org/pmid/30554923/
Effects of a school-based physical activity program on retinal microcirculation and cognitive function in adolescents	06	SEES link: https://sees-initiative.org/pmid/30553766/
Resistance training enhances delayed memory in healthy middle-aged and older adults: A randomised controlled trial	07	SEES link: https://sees-initiative.org/pmid/31281076/
Land- versus water-walking interventions in older adults: Effects on body composition	09	SEES link: https://sees-initiative.org/pmid/31506246/
Feasibility and effect of a physical activity counselling session with or without provision of an activity tracker on maintenance of physical activity in women with breast cancer - A randomised controlled trial	10	SEES link: https://sees-initiative.org/pmid/31640924/
Effects of flexibility and strength interventions on optimal lengths of hamstring muscle-tendon units	10	SEES link: https://sees-initiative.org/pmid/31623958/
The impact of exercise modality and menstrual cycle phase on circulating cardiac troponin T	11	SEES link: https://sees-initiative.org/pmid/31690491/
Isometric exercise and pain in patellar tendinopathy: A randomized crossover trial	11	SEES link: https://sees-initiative.org/pmid/31735531/
The 11+ Kids warm-up programme to prevent injuries in young Iranian male high-level football (soccer) players: a cluster-randomised controlled trial	12	SEES link: https://sees-initiative.org/pmid/31859034/
Exercise-based injury prevention for community-level adolescent cricket pace bowlers: A cluster-randomised controlled trial	12	SEES link: https://sees-initiative.org/pmid/31874733/

*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

Isokinetic resistance training combined with eccentric overload improves athletic performance and induces muscle hypertrophy in young ice hockey players.

PMID

30660559

Journal

J Sci Med Sport

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 1

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)	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?	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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Intermittent exercise-heat exposures and intense physical activity sustain heat acclimation adaptations.

PMID

30554611

Journal

J Sci Med Sport

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 1

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)	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")	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).	Does not apply
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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Sex differences in postprandial glucose response to short bouts of exercise: A randomized controlled trial

PMID

30077599

Journal

J Sci Med Sport

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?	No
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)	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?	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)	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)	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?	No
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

The effect of sensory-targeted ankle rehabilitation strategies on single-leg center of pressure elements in those with chronic ankle instability: A randomized clinical trial

PMID

30244979

Journal

J Sci Med Sport

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?	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?	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)	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)	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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effect of induced alkalosis on performance during a field-simulated BMX cycling competition

PMID

30170952

Journal

J Sci Med Sport

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)?	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)?	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)	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)	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?	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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

A pilot primary school active break program (ACTI-BREAK): Effects on academic and physical activity outcomes for students in Years 3 and 4

PMID

30314856

Journal

J Sci Med Sport

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)?	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?	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?	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)	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

Efficacy and feasibility of HIIT training for university students: The Uni-HIIT RCT

PMID

30509862

Journal

J Sci Med Sport

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?	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")	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?	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)	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?	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")	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

Cognition in breast cancer survivors: A pilot study of interval and continuous exercise

PMID

30554923

Journal

J Sci Med Sport

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)?	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)?	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?	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?	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)	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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Effects of a school-based physical activity program on retinal microcirculation and cognitive function in adolescents

PMID

30553766

Journal

J Sci Med Sport

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)?	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?	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)	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)	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)	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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Resistance training enhances delayed memory in healthy middle-aged and older adults: A randomised controlled trial

PMID

31281076

Journal

J Sci Med Sport

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?	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")	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?	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)	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)?	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

Land- versus water-walking interventions in older adults: Effects on body composition.

PMID

31506246

Journal

J Sci Med Sport

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)?	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?	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?	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)	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

Feasibility and effect of a physical activity counselling session with or without provision of an activity tracker on maintenance of physical activity in women with breast cancer - A randomised controlled trial

PMID

31640924

Journal

J Sci Med Sport

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?	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)?	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)	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)	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)	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')	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)	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

Effects of flexibility and strength interventions on optimal lengths of hamstring muscle-tendon units

PMID

31623958

Journal

J Sci Med Sport

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 10

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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)	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?	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")	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)?	No disclosures were mentioned regarding potential COIs



Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

The impact of exercise modality and menstrual cycle phase on circulating cardiac troponin T

PMID

31690491

Journal

J Sci Med Sport

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)?	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)	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)	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

Isometric exercise and pain in patellar tendinopathy: A randomized crossover trial

PMID

31735531

Journal

J Sci Med Sport

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?	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)	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).	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

The 11+ Kids warm-up programme to prevent injuries in young Iranian male high-level football (soccer) players: a cluster-randomised controlled trial

PMID

31859034

Journal

J Sci Med Sport

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 12

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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?	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)	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, 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-based injury prevention for community-level adolescent cricket pace bowlers: A cluster-randomised controlled trial

PMID

31874733

Journal

J Sci Med Sport

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 12

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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)?	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)	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)	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)?	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).	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?	Yes
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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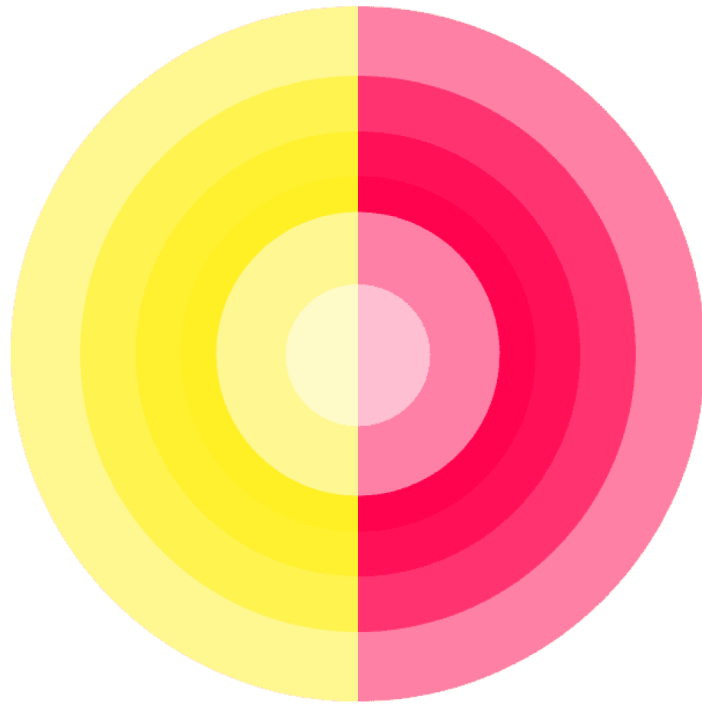
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