	Item No	Recommendation	Completed
Title and abstract	1	(a) Indicate the study's design with a commonly used term in the title	X
		or the abstract	
		(b) Provide in the abstract an informative and balanced summary of	X
		what was done and what was found	
Introduction			
Background/rationale	2	Explain the scientific background and rationale for the investigation being reported	X
Objectives	3	State specific objectives, including any prespecified hypotheses	X
Methods			
	4	Described to the first training the first training to the first training training to the first training trainin	X
Study design	4	Present key elements of study design early in the paper	Λ
Setting	5	Describe the setting, locations, and relevant dates, including periods of	X
Doutining	-	recruitment, exposure, follow-up, and data collection	
Participants	6	(a) Cohort study—Give the eligibility criteria, and the sources and	
		methods of selection of participants. Describe methods of follow-up	
		Case-control study—Give the eligibility criteria, and the sources and	X
		methods of case ascertainment and control selection. Give the	Λ
		rationale for the choice of cases and controls	
		Cross-sectional study—Give the eligibility criteria, and the sources	
		and methods of selection of participants	
		(b) Cohort study—For matched studies, give matching criteria and	
		number of exposed and unexposed	-
		Case-control study—For matched studies, give matching criteria and	
		the number of controls per case	
Variables	7	Clearly define all outcomes, exposures, predictors, potential	37
		confounders, and effect modifiers. Give diagnostic criteria, if	X
		applicable	
Data sources/	8*	For each variable of interest, give sources of data and details of	
measurement		methods of assessment (measurement). Describe comparability of	X
		assessment methods if there is more than one group	
Bias	9	Describe any efforts to address potential sources of bias	
Study size	10	Explain how the study size was arrived at	X
Quantitative variables	11	Explain how quantitative variables were handled in the analyses. If	X
		applicable, describe which groupings were chosen and why	71
Statistical methods	12	(a) Describe all statistical methods, including those used to control for	X
		confounding	
		(b) Describe any methods used to examine subgroups and interactions	X
		(c) Explain how missing data were addressed	
		(d) Cohort study—If applicable, explain how loss to follow-up was	
		addressed	
		Case-control study—If applicable, explain how matching of cases and	$\mathbf{v}$
		controls was addressed	X
		Cross-sectional study—If applicable, describe analytical methods	
		taking account of sampling strategy	

Results			Completed
Participants	13*	(a) Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed	
		(b) Give reasons for non-participation at each stage	X
		(c) Consider use of a flow diagram	X
Descriptive data	14*	(a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders	X
		(b) Indicate number of participants with missing data for each variable of interest	
		(c) Cohort study—Summarise follow-up time (eg, average and total amount)	X
Outcome data 15	15*	Cohort study—Report numbers of outcome events or summary measures over time	X
		Case-control study—Report numbers in each exposure category, or summary measures of exposure	-
		Cross-sectional study—Report numbers of outcome events or summary measures	-
Main results	16	(a) Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included	X
		(b) Report category boundaries when continuous variables were categorized	X
		(c) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	X
Other analyses	17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	
Discussion			
Key results	18	Summarise key results with reference to study objectives	X
Limitations	19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias	
Interpretation	20	Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence	
Generalisability	21	Discuss the generalisability (external validity) of the study results	X
Other informati	on		
Funding	22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	X

<sup>\*</sup>Give information separately for cases and controls in case-control studies and, if applicable, for exposed and unexposed groups in cohort and cross-sectional studies.