



# STRENGTHENING THE EVIDENCE IN EXERCISE SCIENCES

## The SEES Initiative

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### Journal Reports 2019

British Journal of Sports Medicine

**Systematic Reviews with Meta-Analyses**

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[www.sees-initiative.org](http://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.

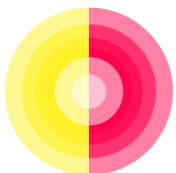
Further, we ultimately aim to increase the awareness regarding the need for transparent and informative scientific reports that should be valued by a complete reporting, carefully designed methods, and well-reasoned claims on the pursued research question.

## 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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DOI: 10.17605/OSF.IO/NTW7D



# Contents



Journal: British Journal of Sports Medicine (BJSM)

Editor in Chief: Karim Khan

Associated Professional Society: The British Association of Sport and Exercise Medicine (BASEM)

Website: <https://bjsm.bmj.com/>

## Number of systematic reviews with meta-analyses assessed by the SEES Initiative

34 articles

### Information for individual publication reports

Title	Pack*	Links
Efficacy of heavy eccentric calf training for treating mid-portion Achilles tendinopathy: a systematic review and meta-analysis	01	SEES link: <a href="https://sees-initiative.org/murphy-30636702/">https://sees-initiative.org/murphy-30636702/</a>
Impact of prenatal exercise on maternal harms, labour and delivery outcomes: a systematic review and meta-analysis	01	SEES link: <a href="https://sees-initiative.org/davenport-30337349/">https://sees-initiative.org/davenport-30337349/</a>
Effects of prenatal exercise on incidence of congenital anomalies and hyperthermia: a systematic review and meta-analysis	01	SEES link: <a href="https://sees-initiative.org/davenport-30337347/">https://sees-initiative.org/davenport-30337347/</a>
Prenatal exercise is not associated with fetal mortality: a systematic review and meta-analysis	01	SEES link: <a href="https://sees-initiative.org/davenport-30337346/">https://sees-initiative.org/davenport-30337346/</a>
Effects of prenatal exercise on fetal heart rate, umbilical and uterine blood flow: a systematic review and meta-analysis	01	SEES link: <a href="https://sees-initiative.org/skow-30337345/">https://sees-initiative.org/skow-30337345/</a>

Exercise for the prevention and treatment of low back, pelvic girdle and lumbopelvic pain during pregnancy: a systematic review and meta-analysis	01	SEES link: <a href="https://sees-initiative.org/davenport-30337344/">https://sees-initiative.org/davenport-30337344/</a>
Does adding hip exercises to quadriceps exercises result in superior outcomes in pain, function and quality of life for people with knee osteoarthritis? A systematic review and meta-analysis	02	SEES link: <a href="https://sees-initiative.org/hislop-30728126/">https://sees-initiative.org/hislop-30728126/</a>
Aerobic exercise alleviates depressive symptoms in patients with a major non-communicable chronic disease: a systematic review and meta-analysis	02	SEES link: <a href="https://sees-initiative.org/beland-30728127/">https://sees-initiative.org/beland-30728127/</a>
Effects of chronic exercise interventions on executive function among children and adolescents: a systematic review with meta-analysis	02	SEES link: <a href="https://sees-initiative.org/xue-30737201/">https://sees-initiative.org/xue-30737201/</a>
Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high- intensity interval training (HIIT)	02	SEES link: <a href="https://sees-initiative.org/viana-30765340/">https://sees-initiative.org/viana-30765340/</a>
Including the Nordic hamstring exercise in injury prevention programmes halves the rate of hamstring injuries: a systematic review and meta-analysis of 8459 athletes	02	SEES link: <a href="https://sees-initiative.org/van-dyk-30808663/">https://sees-initiative.org/van-dyk-30808663/</a>
Comparative effectiveness of treatment options for plantar heel pain: a systematic review with network meta-analysis	02	SEES link: <a href="https://sees-initiative.org/babatunde-29954828/">https://sees-initiative.org/babatunde-29954828/</a>
Cost-effectiveness of exercise therapy in the treatment of non-specific neck pain and low back pain: a systematic review with meta-analysis	02	SEES link: <a href="https://sees-initiative.org/miyamoto-29678893/">https://sees-initiative.org/miyamoto-29678893/</a>
How does light-intensity physical activity associate with adult cardiometabolic health and mortality? Systematic review with meta-analysis of experimental and observational studies	03	SEES link: <a href="https://sees-initiative.org/chastin-29695511/">https://sees-initiative.org/chastin-29695511/</a>
Do multi-ingredient protein supplements augment resistance training-induced gains in skeletal muscle mass and strength? A	03	SEES link: <a href="https://sees-initiative.org/obryan-30824459/">https://sees-initiative.org/obryan-30824459/</a>

systematic review and meta- analysis of 35 trials		
Effects of training and competition on the sleep of elite athletes: a systematic review and meta-analysis	04	SEES link: <a href="https://sees-initiative.org/roberts-30217831/">https://sees-initiative.org/roberts-30217831/</a>
Resistance training as a treatment for older persons with peripheral artery disease: a systematic review and meta-analysis	04	SEES link: <a href="https://sees-initiative.org/parmenter-30979698/">https://sees-initiative.org/parmenter-30979698/</a>
Financial incentives for physical activity in adults: systematic review and meta-analysis	05	SEES link: <a href="https://sees-initiative.org/pmid31092399/">https://sees-initiative.org/pmid31092399/</a>
Cycling is associated with a lower incidence of cardiovascular diseases and death: Part 1 – systematic review of cohort studies with meta-analysis	05	SEES link: <a href="https://sees-initiative.org/pmid31151937/">https://sees-initiative.org/pmid31151937/</a>
Cycling and cardiovascular disease risk factors including body composition, blood lipids and cardiorespiratory fitness analysed as continuous variables: Part 2—systematic review with metaanalysis	05	SEES link: <a href="https://sees-initiative.org/pmid31151938/">https://sees-initiative.org/pmid31151938/</a>
Multifactorial interventions for preventing falls in older people living in the community: a systematic review and meta-analysis of 41 trials and almost 20 000 participants	08	SEES link: <a href="https://sees-initiative.org/pmid31434659/">https://sees-initiative.org/pmid31434659/</a>
Effect of interventions using physical activity trackers on physical activity in people aged 60 years and over: a systematic review and meta-analysis	08	SEES link: <a href="https://sees-initiative.org/pmid31399430/">https://sees-initiative.org/pmid31399430/</a>
Broad-spectrum physical fitness benefits of recreational football: a systematic review and meta-analysis	08	SEES link: <a href="https://sees-initiative.org/pmid29371223/">https://sees-initiative.org/pmid29371223/</a>
Programme frequency, type, time and duration do not explain the effects of balance exercise in older adults: a systematic review with a meta-regression analysis	08	SEES link: <a href="https://sees-initiative.org/pmid29371222/">https://sees-initiative.org/pmid29371222/</a>
Association of high amounts of physical activity with mortality risk: a systematic review and meta-analysis	08	SEES link: <a href="https://sees-initiative.org/pmid31406017/">https://sees-initiative.org/pmid31406017/</a>
Adverse events of exercise therapy in	09	SEES link: <a href="https://sees-initiative.org/pmid315">https://sees-initiative.org/pmid315</a>

randomised controlled trials: a systematic review and meta-analysis		<a href="#">63884/</a>
Exercise alone and exercise combined with education both prevent episodes of low back pain and related absenteeism: systematic review and network metaanalysis of randomised controlled trials (RCTs) aimed at preventing back pain	10	SEES link: <a href="https://sees-initiative.org/pmid31672696/">https://sees-initiative.org/pmid31672696/</a>
Physically active lessons in schools and their impact on physical activity, educational, health and cognition outcomes: a systematic review and meta-analysis	10	SEES link: <a href="https://sees-initiative.org/pmid31619381/">https://sees-initiative.org/pmid31619381/</a>
Effectiveness of interventions for reducing non-occupational sedentary behaviour in adults and older adults: a systematic review and meta-analysis	10	SEES link: <a href="https://sees-initiative.org/pmid29331992/">https://sees-initiative.org/pmid29331992/</a>
Is running associated with a lower risk of all-cause, cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis	11	SEES link: <a href="https://sees-initiative.org/pmid31685526/">https://sees-initiative.org/pmid31685526/</a>
What is the effect of aerobic exercise intensity on cardiorespiratory fitness in those undergoing cardiac rehabilitation? A systematic review with meta-analysis	11	SEES link: <a href="https://sees-initiative.org/pmid30121584/">https://sees-initiative.org/pmid30121584/</a>
Are we missing the target? Are we aiming too low? What are the aerobic exercise prescriptions and their effects on markers of cardiovascular health and systemic inflammation in patients with knee osteoarthritis? A systematic review and meta-analysis	12	SEES link: <a href="https://sees-initiative.org/pmid31848152/">https://sees-initiative.org/pmid31848152/</a>
Aerobic exercise interventions reduce blood pressure in patients after stroke or transient ischaemic attack: a systematic review and meta-analysis	12	SEES link: <a href="https://sees-initiative.org/pmid29743171/">https://sees-initiative.org/pmid29743171/</a>
Exercise for preventing falls in older people living in the community: an abridged Cochrane systematic Review	12	SEES link: <a href="https://sees-initiative.org/pmid31792067/">https://sees-initiative.org/pmid31792067/</a>

\*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

Efficacy of heavy eccentric calf training for treating mid-portion Achilles tendinopathy: a systematic review and meta-analysis

### PMID

30636702

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 1

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	Yes
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	No restriction
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare financial and non-financial COIs





# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Impact of prenatal exercise on maternal harms, labour and delivery outcomes: a systematic review and meta-analysis

### PMID

30337349

### Journal

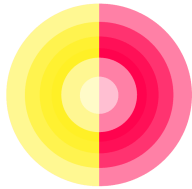
Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 1

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	No
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	3
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	No
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	No
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	No
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Effects of prenatal exercise on incidence of congenital anomalies and hyperthermia: a systematic review and meta-analysis

### PMID

30337347

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 1

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	No
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	3
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	No
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	No
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, ONLY for the study and/or outcome level (review processes not mentioned)
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Prenatal exercise is not associated with fetal mortality: a systematic review and meta-analysis

### PMID

30337346

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 1

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
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Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
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Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	No
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
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Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Effects of prenatal exercise on fetal heart rate, umbilical and uterine blood flow: a systematic review and meta-analysis

### PMID

30337345

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 1

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	No
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	3
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	No
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs





# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Exercise for the prevention and treatment of low back, pelvic girdle and lumbopelvic pain during pregnancy: a systematic review and meta-analysis

### PMID

30337344

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 1

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	No
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	3
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	No
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Does adding hip exercises to quadriceps exercises result in superior outcomes in pain, function and quality of life for people with knee osteoarthritis? A systematic review and meta-analysis

### PMID

30728126

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Aerobic exercise alleviates depressive symptoms in patients with a major non-communicable chronic disease: a systematic review and meta-analysis

### PMID

30728127

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	2
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	No
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	No
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Effects of chronic exercise interventions on executive function among children and adolescents: a systematic review with meta-analysis

### PMID

30737201

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	No
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	No
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Unclear
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs





# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high- intensity interval training (HIIT)

### PMID

30765340

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	No
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	3
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	No
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	No
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	Yes
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, ONLY for the study and/or outcome level (review processes not mentioned)
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Including the Nordic hamstring exercise in injury prevention programmes halves the rate of hamstring injuries: a systematic review and meta-analysis of 8459 athletes

### PMID

30808663

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	No restriction
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	No
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	No
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, ONLY for the study and/or outcome level (review processes not mentioned)
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Comparative effectiveness of treatment options for plantar heel pain: a systematic review with network meta-analysis

### PMID

29954828

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 2

This is a revised version with corrections added to our original report. To see claims for corrections and our responses click the link below:

[https://docs.google.com/spreadsheets/d/1Kk-Rp5ametcNV1\\_3PG9SnQzOLvthMP3XzdYpUFcXGc/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1Kk-Rp5ametcNV1_3PG9SnQzOLvthMP3XzdYpUFcXGc/edit?usp=sharing)

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes (After correction)
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	No restriction
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	No
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes

Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes (After correction)
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes (After correction)
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes (After correction)
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Cost-effectiveness of exercise therapy in the treatment of non-specific neck pain and low back pain: a systematic review with meta-analysis

### PMID

29678893

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	No
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	No restriction
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	No
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Yes (FULL description)
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs





# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

How does light-intensity physical activity associate with adult cardiometabolic health and mortality? Systematic review with meta-analysis of experimental and observational studies

### PMID

29695511

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 3

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	No
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	No
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Does not apply
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	No
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Unclear
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Do multi-ingredient protein supplements augment resistance training-induced gains in skeletal muscle mass and strength? A systematic review and meta- analysis of 35 trials

### PMID

30824459

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 3

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	No
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	No
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	No
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	No
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	No
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	Yes
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Effects of training and competition on the sleep of elite athletes: a systematic review and meta-analysis

### PMID

30217831

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 4

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PR
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	No
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	No
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	Does not apply
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Resistance training as a treatment for older persons with peripheral artery disease: a systematic review and meta-analysis

### PMID

30979698

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 4

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	No
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	No
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, ONLY for the study and/or outcome level (review processes not mentioned)
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs





# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Financial incentives for physical activity in adults: systematic review and meta-analysis

### PMID

31092399

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 5

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	No
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	No
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	Yes
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes

Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Unclear
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare financial and non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Cycling is associated with a lower incidence of cardiovascular diseases and death: Part 1 – systematic review of cohort studies with meta-analysis

### PMID

31151937

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 5

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes – Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	No
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Cycling and cardiovascular disease risk factors including body composition, blood lipids and cardiorespiratory fitness analysed as continuous variables: Part 2—systematic review with metaanalysis

### PMID

31151938

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 5

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	No
Completeness	Results: Is there a description of study duration (follow-up lengths)?	No
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Multifactorial interventions for preventing falls in older people living in the community: a systematic review and meta-analysis of 41 trials and almost 20 000 participants

### PMID

31434659

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 8

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PR
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	No restriction
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs





# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Effect of interventions using physical activity trackers on physical activity in people aged 60 years and over: a systematic review and meta-analysis

### PMID

31399430

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 8

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PR
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	No restriction
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes

Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	No
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, ONLY for the review level (limitation within or across studies not mentioned)
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Broad-spectrum physical fitness benefits of recreational football: a systematic review and meta-analysis

### PMID

29371223

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 8

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	No
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	No
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	No
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Unclear
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Programme frequency, type, time and duration do not explain the effects of balance exercise in older adults: a systematic review with a meta-regression analysis

### PMID

29371222

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 8

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	No
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	Yes
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	No
Methodological rigor	Methods: Was the study selection carried out in duplicate?	No
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes

Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Unclear
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare financial and non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Association of high amounts of physical activity with mortality risk: a systematic review and meta-analysis

### PMID

31406017

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 8

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PR
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	No
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	4
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Yes (FULL description)
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare financial COIs





# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Adverse events of exercise therapy in randomised controlled trials: a systematic review and meta-analysis

### PMID

31563884

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 9

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	No
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes

Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Partial Yes (there are individual results without specification of specific criteria/domains)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Exercise alone and exercise combined with education both prevent episodes of low back pain and related absenteeism: systematic review and network metaanalysis of randomised controlled trials (RCTs) aimed at preventing back pain

### PMID

31672696

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, 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 review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	No
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	No
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes

Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Physically active lessons in schools and their impact on physical activity, educational, health and cognition outcomes: a systematic review and meta-analysis

### PMID

31619381

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, 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 review registered in a public database?	Yes – Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	No
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	No
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	No
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes

Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Effectiveness of interventions for reducing non-occupational sedentary behaviour in adults and older adults: a systematic review and meta-analysis

### PMID

29331992

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, 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 review registered in a public database?	Yes – Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	No
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	Does not apply
Methodological rigor	Methods: How many languages were considered for study eligibility?	No restriction
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes

Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	No
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare financial COIs





# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Is running associated with a lower risk of all-cause, cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis

### PMID

31685526

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 11

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

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes - Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	No statement
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes

Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Yes
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

What is the effect of aerobic exercise intensity on cardiorespiratory fitness in those undergoing cardiac rehabilitation? A systematic review with meta-analysis.

### PMID

30121584

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 11

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

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	Yes – Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	No
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	1
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	No
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes

Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Yes
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Are we missing the target? Are we aiming too low? What are the aerobic exercise prescriptions and their effects on markers of cardiovascular health and systemic inflammation in patients with knee osteoarthritis? A systematic review and meta-analysis

### PMID

31848152

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 12

Note: The COVID-19 pandemics we are going through is very challenging and totally unprecedented. However, through it we can see that science conducted in an open, transparent and reproducible way is more than an ideal, it is a necessity. In this sense, we decided to keep our activities. However, we emphasize this evaluation was possibly not reviewed/questioned by the article authors due to the moment we are all going through. Thank you for your time and consideration.  
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Transparency	Registration: Is the review registered in a public database?	Yes – Registered in PROSPERO
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	No
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	2
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	No
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes

Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	No
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Aerobic exercise interventions reduce blood pressure in patients after stroke or transient ischaemic attack: a systematic review and meta-analysis

### PMID

29743171

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 12

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Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
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Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	2
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes

Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	Yes
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Unclear
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs





# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Exercise for preventing falls in older people living in the community: an abridged Cochrane systematic Review

### PMID

31792067

### Journal

Br J Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 12

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SEES Initiative team.

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Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	Yes
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Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	No
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	No
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	Yes
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	The searches were carried out from the database inception (earliest date)
Methodological rigor	Methods: How many languages were considered for study eligibility?	No restriction
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	Yes
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	Yes
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	No
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes

Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	No
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	No
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes
Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	No
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	No
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	No
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Does not apply
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	No
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, ONLY for the review level (limitation within or across studies not mentioned)
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare financial and non-financial COIs

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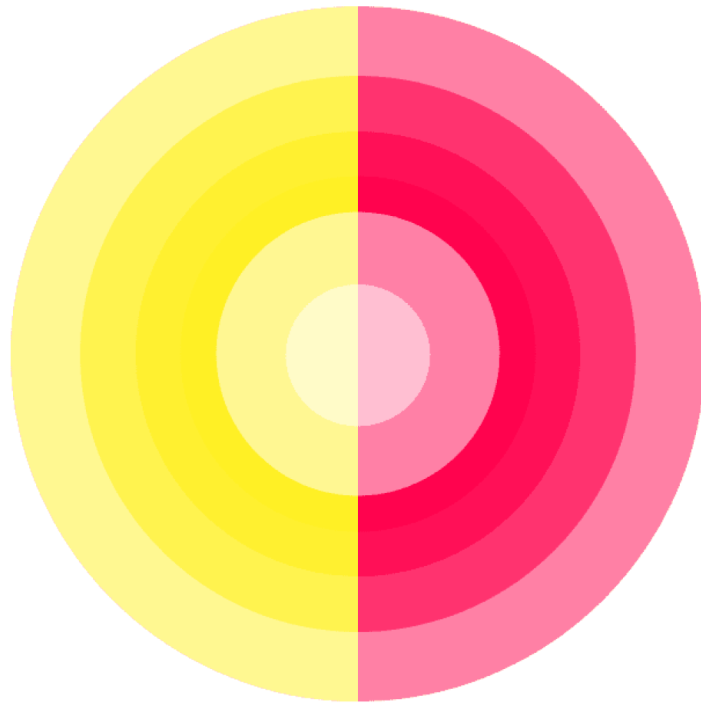
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**The SEES Initiative**

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