Checklist Item	Arrogi, Bogaerts et al. 2017 [40]	Bond, Thomas et al. 2014 [48]	Choi, hyeon Lee et al. 2016 [38]	Cowdery, Majeske et al. 2015 [39]	Fanning, Roberts et al. 2017 [41]	Glynn, Hayes et al. 2014 [36]	Korinek, Phatak et al. 2018 [50]	Pellegrini, Hoffman et al. 2015 [49]	Simons, De Bourdeaudhuij et al. 2018 [42]	Walsh, Corbett et al. 2016 [37]
Title and Abstract										
1. a) Identification as randomized trial in the title; b) structured summary of trial design, methods, results, and conclusions	-- ✓	-- ✓	✓ ✓	-- ✓	✓ ✓	✓ ✓	-- ✓	-- ✓	✓ ✓	-- ✓
Introduction										
2. Background and Objectives a) Scientific background and explanation of rationale; b) specific objectives/hypotheses	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓
Methods										
3. Trial Design a) Description of trial design; b) important changes to methods after trial commencement, with reasons	✓ --	✓ --	-- _	✓ --	✓ --	✓ --	✓ --	✓ --	✓ --	✓ --
4. Participants a) Eligibility criteria for participants; b) settings and locations of data collection	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ --	✓ --	✓ ✓	✓ ✓
5. Intervention The interventions for each group with sufficient details to allow for replication, including how and when they were actually administered	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6. **Outcomes** a) Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed; b) any changes to trial outcomes after trial commenced, with reasons	✓ --	✓ --	✓ --	✓ --	✓ --	✓ --	✓ --	✓ --	✓ --	✓ --

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7. Sample Size a) How sample size was determined; b) when applicable explanation of any interim analysis and stopping guidelines	-- --	✓ --	-- --	✓ --	✓ --	✓ --	-- --	-- --	✓ --	✓ --
8. Randomisation: Sequence Generation a) Method used to generate the random allocation sequence; b) type of randomisation including details of any restriction	-- --	-- --	✓ ✓	✓ ✓	✓ ✓	✓ ✓	-- --	-- --	✓ ✓	✓ ✓
9. Allocation Concealment Mechanism Mechanism used to implement the random allocation sequence, describing any steps taken to conceal sequence until interventions were assigned	--	--	--	--	✓	✓	--	--	✓	--
10. Implementation Who generated the random allocation sequence, who enrolled participants, and who assigned participants to the interventions	--	--	--	--	--	✓	--	--	✓	--
11. Blinding a) If done, who was blinded after assignment to interventions and how; b) if relevant, similarity of interventions	--	--	--	--	✓	✓	--	--	--	--
12. Statistical Methods a) Statistical methods used to compare groups for primary and secondary outcomes; b) methods for additional analyses, such as subgroup analyses and adjusted analyses	✓ ✓	✓ ✓	✓ --	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ --	✓ ✓	✓ --
Results										

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13. Participant flow a) For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome; b) for each group losses and exclusions after randomisation, with reasons	✓ ✓	✓ ✓	✓ ✓	✓ --	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓
14. Recruitment a) Dates defining the periods of recruitment and follow-up; b) why the trial ended or was stopped	✓ --	✓ --	✓ --	✓ --	✓ --	✓ --	-- --	-- --	✓ --	-- --
15. Baseline Data A table with baseline demographic and clinical characteristics for each group	--	✓	✓	✓	✓	✓	✓	--	✓	✓
16. Numbers Analysed For each group, number of participants included in each analysis and whether the analysis was by original assigned groups	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17. Outcomes and Estimation a) For each primary and secondary outcome, and the estimated effect sizes and its precision; b) for binary outcomes presentation of both absolute and relative effect sizes is recommended	✓ --	✓ --	✓ --	-- --	✓ --	✓ --	-- --	-- --	-- --	✓ --
18. Ancillary Analyses Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory	--	--	--	✓	✓	--	--	--	✓	--
19. Harms All-important harms or unintended effects in each group	--	--	✓	--	--	--	--	--	--	--

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Discussion										
20. Limitations Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
21. Generalisability Generalisability (external validity, applicability) of the trial findings	✓	✓	✓	✓	✓	✓	✓	--	✓	✓
22. Interpretation Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Other Information										
23. Registration Registration number and name of registry	--	--	✓	--	✓	✓	--	--	✓	--
24. Protocol Where the full trial protocol can be accessed	--	✓	--	--	--	✓	--	--	--	--
25. Funding Sources of funding/role of funders	✓	✓	✓	--	--	✓	✓	✓	✓	--
Total	13	15	16.5	14	18.5	20.5	12	9.5	19	13

[a] Criterion fulfilled: ✓; Criterion not fulfilled: --