Table 3. Standard Method for Assessment of Resistance Training in Longitudinal Designs (SMART-LD)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Criteria | Balachandran, et al.  2017 | Borges-Silva, et al.  2022 | Buskard, et al.  2019 | Filho, et al. 2022 | Hanson, et al. 2009 | Johnen, et al. 2020 | Lee,  et al. 2021 | Leenders, et al.  2013 | Moura, et al. 2017 | Pinto, et al. 2014 | Raj,  et al. 2014 | Roma, et al. 2013 | Safons, et al. 2021 | Sayers, et al. 2016 | Schaun, et al. 2022 | Schlicht, et al. 2001 | Walker, et al. 2017 |
| Item 1 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | **No** | Yes | Yes | Yes | Yes | Yes | Yes |
| Item 2 | **No** | **No** | **No** | **No** | **No** | **No** | **No** | **No** | **No** | **No** | **No** | **No** | Yes | **No** | **No** | **No** | **No** |
| Item 3 | Yes | **No** | Yes | Yes | **No** | **No** | Yes | **No** | **No** | Yes | Yes | **No** | Yes | **No** | Yes | **No** | Yes |
| Item 4 | Yes | Yes | Yes | Yes | **No** | Yes | Yes | Yes | **No** | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Item 5 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | **No** | **No** | Yes |
| Item 6 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Item 7 | **No** | Yes | Yes | **No** | Yes | **No** | Yes | Yes | Yes | Yes | **No** | **No** | **No** | Yes | Yes | Yes | Yes |
| Item 8 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Item 9 | Yes | **No** | Yes | Yes | **No** | **No** | Yes | **No** | **N/A**\* | Yes | Yes | Yes | **No** | Yes | **N/A**\* | **No** | Yes |
| Item 10 | Yes | Yes | Yes | **No** | **No** | Yes | Yes | **No** | **N/A**\* | Yes | **No** | **No** | **No** | Yes | **N/A**\* | **No** | **No** |
| Item 11 | Yes | Yes | **No** | Yes | Yes | Yes | Yes | Yes | Yes | **No** | **No** | **No** | Yes | **No** | Yes | **No** | Yes |
| Item 12 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | yes | Yes | Yes | Yes | Yes | Yes |
| Item 13 | Yes | Yes | Yes | Yes | **No** | Yes | **No** | **No** | **N/A**\* | Yes | **No** | **No** | **No** | Yes | **N/A**\* | **No** | **No** |
| Item 14 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Item 15 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Item 16 | Yes | Yes | **No** | Yes | Yes | **No** | **No** | **No** | Yes | **No** | Yes | **No** | **No** | Yes | **No** | **No** | **No** |
| Item 17 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Item 18 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Item 19 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | **No** | Yes | Yes | Yes | **No** | Yes | Yes | Yes | Yes | Yes |
| Item 20 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Score | 18 | 17 | 17 | 17 | 14 | 15 | 17 | 14 | 14\* | 17 | 14 | 12 | 15 | 17 | 14\* | 12 | 16 |

\* This was a single-arm trial and thus there could be no randomization, concealment of randomization, or blinding of outcomes to investigators