Strengthening the Evidence in Exercise Sciences

The SEES Initiative

Journal Reports 2019

European Journal of Preventive Cardiology

Randomized Clinical Trials

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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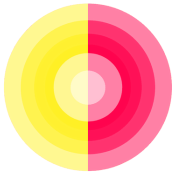

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Journal: European Journal of Preventive Cardiology

Editor in Chief: Massimo Piepoli

Associated Professional Society: European Association of Preventive Cardiology (EAPC)

Website: https://journals.sagepub.com/home/cpr

Number of randomized clinical trials assessed by the SEES Initiative

07 articles

Information for individual publication reports

Title	Pack*	Links
The effects and costs of home-based rehabilitation for heart failure with reduced ejection fraction: The REACH-HF multicentre randomized controlled trial	02	SEES link: https://sees-initiative.org/taylor-30304644/
Near infrared spectroscopy-guided exercise training for claudication in peripheral arterial disease	03	SEES link: https://sees-initiative.org/pmid30152245/
The impact of aerobic and isometric exercise on different measures of dysfunctional high-density lipoprotein in patients with hypertension	05	SEES link: https://sees-initiative.org/pmid31067131/
Exercise-based cardiac rehabilitation for patients with catheter ablation for persistent atrial fibrillation: A randomized controlled clinical trial	07	SEES link: https://sees-initiative.org/pmid31272205/
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Home-based exercise with telemonitoring guidance in patients with coronary artery disease: Does it improve long-term physical fitness?	12	SEES link: https://sees-initiative.org/pmid31787026/

*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

The effects and costs of home-based rehabilitation for heart failure with reduced ejection fraction: The REACH-HF multicentre randomized controlled trial

PMID

30304644

Journal

Eur J Prev Cardiol

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 2

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	Yes
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	Yes
Completeness	Title: Is the study identified as a randomized?	Yes
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	Yes
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	Yes
Completeness	Intro/Methods-TID2: Is there a rationale, theory, or goals described to present the essential elements of the intervention?	Yes
Critical appraisal	Introduction: Is there a hypothesis stated for the outcomes of interest? (Note: if there is not a directional hypothesis, but there is explanation for an exploratory approach, answer "Yes")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	Yes
Participants	Methods: Is there a detailed description of eligibility criteria for participants? (i.e., information that would allow to replicate the inclusion and exclusion decisions)	Yes
Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	Yes
Methodological rigor	Methods: Is the type of randomization sufficiently described? (Note: (i) type, such as computer; (ii) allocation ratio; and (iii) methods of restriction (if any) such as stratification or blocking should be considered)	Yes
Methodological rigor	Methods: Is there a mention regarding the mechanism for allocation concealment?	Yes
Methodological rigor	Methods: Is there a description of blinding/masking for measurements or analysis of outcomes?	Yes
Methodological rigor	Methods: Is there a description of sample size calculation?	Yes
Completeness	Methods/Intro-TID1: Is there a brief name or a phrase that describes the intervention?	Yes
Intervention	Methods-TID3: Is there a description of physical and information materials used as part of the intervention? (i.e., information that would allow to replicate the intervention with materials for participants or intervention providers)	Yes
Intervention	Methods-TID4: Is there a description of activities or procedures used to carry out the intervention? (i.e., information that would allow to replicate the necessary steps to run the intervention)	Yes
Participants	Methods-TID5: Is there a description of individuals involved in providing the intervention? (i.e., information that would allow to replicate the necessary workforce to run the intervention)	Yes
Intervention	Methods-TID6: Is there a description of modes of delivery of the intervention? (i.e., information that would allow to replicate the delivery to run the intervention, such as face-to-face, telefone, individually or in a group)	Yes
Intervention	Methods-TID7: Is there a description of location(s) where the intervention occurred? (Note: infrastructure and relevant features should be considered)	Yes
Intervention	Methods/Results-TID8: Is there a description regarding the period, amount, intensity and schedule of delivery? (i.e., information that would allow to replicate 'when' and 'how much')	Yes
Intervention	Methods/Results-TID9: If any form of individual tailoring for the intervention was used (such as, variable exercise intensity), is there a description for the rationale and guide for tailoring?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Yes

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
Critical appraisal	Methods: Is there a description of statistical methods used to compare groups for primary and secondary outcomes?	Yes
Participants	Results: Is there a participant flow (in text or diagram) reporting the numbers of participants who were assigned, received intervention, and were analyzed for the primary outcome?	Yes
Completeness	Results: Is there a description regarding the dates/periods of recruitment? (Note: if the follow-up has a variable length, the min-median-max durations should be considered)	No
Outcome	Results: Are baseline data for each group presented?	Yes
Outcome	Results: Is there a description on the actual number of participants analyzed? (Note: if numbers are reported only for the primary outcome, we choose "Yes")	Yes
Outcome	Results: Are the effect sizes described along with their precision measures? (e.g., continuous outcomes with standard deviation and binary outcomes with risk measures and absolute numbers)	Yes
Intervention	Results-TID10: Is there a description for non-planned modifications to the intervention during the course of the study? (Note: regards to the study level, and what-why-when for changes should be considered).	No
Intervention	Results: Is there a description for harm outcomes or adverse events? (Note: whether related or unrelated to interventions)	Yes
Critical appraisal	Discussion: Is there a discussion of potential bias, imprecision, multiplicity of analyses or other limitations?	Yes
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	Yes
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes
Completeness	Is there a statement regarding the sources of funding?	Yes
Completeness	Did the trial authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare financial COIs

Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Near infrared spectroscopy-guided exercise training for claudication in peripheral arterial disease

PMID

30152245

Journal

Eur J Prev Cardiol

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 3

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

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
Critical appraisal	Methods: Is there a description of statistical methods used to compare groups for primary and secondary outcomes?	No
Participants	Results: Is there a participant flow (in text or diagram) reporting the numbers of participants who were assigned, received intervention, and were analyzed for the primary outcome?	No
Completeness	Results: Is there a description regarding the dates/periods of recruitment? (Note: if the follow-up has a variable length, the min-median-max durations should be considered)	Yes
Outcome	Results: Are baseline data for each group presented?	Yes
Outcome	Results: Is there a description on the actual number of participants analyzed? (Note: if numbers are reported only for the primary outcome, we choose "Yes")	No
Outcome	Results: Are the effect sizes described along with their precision measures? (e.g., continuous outcomes with standard deviation and binary outcomes with risk measures and absolute numbers)	Yes
Intervention	Results-TID10: Is there a description for non-planned modifications to the intervention during the course of the study? (Note: regards to the study level, and what-why-when for changes should be considered).	No
Intervention	Results: Is there a description for harm outcomes or adverse events? (Note: whether related or unrelated to interventions)	No
Critical appraisal	Discussion: Is there a discussion of potential bias, imprecision, multiplicity of analyses or other limitations?	Yes
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	Yes
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding?	Yes
Completeness	Did the trial authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs

Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

The impact of aerobic and isometric exercise on different measures of dysfunctional high-density lipoprotein in patients with hypertension

PMID

31067131

Journal

Eur J Prev Cardiol

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 5

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

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
Critical appraisal	Methods: Is there a description of statistical methods used to compare groups for primary and secondary outcomes?	Yes
Participants	Results: Is there a participant flow (in text or diagram) reporting the numbers of participants who were assigned, received intervention, and were analyzed for the primary outcome?	Yes
Completeness	Results: Is there a description regarding the dates/periods of recruitment? (Note: if the follow-up has a variable length, the min-median-max durations should be considered)	No
Outcome	Results: Are baseline data for each group presented?	Yes
Outcome	Results: Is there a description on the actual number of participants analyzed? (Note: if numbers are reported only for the primary outcome, we choose "Yes")	Yes
Outcome	Results: Are the effect sizes described along with their precision measures? (e.g., continuous outcomes with standard deviation and binary outcomes with risk measures and absolute numbers)	Yes
Intervention	Results-TID10: Is there a description for non-planned modifications to the intervention during the course of the study? (Note: regards to the study level, and what-why-when for changes should be considered).	No
Intervention	Results: Is there a description for harm outcomes or adverse events? (Note: whether related or unrelated to interventions)	No
Critical appraisal	Discussion: Is there a discussion of potential bias, imprecision, multiplicity of analyses or other limitations?	Yes
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	Yes
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding?	Yes
Completeness	Did the trial authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare financial COIs

Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Exercise-based cardiac rehabilitation for patients with catheter ablation for persistent atrial fibrillation: A randomized controlled clinical trial

PMID

31272205

Journal

Eur J Prev Cardiol

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 7

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

Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
Critical appraisal	Methods: Is there a description of statistical methods used to compare groups for primary and secondary outcomes?	Yes
Participants	Results: Is there a participant flow (in text or diagram) reporting the numbers of participants who were assigned, received intervention, and were analyzed for the primary outcome?	Yes
Completeness	Results: Is there a description regarding the dates/periods of recruitment? (Note: if the follow-up has a variable length, the min-median-max durations should be considered)	Yes
Outcome	Results: Are baseline data for each group presented?	Yes
Outcome	Results: Is there a description on the actual number of participants analyzed? (Note: if numbers are reported only for the primary outcome, we choose "Yes")	Yes
Outcome	Results: Are the effect sizes described along with their precision measures? (e.g., continuous outcomes with standard deviation and binary outcomes with risk measures and absolute numbers)	Yes
Intervention	Results-TID10: Is there a description for non-planned modifications to the intervention during the course of the study? (Note: regards to the study level, and what-why-when for changes should be considered).	No
Intervention	Results: Is there a description for harm outcomes or adverse events? (Note: whether related or unrelated to interventions)	Yes
Critical appraisal	Discussion: Is there a discussion of potential bias, imprecision, multiplicity of analyses or other limitations?	Yes
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	No
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding?	Yes
Completeness	Did the trial authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs

Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Nordic walking and standard exercise therapy in patients with chronic heart failure: A randomised controlled trial comparison

PMID

31426669

Journal

Eur J Prev Cardiol

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 8

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

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

Intervention	Methods/Results-TID8: Is there a description regarding the period, amount, intensity and schedule of delivery? (i.e., information that would allow to replicate 'when' and 'how much')	Yes
Intervention	Methods/Results-TID9: If any form of individual tailoring for the intervention was used (such as, variable exercise intensity), is there a description for the rationale and guide for tailoring?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	No
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
Critical appraisal	Methods: Is there a description of statistical methods used to compare groups for primary and secondary outcomes?	Yes
Participants	Results: Is there a participant flow (in text or diagram) reporting the numbers of participants who were assigned, received intervention, and were analyzed for the primary outcome?	Yes
Completeness	Results: Is there a description regarding the dates/periods of recruitment? (Note: if the follow-up has a variable length, the min-median-max durations should be considered)	No
Outcome	Results: Are baseline data for each group presented?	Yes
Outcome	Results: Is there a description on the actual number of participants analyzed? (Note: if numbers are reported only for the primary outcome, we choose "Yes")	Yes
Outcome	Results: Are the effect sizes described along with their precision measures? (e.g., continuous outcomes with standard deviation and binary outcomes with risk measures and absolute numbers)	Yes
Intervention	Results-TID10: Is there a description for non-planned modifications to the intervention during the course of the study? (Note: regards to the study level, and what-why-when for changes should be considered).	No
Intervention	Results: Is there a description for harm outcomes or adverse events? (Note: whether related or unrelated to interventions)	Yes
Critical appraisal	Discussion: Is there a discussion of potential bias, imprecision, multiplicity of analyses or other limitations?	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	No
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding?	Yes
Completeness	Did the trial authors declare whether they had any conflicts of interest (COI)?	Yes, but NONE of the authors disclosed potential COIs

Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Non-linear is not superior to linear aerobic training periodization in coronary heart disease patients

PMID

31787023

Journal

Eur J Prev Cardiol

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 12

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

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

Intervention	Methods/Results-TID8: Is there a description regarding the period, amount, intensity and schedule of delivery? (i.e., information that would allow to replicate 'when' and 'how much')	Yes
Intervention	Methods/Results-TID9: If any form of individual tailoring for the intervention was used (such as, variable exercise intensity), is there a description for the rationale and guide for tailoring?	Yes
Intervention	Methods/Results-TID11: Is there a description of materials/strategies used in regard to intervention adherence?	Yes
Intervention	Methods/Results-TID12: Is there a description of results of intervention adherence? (i.e., attrition rates)?	Yes
Critical appraisal	Methods: Is there a description of statistical methods used to compare groups for primary and secondary outcomes?	Yes
Participants	Results: Is there a participant flow (in text or diagram) reporting the numbers of participants who were assigned, received intervention, and were analyzed for the primary outcome?	Yes
Completeness	Results: Is there a description regarding the dates/periods of recruitment? (Note: if the follow-up has a variable length, the min-median-max durations should be considered)	Yes
Outcome	Results: Are baseline data for each group presented?	Yes
Outcome	Results: Is there a description on the actual number of participants analyzed? (Note: if numbers are reported only for the primary outcome, we choose "Yes")	Yes
Outcome	Results: Are the effect sizes described along with their precision measures? (e.g., continuous outcomes with standard deviation and binary outcomes with risk measures and absolute numbers)	Yes
Intervention	Results-TID10: Is there a description for non-planned modifications to the intervention during the course of the study? (Note: regards to the study level, and what-why-when for changes should be considered).	No
Intervention	Results: Is there a description for harm outcomes or adverse events? (Note: whether related or unrelated to interventions)	Yes
Critical appraisal	Discussion: Is there a discussion of potential bias, imprecision, multiplicity of analyses or other limitations?	No
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment is beneficial?	No
Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding?	Yes
Completeness	Did the trial authors declare whether they had any conflicts of interest (COI)?	Yes, but NONE of the authors disclosed potential COIs

Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Exercise-based cardiac rehabilitation in patients with reduced left ventricular ejection fraction: The Cardiac Rehabilitation Outcome Study in Heart Failure (CROS-HF): A systematic review and meta-analysis

PMID

31177833

Journal

Eur J Prev Cardiol

Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 6

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")	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?	Yes
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?	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)	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, 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 financial COIs

Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

Assessment Report for Individual Study

Study title

Home-based exercise with telemonitoring guidance in patients with coronary artery disease: Does it improve long-term physical fitness?

PMID

31787026

Journal

Eur J Prev Cardiol

Type of Publication and Period of assessment

Randomized Clinical Trials, SEES Pack 12

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

Component	Item	SEES assessment
Transparency	Registration: Is the study registered in a clinical trial database?	Yes
Transparency	Protocol: Is there referral of a publicly available methodological protocol?	Yes
Completeness	Title: Is the study identified as a randomized?	No
Intervention	Abstract: Does the abstract list the study interventions?	Yes
Outcome	Abstract: Does the abstract inform the primary outcome (variable of interest)?	Yes
Outcome	Abstract: If any quantitative result is reported, is it accompanied by the respective precision estimate (e.g., standard deviation, confidence intervals, etc)?	There is no reporting of quantitative results
Completeness	Intro/Methods-TID2: Is there a rationale, theory, or goals described to present the essential elements of the intervention?	Yes
Critical appraisal	Introduction: Is there a hypothesis stated for the outcomes of interest? (Note: if there is not a directional hypothesis, but there is explanation for an exploratory approach, answer "Yes")	Yes
Completeness	Methods: Is there a description for the trial design (e.g., parallel, factorial, cluster)?	Yes
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Outcome	Methods: Are primary and secondary outcomes listed as well as their measurements specified?	Yes
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Methodological rigor	Methods: Is there a description of sample size calculation?	Yes
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Transparency	Is there a statement regarding the data availability (data sharing plan)?	No
Completeness	Is there a statement regarding the sources of funding?	Yes
Completeness	Did the trial authors declare whether they had any conflicts of interest (COI)?	Yes, but NONE of the authors disclosed potential COIs

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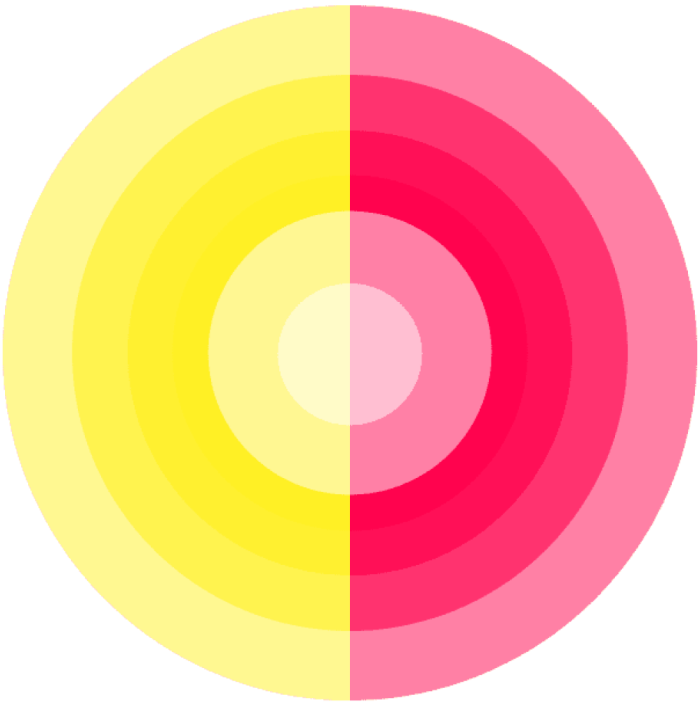

STRENGTHENING THE EVIDENCE IN EXERCISE SCIENCES

The SEES Initiative

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