



# STRENGTHENING THE EVIDENCE IN EXERCISE SCIENCES

## The SEES Initiative

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### Journal Reports 2019

American 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.

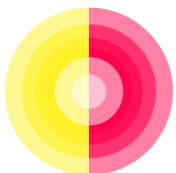
Further, we ultimately aim to increase the awareness regarding the need for transparent and informative scientific reports that should be valued by a complete reporting, carefully designed methods, and well-reasoned claims on the pursued research question.

## 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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# Contents



Journal: American Journal of Sports Medicine

Editor in Chief: Bruce Reider

Associated Professional Society: American Orthopaedic Society for Sports Medicine (AOSSM)

Website: <https://journals.sagepub.com/home/ajs>

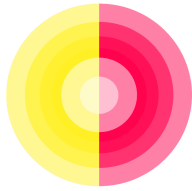
## Number of systematic reviews with meta-analyses assessed by the SEES Initiative

04 articles

### Information for individual publication reports

Title	Pack*	Links
Nonsurgical Treatments of Patellar Tendinopathy: Multiple Injections of Platelet-Rich Plasma Are a Suitable Option: A Systematic Review and Meta-analysis	03	SEES link: <a href="http://sees-initiative.org/andriolo-29601207/">http://sees-initiative.org/andriolo-29601207/</a>
Return to Sport After Arthroscopic Rotator Cuff Repair Is There a Difference Between the Recreational and the Competitive Athlete?	03	SEES link: <a href="https://sees-initiative.org/altintas-30855979/">https://sees-initiative.org/altintas-30855979/</a>
Evidence-Based Best-Practice Guidelines for Preventing Anterior Cruciate Ligament Injuries in Young Female Athletes: A Systematic Review and Meta-analysis	06	SEES link: <a href="https://sees-initiative.org/pmid30001501/">https://sees-initiative.org/pmid30001501/</a>
A Majority of Anterior Cruciate Ligament Injuries Can Be Prevented by Injury Prevention Programs: A Systematic Review of Randomized Controlled Trials and Cluster-Randomized Controlled Trials With Meta-analysis	08	SEES link: <a href="https://sees-initiative.org/pmid31469584/">https://sees-initiative.org/pmid31469584/</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

Nonsurgical Treatments of Patellar Tendinopathy: Multiple Injections of Platelet-Rich Plasma Are a Suitable Option: A Systematic Review and Meta-analysis

### PMID

29601207

### Permanent link

osf.io/54s68/

### Journal

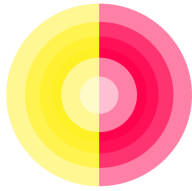
Am J Sports Med

### 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?	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?	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?	No
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)	No
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)?	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)	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?	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 financial COIs



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

## Assessment Report for Individual Study

### Study title

Return to Sport After Arthroscopic Rotator Cuff Repair  
Is There a Difference Between the Recreational and the Competitive Athlete?

### PMID

30855979

### Permanent link

osf.io/vyznw/

### Journal

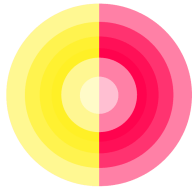
Am J Sports Med

### 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?	No
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?	No
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)	No
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?	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)?	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)?	No

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 financial COIs



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

## Assessment Report for Individual Study

### Study title

Evidence-Based Best-Practice Guidelines for Preventing Anterior Cruciate Ligament Injuries in Young Female Athletes: A Systematic Review and Meta-analysis

### PMID

30001501

### Permanent link

osf.io/7cf3v/

### Journal

Am J Sports Med

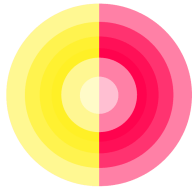
### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 6

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	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")	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)	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?	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)?	No



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)	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?	Yes
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 financial COIs



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

## Assessment Report for Individual Study

### Study title

A Majority of Anterior Cruciate Ligament Injuries Can Be Prevented by Injury Prevention Programs: A Systematic Review of Randomized Controlled Trials and Cluster-Randomized Controlled Trials With Meta-analysis

### PMID

31469584

### Permanent link

osf.io/kbuf7/

### Journal

Am 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")	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?	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?	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)?	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)?	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)	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)	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).	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)?	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 non-financial COIs

# Our team

**Akemy Neubert Kamitoyo**

Pontifícia Universidade Católica do Rio Grande do Sul

**Andresa Ignácio**

Universidade Federal do Rio Grande do Sul

**Angélica T. De Nardi**

Universidade Federal do Rio Grande do Sul

**Bruna Goés Moraes**

Pontifícia Universidade Católica do Rio Grande do Sul

**Cíntia E. Botton**

Universidade Federal de Pelotas

**Daniel Umpierre**

Universidade Federal do Rio Grande do Sul

**Douglas dos Santos Soares**

Universidade Federal do Rio Grande do Sul

**Leony Morgana Galliano**

Hospital de Clínicas de Porto Alegre

**Lucas Helal**

Universidade do Extremo Sul Catarinense

**Lucas P. Santos**

Hospital de Clínicas de Porto Alegre

**Luiza Isnardi Cardoso Ricardo**

Universidade Federal de Pelotas

**Marcelo R. dos Santos**

Instituto do Coração – FMUSP

**Nórton L. Oliveira**

Hospital de Clínicas de Porto Alegre

**Raíssa Borges Monteiro**

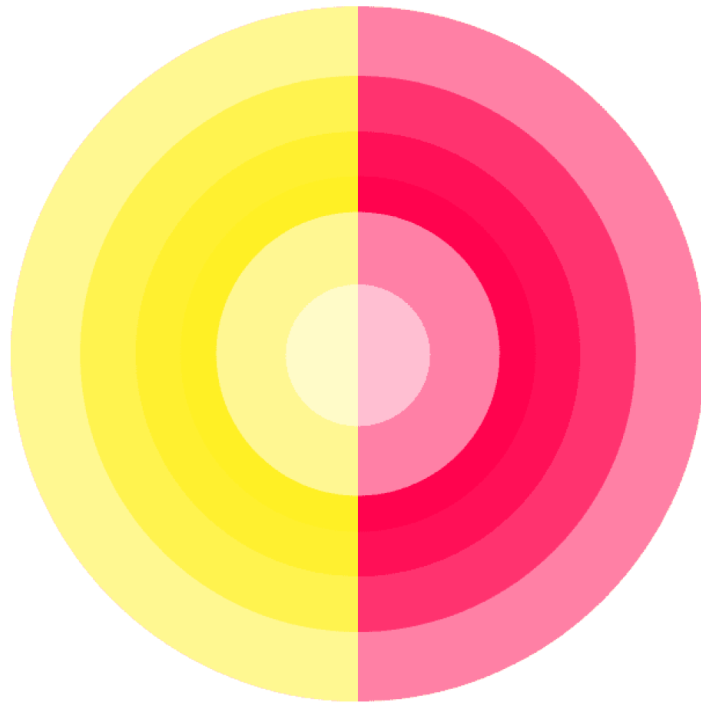
Universidade do Vale do Rio dos Sinos

**Tainá Silveira Alano**

Universidade Federal de Ciências da Saúde de Porto Alegre

Faculty director - **Daniel Umpierre**

Technical director - **Nórton L. Oliveira**



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**The SEES Initiative**

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Universidade Federal do Rio Grande do Sul  
Hospital de Clínicas de Porto Alegre  
[sees.initiative@gmail.com](mailto:sees.initiative@gmail.com)

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