Appendix 1. TIDieR (Template for Intervention Description and Replication) Checklist for the new intervention.

| Item number | Item |
|-------------|------|
|             |      |

**TIDieR (Template for Intervention Description and Replication) Checklist**: Information to include when describing an intervention and the location of the information

| Item number | Item |
|-------------|------|
| BRIEF NAME  |      |
| 1.          |      |
| WHY         |      |
| 2.          |      |
| WHAT        |      |
| 3.          |      |
| WHO PROVIDED|      |
| 4.          |      |
| HOW         |      |
| 5.          |      |
| WHERE       |      |
| 6.          |      |
| WHEN and HOW MUCH | |
| 7.          |      |
| TAILORING   |      |
| 8.          |      |
9. If the intervention was planned to be personalised, titrated or adapted, then describe what, why, when, and how.

MODIFICATIONS

10.† If the intervention was modified during the course of the study, describe the changes (what, why, when, and how).

HOW WELL

11. Planned: If intervention adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them.

12.‡ Actual: If intervention adherence or fidelity was assessed, describe the extent to which the intervention was delivered as planned.

** Authors - use N/A if an item is not applicable for the intervention being described. Reviewers – use ‘?’ if information about the element is not reported/not sufficiently reported.

† If the information is not provided in the primary paper, give details of where this information is available. This may include locations such as a published protocol or other published papers (provide citation details) or a website (provide the URL).
‡ If completing the TIDieR checklist for a protocol, these items are not relevant to the protocol and cannot be described until the study is complete.

* We strongly recommend using this checklist in conjunction with the TIDieR guide (see BMJ 2014;348:g1687) which contains an explanation and elaboration for each item.

* The focus of TIDieR is on reporting details of the intervention elements (and where relevant, comparison elements) of a study. Other elements and methodological features of studies are covered by other reporting statements and checklists and have not been duplicated as part of the TIDieR checklist. When a randomised trial is being reported, the TIDieR checklist should be used in conjunction with the CONSORT statement (see www.consort-statement.org) as an extension of Item 5 of the CONSORT 2010 Statement. When a clinical trial protocol is being reported, the TIDieR checklist should be used in conjunction with the SPIRIT statement as an extension of Item 11 of the SPIRIT 2013 Statement (see www.spirit-statement.org). For alternate study designs, TIDieR can be used in conjunction with the appropriate checklist for that study design (see www.equator-network.org).