

Supplementary file 1.

Forms used to extract recommendations from journals about the abstracts section and to evaluate CONSORT for Abstracts

Form 1 - Journal's Instructions for abstract	
Questions	Options
Is there a description of the number of words recommended for the abstract?	YES/NO
What is the recommended number?	
Is there a recommendation for a structured summary?	YES/NO
Is there a description of items for the abstract?	YES/NO
Is there an instruction to report the summary items?	YES/NO
Is there a mention or endorsement regarding the CONSORT Abstract Extension as a resource to be used for abstracts reporting?	YES/NO
Is there a mention or recommendation regarding the CONSORT 2010 Statement?	YES/NO

Form 2 - Information extracted from the abstract	
PMID	
Title	
Journal	
Number of words in the abstract	
Questions	Options
Is the study identified as random in the title? (Note: "random allocation", "randomly assigned" should be considered	YES/NO
Is there a description of the trial design (e.g., parallel, factorial, cluster, crossover, factorial, superiority, equivalence or noninferiority)?	YES/NO

Is there a description of eligibility criteria of the participants included and the settings where the data were collected?	YES/ NO/ PARTIALLY YES
Does the abstract list the study interventions?	YES/NO
Is there a clear description of the specific objective or hypothesis?	YES/NO
Does the abstract inform the primary outcome (variable of interest)?	YES/NO
Is there a description of how participants were allocated to interventions? Type of randomization?	YES/ NO/ PARTIALLY YES
Is there a description of blinding/masking to group assignments?	YES/NO
Is there a description of the number of participants randomized in each group?	YES/NO
Is there a description regarding the dates/periods of recruitment / trial status?	YES/NO
Is there a description on the number of participants analyzed in each group?	YES/NO
For the primary outcome, is there a result for each group and the estimated effect size and its precision?	YES/ NO/ UNCLEAR
Is there a description for harm outcomes or adverse events?	YES/NO
Is there a general interpretation of the results?	YES/NO
Is there a description of trial registration (number and name)?	YES/NO
Is there a statement regarding the sources of funding (within the summary structure)?	YES/NO

Supplementary file 2.

Recommendations and adherence to the number of words for summaries detailed by journals

S2.1. Recommendations from journals on the structure and content of abstracts

Journal (n=11)	Word limit	Maximum word limit	Structured abstract	Items abstract	Report of items	CONSORT for Abstracts	CONSORT 2010 Statement
<i>Am J Sports Med</i>	Yes	350	Yes	Yes	Yes	No	Yes
<i>Br J Sports Med</i>	Yes	250	Yes	Yes	No	No	No
<i>Eur J Prev Cardiol</i>	Yes	250	Yes	Yes	No	No	Yes
<i>Int J Behav Nutr Phys Act</i>	Yes	350	Yes	Yes	Yes	Yes	Yes
<i>J Physiother</i>	No	-	No	No	No	No	Yes
<i>J Sci Med Sport</i>	Yes	250	Yes	Yes	No	No	Yes
<i>Med Sci Sports Exerc</i>	Yes	275	Yes	Yes	No	No	No
<i>Scand J Med Sci Sports</i>	Yes	250	No	No	No	No	Yes
<i>Sports Med</i>	Yes	300 (150-450)	No	No	No	No	Yes
<i>JAMA</i>	Yes	350	Yes	Yes	Yes	No	Yes
<i>The BMJ</i>	Yes	275 (250-300)	Yes	Yes	Yes	Yes	Yes

Description: Values are expressed in absolute frequency (n), median (min and max)

Am J Sports Med, American Journal of Sports Medicine; Br J Sports Med, British Journal of Sports Medicine; Eur J Prev Cardiol, European Journal of Preventive Cardiology; Int J Behav Nutr Phys Act, International Journal of Behavioral Nutrition and Physical Activity; J Physiother, Journal of Physiotherapy; J Sci Med Sport, Journal of Science and Medicine in Sport; Med Sci Sports Exerc, Medicine and Science in Sports and Exercise; Scand J Med Sci Sports, Scandinavian Journal of Medicine & Science in Sports; Sports Med, Sports Medicine; JAMA, Journal of the American Medical Association; The BMJ, The British Medical Journal.

S2.2. Number of words in abstracts and adherence to recommendations

Abstracts evaluated by journals (n = 124)	Number of words included	Adhered to the recommendation s	Not adhere
<i>Am J Sports Med</i> (n = 3)	279 (267-343)	3	0
<i>Br J Sports Med</i> (n = 15)	249 (232-272)	9	6
<i>Eur J Prev Cardiol</i> (n = 6)	263 (243-313)	1	5
<i>Int J Behav Nutr Phys Act</i> (n = 8)	362 (256-394)	3	5
<i>J Physiother</i> (n = 7)	292 (254-298)	-	-
<i>J Sci Med Sport</i> (n = 15)	244 (224-251)	12	3
<i>Med Sci Sports Exerc</i> (n = 39)	276 (217-349)	15	24
<i>Scand J Med Sci Sports</i> (n = 31)	256 (214-313)	10	21
<i>Sports Med</i> (n = 3)	370 (301-507)	2	1
<i>JAMA</i> (n = 2)	443(442-444)	0	2
<i>The BMJ</i> (n = 2)	343 (316-369)	0	2

Description: Values are expressed in absolute frequency (n) and median (minimum and maximum)

Supplementary file 3.

S3. Adherence of journal abstracts to the CONSORT for Abstracts

RCTs (n=131)	Yes	No	Partially yes/ Unclear
Is the study identified as random in the title?			
<i>Am J Sports Med</i> (n=3)	3	0	
<i>Br J Sports Med</i> (n=15)	13	2	
<i>Eur J Prev Cardiol</i> (n=6)	2	4	
<i>Int J Behav Nutr Phys Act</i> (n=8)	7	1	
<i>J Physiother</i> (n=7)	7	0	
<i>J Sci Med Sport</i> (n=15)	8	7	
<i>Med Sci Sports Exerc</i> (n=39)	6	33	
<i>Scand J Med Sci Sports</i> (n=31)	17	14	
<i>Sports Med</i> (n=3)	3	0	
<i>JAMA</i> (n=2)	2	0	
<i>The BMJ</i> (n=2)	2	0	
Is there a description of the trial design?			
<i>Am J Sports Med</i> (n=3)	1	2	
<i>Br J Sports Med</i> (n=15)	6	9	
<i>Eur J Prev Cardiol</i> (n=6)	0	6	
<i>Int J Behav Nutr Phys Act</i> (n=8)	2	6	

<i>J Physiother</i> (n=7)	1	6
<i>J Sci Med Sport</i> (n=15)	9	6
<i>Med Sci Sports Exerc</i> (n=39)	4	35
<i>Scand J Med Sci Sports</i> (n=31)	6	25
<i>Sports Med</i> (n=3)	2	1
<i>JAMA</i> (n=2)	2	0
<i>The BMJ</i> (n=2)	1	1

Is there a description of eligibility criteria of the participants included and the settings where the data were collected?

<i>Am J Sports Med</i> (n=3)	1	0	2
<i>Br J Sports Med</i> (n=15)	5	0	10
<i>Eur J Prev Cardiol</i> (n=6)	1	0	5
<i>Int J Behav Nutr Phys Act</i> (n=8)	4	1	3
<i>J Physiother</i> (n=7)	5	0	2
<i>J Sci Med Sport</i> (n=15)	6	0	9
<i>Med Sci Sports Exerc</i> (n=39)	4	1	34
<i>Scand J Med Sci Sports</i> (n=31)	4	0	27
<i>Sports Med</i> (n=3)	1	0	2
<i>JAMA</i> (n=2)	1	0	1
<i>The BMJ</i> (n=2)	2	0	0

Does the abstract list the study interventions?

<i>Am J Sports Med</i> (n=3)	3	0
<i>Br J Sports Med</i> (n=15)	11	4
<i>Eur J Prev Cardiol</i> (n=6)	6	0
<i>Int J Behav Nutr Phys Act</i> (n=8)	8	0
<i>J Physiother</i> (n=7)	7	0
<i>J Sci Med Sport</i> (n=15)	14	1
<i>Med Sci Sports Exerc</i> (n=39)	38	1
<i>Scand J Med Sci Sports</i> (n=31)	29	2
<i>Sports Med</i> (n=3)	3	0
<i>JAMA</i> (n=2)	2	0
<i>The BMJ</i> (n=2)	2	0

Is there a clear description of the specific objective or hypothesis?

<i>Am J Sports Med</i> (n=3)	3	0
<i>Br J Sports Med</i> (n=15)	15	0
<i>Eur J Prev Cardiol</i> (n=6)	6	0
<i>Int J Behav Nutr Phys Act</i> (n=8)	8	0
<i>J Physiother</i> (n=7)	7	0
<i>J Sci Med Sport</i> (n=15)	15	0
<i>Med Sci Sports Exerc</i> (n=39)	38	1
<i>Scand J Med Sci Sports</i> (n=31)	31	0

<i>Sports Med (n=3)</i>	3	0
<i>JAMA (n=2)</i>	2	0
<i>The BMJ (n=2)</i>	2	0

Does the abstract inform the primary outcome (variable of interest)?

<i>Am J Sports Med (n=3)</i>	1	2
<i>Br J Sports Med (n=15)</i>	10	5
<i>Eur J Prev Cardiol (n=6)</i>	2	4
<i>Int J Behav Nutr Phys Act (n=8)</i>	4	4
<i>J Physiother (n=7)</i>	5	2
<i>J Sci Med Sport (n=15)</i>	6	9
<i>Med Sci Sports Exerc (n=39)</i>	6	33
<i>Scand J Med Sci Sports (n=31)</i>	6	25
<i>Sports Med (n=3)</i>	1	2
<i>JAMA (n=2)</i>	2	0
<i>The BMJ (n=2)</i>	2	0

Is there a description of how participants were allocated to interventions? Type of randomization

<i>Am J Sports Med (n=3)</i>	0	3	0
<i>Br J Sports Med (n=15)</i>	0	15	0
<i>Eur J Prev Cardiol (n=6)</i>	0	5	1
<i>Int J Behav Nutr Phys Act (n=8)</i>	0	6	2

<i>J Physiother</i> (n=7)	0	7	0
<i>J Sci Med Sport</i> (n=15)	1	14	0
<i>Med Sci Sports Exerc</i> (n=39)	0	39	0
<i>Scand J Med Sci Sports</i> (n=31)	0	30	1
<i>Sports Med</i> (n=3)	1	1	1
<i>JAMA</i> (n=2)	0	2	0
<i>The BMJ</i> (n=2)	0	1	1

Is there a description of blinding/masking to group assignments?

<i>Am J Sports Med</i> (n=3)	1	2
<i>Br J Sports Med</i> (n=15)	3	12
<i>Eur J Prev Cardiol</i> (n=6)	0	6
<i>Int J Behav Nutr Phys Act</i> (n=8)	2	6
<i>J Physiother</i> (n=7)	7	0
<i>J Sci Med Sport</i> (n=15)	4	11
<i>Med Sci Sports Exerc</i> (n=39)	2	37
<i>Scand J Med Sci Sports</i> (n=31)	5	26
<i>Sports Med</i> (n=3)	2	1
<i>JAMA</i> (n=2)	1	1
<i>The BMJ</i> (n=2)	1	1

Is there a description of the number of participants randomized to each group?

<i>Am J Sports Med</i> (n=3)	2	1
<i>Br J Sports Med</i> (n=15)	7	8
<i>Eur J Prev Cardiol</i> (n=6)	4	2
<i>Int J Behav Nutr Phys Act</i> (n=8)	4	4
<i>J Physiother</i> (n=7)	0	7
<i>J Sci Med Sport</i> (n=15)	5	10
<i>Med Sci Sports Exerc</i> (n=39)	16	23
<i>Scand J Med Sci Sports</i> (n=31)	18	13
<i>Sports Med</i> (n=3)	2	1
<i>JAMA</i> (n=2)	2	0
<i>The BMJ</i> (n=2)	1	1

Is there a description regarding the dates/periods of recruitment/trial status?

<i>Am J Sports Med</i> (n=3)	0	3
<i>Br J Sports Med</i> (n=15)	3	12
<i>Eur J Prev Cardiol</i> (n=6)	0	6
<i>Int J Behav Nutr Phys Act</i> (n=8)	1	7
<i>J Physiother</i> (n=7)	0	7
<i>J Sci Med Sport</i> (n=15)	2	13
<i>Med Sci Sports Exerc</i> (n=39)	1	38
<i>Scand J Med Sci Sports</i> (n=31)	2	29

<i>Sports Med (n=3)</i>	0	3
<i>JAMA (n=2)</i>	2	0
<i>The BMJ (n=2)</i>	1	1

Is there a description of the number of participants analyzed in each group?

<i>Am J Sports Med (n=3)</i>	0	3
<i>Br J Sports Med (n=15)</i>	0	15
<i>Eur J Prev Cardiol (n=6)</i>	0	6
<i>Int J Behav Nutr Phys Act (n=8)</i>	2	6
<i>J Physiother (n=7)</i>	0	7
<i>J Sci Med Sport (n=15)</i>	2	13
<i>Med Sci Sports Exerc (n=39)</i>	1	38
<i>Scand J Med Sci Sports (n=31)</i>	0	31
<i>Sports Med (n=3)</i>	1	2
<i>JAMA (n=2)</i>	2	0
<i>The BMJ (n=2)</i>	0	2

For the primary outcome, is there a result for each group and the estimated effect size and its precision?

<i>Am J Sports Med (n=3)</i>	1	0	2
<i>Br J Sports Med (n=15)</i>	8	2	5
<i>Eur J Prev Cardiol (n=6)</i>	1	1	4

<i>Int J Behav Nutr Phys Act</i> (n=8)	2	1	5
<i>J Physiother</i> (n=7)	4	1	2
<i>J Sci Med Sport</i> (n=15)	3	3	9
<i>Med Sci Sports Exerc</i> (n=39)	4	2	33
<i>Scand J Med Sci Sports</i> (n=31)	5	1	25
<i>Sports Med</i> (n=3)	1	0	2
<i>JAMA</i> (n=2)	2	0	0
<i>The BMJ</i> (n=2)	2	0	0

Is there a description for harm outcomes or adverse events?

<i>Am J Sports Med</i> (n=3)	1	2
<i>Br J Sports Med</i> (n=15)	0	15
<i>Eur J Prev Cardiol</i> (n=6)	0	6
<i>Int J Behav Nutr Phys Act</i> (n=8)	1	7
<i>J Physiother</i> (n=7)	0	7
<i>J Sci Med Sport</i> (n=15)	3	12
<i>Med Sci Sports Exerc</i> (n=39)	1	38
<i>Scand J Med Sci Sports</i> (n=31)	2	29
<i>Sports Med</i> (n=3)	2	1
<i>JAMA</i> (n=2)	2	0
<i>The BMJ</i> (n=2)	2	0

Is there a general interpretation of the results?

<i>Am J Sports Med</i> (n=3)	3	0
<i>Br J Sports Med</i> (n=15)	15	0
<i>Eur J Prev Cardiol</i> (n=6)	5	1
<i>Int J Behav Nutr Phys Act</i> (n=8)	8	0
<i>J Physiother</i> (n=7)	7	0
<i>J Sci Med Sport</i> (n=15)	15	0
<i>Med Sci Sports Exerc</i> (n=39)	39	0
<i>Scand J Med Sci Sports</i> (n=31)	30	1
<i>Sports Med</i> (n=3)	3	0
<i>JAMA</i> (n=2)	2	0
<i>The BMJ</i> (n=2)	2	0

Is there a description of trial registration (number and name)?

<i>Am J Sports Med</i> (n=3)	1	2
<i>Br J Sports Med</i> (n=15)	13	2
<i>Eur J Prev Cardiol</i> (n=6)	1	5
<i>Int J Behav Nutr Phys Act</i> (n=8)	8	0
<i>J Physiother</i> (n=7)	7	0
<i>J Sci Med Sport</i> (n=15)	4	11
<i>Med Sci Sports Exerc</i> (n=39)	2	37

<i>Scand J Med Sci Sports (n=31)</i>	0	31
<i>Sports Med (n=3)</i>	2	1
<i>JAMA (n=2)</i>	2	0
<i>The BMJ (n=2)</i>	2	0

Is there a statement regarding the sources of funding (within the summary structure)?

<i>Am J Sports Med (n=3)</i>	1	2
<i>Br J Sports Med (n=15)</i>	6	9
<i>Eur J Prev Cardiol (n=6)</i>	0	6
<i>Int J Behav Nutr Phys Act (n=8)</i>	2	6
<i>J Physiother (n=7)</i>	1	6
<i>J Sci Med Sport (n=15)</i>	9	6
<i>Med Sci Sports Exerc (n=39)</i>	4	35
<i>Scand J Med Sci Sports (n=31)</i>	6	25
<i>Sports Med (n=3)</i>	2	1
<i>JAMA (n=2)</i>	1	1
<i>The BMJ (n=2)</i>	2	0

Description: Values are expressed in absolute frequency (n)