

TREND Statement Checklist

Paper Section/ Topic	Item No	Descriptor	Reported?	
			✓	Page #
Title and Abstract				
Title and Abstract	1	Information on how students allocated	✓	2
		Structured abstract	✓	2
		Information on target population	✓	2
Introduction				
Background	2	Scientific background and explanation of rationale	✓	3
		Theories used in designing behavioural interventions	✓	3
Methods				
Participants	3	Eligibility criteria for participants	✓	10
		Methods of recruitment	✓	7
		Recruitment setting	✓	8
		Setting and locations where data collected	✓	8
Interventions	4	Details of interventions intended for each study condition and how and when they were actually administered, including	✓	12
		Content: what was given	✓	10
		Delivery method: how was content given?		10
		Unit of delivery: how were the subjects grouped during delivery?	✓	10
		Deliverer: who delivered the intervention?	✓	10
		Setting: where was the intervention delivered?	✓	8
		Exposure quantity and duration: how many sessions or episodes were intended to be delivered? How long were they intended to last?	✓	10
		Time span: how long was it intended to take to deliver the intervention to each unit?	✓	13
		Activities to increase compliance or adherence (e.g. incentives)	N/A	
Objectives	5	Specific objectives and hypotheses	✓	6
Objectives	6	Clearly defined primary and secondary outcome measures	✓	6

		Methods used to collect data and any methods used to enhance the quality of measurements	✓	7
		Information on validated instruments such as psychometric and biometric properties	✓	10
Sample Size	7	How sample size was determined	✓	16
Assignment Method	8	Unit of assignment	✓	16
		Methods used to assign units to study conditions, including details of any restriction	✓	16
		Inclusion of aspects employed to minimize potential bias induced by non-randomization (e.g., matching)	N/A	
Blinding (masking)	9	Whether or not participants, those administering the interventions, and those assessing the outcomes were blinded to the study condition assignment	N/A	
Unit of Analysis	10	Description of the smallest unit that is analyzed to assess intervention effects (e.g., individual, group, or community)	✓	16
		If the unit of analysis differs from the unit of assignment, the analytical method used to account for this	N/A	
Statistical Methods	11	Statistical methods used to compare study groups for primary methods outcome(s)	✓	16
		Statistical methods used for additional analyses, such as subgroup analyses and adjusted analysis	✓	16
		Methods for imputing missing data, if used	N/A	
		Statistical software or programs used	✓	16
Results				
Participant flow	12	Flow of participants through each stage of the study: enrollment, assignment, allocation, and intervention exposure, follow-up, analysis	✓	17
		Enrollment: the number screened for eligibility	✓	17
		Assignment: the number assigned to a study condition	✓	17
		Allocation and intervention exposure: the number of participants	✓	17

		assigned to each study condition and the number who received each intervention		
		Follow-up: the number of participants included in or excluded from the main analysis, by study condition	✓	17
		Description of protocol deviations from study as planned, along with reasons	N/A	
Recruitment	13	Dates defining the periods of recruitment and follow-up	✓	7
Baseline Data	14	Baseline demographic and clinical characteristics of participants in each study condition	✓	17
		Baseline characteristics for each study condition relevant to specific disease prevention research	✓	17
		Baseline comparisons of those lost to follow-up and those retained, overall and by study condition	✓	17
		Comparison between study population at baseline and target population of interest	N/A	
Baseline equivalence	15	Data on study group equivalence at baseline and statistical methods used to control for baseline differences	N/A	
Numbers analyzed	16	Number of participants (denominator) included in each analysis for each study condition, particularly when the denominators change for different outcomes	✓	17
		Indication of whether the analysis strategy was “intention to treat” or, if not, description of how non-compliers were treated in the analysis	✓	16
Outcomes and estimation	17	For each primary and secondary outcome, a summary of results for each estimation study condition	✓	17
		Inclusion of null and negative findings	✓	17
		Inclusion of results from testing pre-specified causal pathways through which the intervention was intended to operate, if any	N/A	
Ancillary Analyses	18	Summary of other analyses performed, including sub-group or restricted	✓	17

		analyses, indicating which are pre-specified or exploratory		
Adverse events	19	Summary of all important adverse events or unintended effects in each study condition	N/A	
Discussion				
Interpretation	20	Interpretation of the results, taking into account study hypotheses, sources of potential bias, imprecision of measures, multiplicative analyses, and other limitations or weaknesses of the study	✓	22
		Discussion of results taking into account the mechanism by which the intervention was intended to work	N/A	
		Discussion of the success of and barriers to implementation of this intervention, fidelity of implementation	✓	27
		Discussion of research, programmatic, or policy implications	✓	22
Generalizability	21	Generalizability (external validity) of trial findings, taking into account the study population, the characteristics of the intervention, length of follow-up, incentives, compliance rates, specific sites/settings involved in the study and other contextual issues	✓	22
Overall Evidence	22	General interpretation of results in the context of current evidence and current theory	✓	29