

STROBE Statement—checklist of items that should be included in reports of observational studies

	Item No.	Recommendation	Page No.	Relevant text from manuscript
<b>Title and abstract</b>	1	(a) Indicate the study's design with a commonly used term in the title or the abstract	1	Title
		(b) Provide in the abstract an informative and balanced summary of what was done and what was found	2	Abstract
<b>Introduction</b>				
Background/rationale	2	Explain the scientific background and rationale for the investigation being reported	3-4	Introduction
Objectives	3	State specific objectives, including any prespecified hypotheses	4	Introduction
<b>Methods</b>				
Study design	4	Present key elements of study design early in the paper	4	Study Design
Setting	5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	4-5	Study Design, Study Setting and Population
Participants	6	(a) <i>Cohort study</i> —Give the eligibility criteria, and the sources and methods of selection of participants. Describe methods of follow-up <i>Case-control study</i> —Give the eligibility criteria, and the sources and methods of case ascertainment and control selection. Give the rationale for the choice of cases and controls <i>Cross-sectional study</i> —Give the eligibility criteria, and the sources and methods of selection of participants	5	Study Setting and Population
		(b) <i>Cohort study</i> —For matched studies, give matching criteria and number of exposed and unexposed <i>Case-control study</i> —For matched studies, give matching criteria and the number of controls per case		
Variables	7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	7-9	Data Processing
Data sources/ measurement	8*	For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group	5-6	Study Proceedings
Bias	9	Describe any efforts to address potential sources of bias		
Study size	10	Explain how the study size was arrived at	5	Study Setting and Population

Continued on next page

Quantitative variables	11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why	7-9	Data Processing
Statistical methods	12	(a) Describe all statistical methods, including those used to control for confounding	9-10	Statistical Analysis and Data Modeling
		(b) Describe any methods used to examine subgroups and interactions	10	Differences in Subgroup Sensitivity
		(c) Explain how missing data were addressed	8	Data Completeness (Methods)
		(d) <i>Cohort study</i> —If applicable, explain how loss to follow-up was addressed <i>Case-control study</i> —If applicable, explain how matching of cases and controls was addressed <i>Cross-sectional study</i> —If applicable, describe analytical methods taking account of sampling strategy		
		(e) Describe any sensitivity analyses		
<b>Results</b>				
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	10	Participant Characteristics
		(b) Give reasons for non-participation at each stage	10	Participant Characteristics
		(c) Consider use of a flow diagram		
Descriptive data	14*	(a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders	10	Participant Characteristics
		(b) Indicate number of participants with missing data for each variable of interest	12	Data Completeness (Results)
		(c) <i>Cohort study</i> —Summarise follow-up time (eg, average and total amount)		
Outcome data	15*	<i>Cohort study</i> —Report numbers of outcome events or summary measures over time	12-18	Wearables Data (Overview 1-3)
		<i>Case-control study</i> —Report numbers in each exposure category, or summary measures of exposure		
		<i>Cross-sectional study</i> —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	14-20	Results
		(b) Report category boundaries when continuous variables were categorized		
		(c) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period		

Continued on next page

Other analyses	17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	14-20	Results
<b>Discussion</b>				
Key results	18	Summarise key results with reference to study objectives	20-21	Summary of Findings
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	23	Limitations
Interpretation	20	Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence	21-24	Discussion
Generalisability	21	Discuss the generalisability (external validity) of the study results		
<b>Other information</b>				
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	24	Acknowledgements

\*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.

**Note:** An Explanation and Elaboration article discusses each checklist item and gives methodological background and published examples of transparent reporting. The STROBE checklist is best used in conjunction with this article (freely available on the Web sites of PLoS Medicine at <http://www.plosmedicine.org/>, Annals of Internal Medicine at <http://www.annals.org/>, and Epidemiology at <http://www.epidem.com/>). Information on the STROBE Initiative is available at [www.strobe-statement.org](http://www.strobe-statement.org).