

Section	Subsection	Number	Description	Reference
Title and abstract				
	Title and structured abstract	1a	Identification as a randomised trial	p. 2 (Summary)
		1b	Structured summary of the trial design, methods, results, and conclusions	p. 2 (Summary)
Open science				
	Trial registration	2	Name of trial registry, identifying number (with URL) and date of registration	p. 5 (Section 2.1)
	Protocol and statistical analysis plan	3	Where the trial protocol and statistical analysis plan can be accessed	appendix section 1 (trial protocol); appendix section 11 (SAP)
	Data sharing	4	Where and how the individual de-identified participant data (including data dictionary), statistical code, and any other materials can be accessed	p. 13 (Data sharing)
	Funding and conflicts of interest	5a	Sources of funding and other support (eg, supply of drugs), and role of funders in the design, conduct, analysis, and reporting of the trial	Summary; p. 8 (Section 2.6); p. 13 (Acknowledgements)
		5b	Financial and other conflicts of interest of the manuscript authors	p. 13 (Declaration of interests)
Introduction				
	Background and rationale	6	Scientific background and rationale	p. 4-5 (Section 1)
	Objectives	7	Specific objectives related to benefits and harms	p. 5 (Section 1)
Methods				
	Patient and public involvement	8	Details of patient or public involvement in the design, conduct, and reporting of the trial	p. 5 Section 2.1)
	Trial design	9	Description of trial design including type of trial (eg, parallel group, crossover), allocation ratio, and framework (eg, superiority, equivalence, non-inferiority, or exploratory)	p. 5 (Section 2.1)
	Changes to trial protocol	10	Important changes to the trial after it commenced including any outcomes or analyses that were not prespecified, with reason	p. 6 (Section 2.4)
	Trial setting	11	Settings (eg, community, hospital) and locations (eg, countries, sites) where the trial was conducted	p. 5 (Section 2.1)
	Eligibility criteria	12a	Eligibility criteria for participants	p. 5 (Section 2.1)
		12b	If applicable, eligibility criteria for sites and for individuals delivering the interventions (eg, surgeons, physiotherapists)	not applicable
	Intervention and comparator	13	Intervention and comparator with sufficient details to allow replication. If relevant, where additional materials describing the intervention and comparator (eg, intervention manual) can be accessed	p. 5 (Section 2.3)
	Outcomes	14	Prespecified primary and secondary outcomes, including the specific measurement variable (eg, systolic blood pressure), analysis metric (eg, change from baseline, final value, time to event), method of aggregation (eg, median, proportion), and timepoint for each outcome	p. 6-7 (Section 2.4); Table 2; appendix Section 3
	Harms	15	How harms were defined and assessed (eg, systematically, non-systematically)	p. 6 (Section 2.4)

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Randomisation	Sample size	16a	How sample size was determined, including all assumptions supporting the sample size calculation	p. 7 (Section 2.5)
		16b	Explanation of any interim analyses and stopping guidelines	p. 7 (Section 2.5)
Results				
Participant flow, including flow diagram	22a	For each group, the numbers of participants who were randomly assigned, received intended intervention, and were analysed for the primary outcome	p. 8 (Section 3) and Figure 1	
	22b	For each group, losses and exclusions after randomisation, together with reasons	Figure 1	
Recruitment	23a	Dates defining the periods of recruitment and follow-up for outcomes of benefits and harms	p. 8 (Section 3)	
	23b	If relevant, why the trial ended or was stopped	p. 8 (Section 3)	
Intervention and comparator delivery	24a	Intervention and comparator as they were actually administered (eg, where appropriate, who delivered the intervention/comparator, how participants adhered, whether they were delivered as intended [fidelity])	Table 1; Figure 1; p. 5-6 (Section 2.3)	
	24b	Concomitant care received during the trial for each group	p. 8 (Section 3)	
Baseline data	25	A table showing baseline demographic and clinical characteristics for each group	Table 3	
Numbers analysed, outcomes and estimation	26	For each primary and secondary outcome, by group: •the number of participants included in the analysis •the number of participants with available data at	p. 8-11 (Section 3); appendix	

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			the outcome timepoint •result for each group, and the estimated effect size and its precision (such as 95% confidence interval) •for binary outcomes, presentation of both absolute and relative effect size	
	Harms	27	All harms or unintended events in each group	p. 10 (Section 3)
	Ancillary analyses	28	Any other analyses performed, including subgroup and sensitivity analyses, distinguishing prespecified from post hoc	pp. 10-11 (Section 3); appendix
Discussion				
	Interpretation	29	Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	p. 11-12 (Section 4)
	Limitations	30	Trial limitations, addressing sources of potential bias, imprecision, generalisability, and, if relevant, multiplicity of analyses	p. 11-12 (Section 4)