CONSORT 2010 checklist of information to include when reporting a randomised trial\*

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| Section/Topic | Item No | Checklist item | Reported on page No |
| Title and abstract | | | |
|  | 1a | Identification as a randomised trial in the title | Abstract |
| 1b | Structured summary of trial design, methods, results, and conclusions (for specific guidance see CONSORT for abstracts) | Abstract |
| Introduction | | | |
| Background and objectives | 2a | Scientific background and explanation of rationale | Introduction |
| 2b | Specific objectives or hypotheses | Material and Methods |
| Methods | | | |
| Trial design | 3a | Description of trial design (such as parallel, factorial) including allocation ratio | Material and Methods |
| 3b | Important changes to methods after trial commencement (such as eligibility criteria), with reasons | Not applicable |
| Participants | 4a | Eligibility criteria for participants | Material and Methods |
| 4b | Settings and locations where the data were collected | Not in manuscript |
| Interventions | 5 | The interventions for each group with sufficient details to allow replication, including how and when they were actually administered | Material and Methods |
| Outcomes | 6a | Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed | Material and Methods |
| 6b | Any changes to trial outcomes after the trial commenced, with reasons | Not applicable |
| Sample size | 7a | How sample size was determined | Not in manuscript |
| 7b | When applicable, explanation of any interim analyses and stopping guidelines | Not in manuscript |
| Randomisation: |  |  |  |
| Sequence generation | 8a | Method used to generate the random allocation sequence | Material and Methods |
| 8b | Type of randomisation; details of any restriction (such as blocking and block size) | Not in manuscript |
| Allocation concealment mechanism | 9 | Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned | Not in manuscript |
| Implementation | 10 | Who generated the random allocation sequence, who enrolled participants, and who assigned participants to interventions | Not in manuscript |
| Blinding | 11a | If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how | Not in manuscript |
| 11b | If relevant, description of the similarity of interventions | Not in manuscript |
| Statistical methods | 12a | Statistical methods used to compare groups for primary and secondary outcomes | Material and Methods |
| 12b | Methods for additional analyses, such as subgroup analyses and adjusted analyses | Not applicable |
| Results | | | |
| Participant flow (a diagram is strongly recommended) | 13a | For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome | Figure 3 |
| 13b | For each group, losses and exclusions after randomisation, together with reasons | Not applicable |
| Recruitment | 14a | Dates defining the periods of recruitment and follow-up | Not in manuscript |
| 14b | Why the trial ended or was stopped | Not applicable |
| Baseline data | 15 | A table showing baseline demographic and clinical characteristics for each group | Table 3 |
| Numbers analysed | 16 | For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups | Figure 3 |
| Outcomes and estimation | 17a | For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval) | Tables 4 and 5 |
| 17b | For binary outcomes, presentation of both absolute and relative effect sizes is recommended | Not applicable |
| Ancillary analyses | 18 | Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory | Table 8 |
| Harms | 19 | All important harms or unintended effects in each group (for specific guidance see CONSORT for harms) | Not applicable |
| Discussion | | | |
| Limitations | 20 | Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses | Not in mansucript |
| Generalisability | 21 | Generalisability (external validity, applicability) of the trial findings | Discussion |
| Interpretation | 22 | Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence | Discussion |
| Other information | | |  |
| Registration | 23 | Registration number and name of trial registry | Title page |
| Protocol | 24 | Where the full trial protocol can be accessed, if available | Protocol SI |
| Funding | 25 | Sources of funding and other support (such as supply of drugs), role of funders | Financial disclosure |

\*We strongly recommend reading this statement in conjunction with the CONSORT 2010 Explanation and Elaboration for important clarifications on all the items. If relevant, we also recommend reading CONSORT extensions for cluster randomised trials, non-inferiority and equivalence trials, non-pharmacological treatments, herbal interventions, and pragmatic trials. Additional extensions are forthcoming: for those and for up to date references relevant to this checklist, see [www.consort-statement.org](http://www.consort-statement.org).