| Paper Section/Topic | Item Number | Description | Reported |
|---------------------|-------------|-------------|----------|
| Title and Abstract | 1 | Information about the main objectives and design of the study | V | 1 - Results |
| | 2 | Methodology | V | 1 - Abstract |
| | 3 | Introduction | V | 2 - Abstract |
| | 4 | Information on target population of study sample | V | 2 - Abstract |
| Background | 2 | Background and explanation of rationale | V | 2 - Introduction |
| | 3 | Theoretical background and methodology | V | 2 - Introduction |
| | 4 | Literature review and methodology | V | 2 - Introduction |
| Methods | 5 | Description of the methods and materials used in the study | V | 3 - Methods |
| | 6 | Methodology, including the study design | V | 3 - Methods |
| | 7 | Statistical method used | V | 3 - Methods |
| | 8 | Recruitment | V | 3 - Methods |
| | 9 | Randomization | V | 3 - Methods |
| | 10 | Participants | V | 3 - Methods |
| | 11 | Outcome | V | 3 - Methods |
| | 12 | Statistical analysis | V | 3 - Methods |
| | 13 | Reporting guidelines | V | 3 - Methods |
| | 14 | Data management | V | 3 - Methods |
| | 15 | Ethics | V | 3 - Methods |
| | 16 | Registration and data monitoring | V | 3 - Methods |
| | 17 | Other | V | 3 - Methods |

**Participant Flow**

| Participant Flow | Item Number | Description | Reported |
|------------------|-------------|-------------|----------|
| | 1 | Description of the participant flow for all study conditions | V | 9 - Participant Flow |
| | 2 | Description of the participant flow for each study condition | V | 9 - Participant Flow |

**Recruitment**

| Recruitment | Item Number | Description | Reported |
|-------------|-------------|-------------|----------|
| | 1 | Description of the recruitment process | V | 10 - Recruitment |
| | 2 | Description of the recruitment procedures | V | 10 - Recruitment |
| | 3 | Description of the recruitment criteria | V | 10 - Recruitment |
| | 4 | Description of the recruitment procedures | V | 10 - Recruitment |
| | 5 | Description of the recruitment criteria | V | 10 - Recruitment |
| | 6 | Description of the recruitment procedures | V | 10 - Recruitment |

**Baseline Characterization**

| Baseline Characterization | Item Number | Description | Reported |
|---------------------------|-------------|-------------|----------|
| | 1 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 2 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 3 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 4 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 5 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 6 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 7 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 8 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 9 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 10 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |
| | 11 | Baseline characteristics for each study condition | V | 11 - Baseline Characterization |

**Results**

| Results | Item Number | Description | Reported |
|---------|-------------|-------------|----------|
| | 1 | Results of the main analysis | V | 13 - Results |
| | 2 | Results of the main analysis | V | 13 - Results |
| | 3 | Results of the main analysis | V | 13 - Results |
| | 4 | Results of the main analysis | V | 13 - Results |
| | 5 | Results of the main analysis | V | 13 - Results |
| | 6 | Results of the main analysis | V | 13 - Results |
| | 7 | Results of the main analysis | V | 13 - Results |
| | 8 | Results of the main analysis | V | 13 - Results |
| | 9 | Results of the main analysis | V | 13 - Results |
| | 10 | Results of the main analysis | V | 13 - Results |

**Discussion**

| Discussion | Item Number | Description | Reported |
|------------|-------------|-------------|----------|
| | 1 | Discussion of the main findings | V | 15 - Discussion |
| | 2 | Discussion of the main findings | V | 15 - Discussion |
| | 3 | Discussion of the main findings | V | 15 - Discussion |
| | 4 | Discussion of the main findings | V | 15 - Discussion |
| | 5 | Discussion of the main findings | V | 15 - Discussion |
| | 6 | Discussion of the main findings | V | 15 - Discussion |
| | 7 | Discussion of the main findings | V | 15 - Discussion |
| | 8 | Discussion of the main findings | V | 15 - Discussion |
| | 9 | Discussion of the main findings | V | 15 - Discussion |
| | 10 | Discussion of the main findings | V | 15 - Discussion |

**General Considerations**

| General Considerations | Item Number | Description | Reported |
|------------------------|-------------|-------------|----------|
| | 1 | General considerations for future research | V | 20 - General Considerations |
| | 2 | General considerations for future research | V | 20 - General Considerations |
| | 3 | General considerations for future research | V | 20 - General Considerations |
| | 4 | General considerations for future research | V | 20 - General Considerations |
| | 5 | General considerations for future research | V | 20 - General Considerations |
| | 6 | General considerations for future research | V | 20 - General Considerations |
| | 7 | General considerations for future research | V | 20 - General Considerations |
| | 8 | General considerations for future research | V | 20 - General Considerations |
| | 9 | General considerations for future research | V | 20 - General Considerations |
| | 10 | General considerations for future research | V | 20 - General Considerations |