

For this purpose, we considered ourselves a ‘cohort study’

- (DONE = we meet these criteria and confirm this to be present and correct in the manuscript)
- (N/A = we felt this was Non-Applicable to us)

| | Item No | Recommendation |
|------------------------------|---------|---|
| Title and abstract | 1 | (a) Indicate the study’s design with a commonly used term in the title or the abstract DONE (b) Provide in the abstract an informative and balanced summary of what was done and what was found DONE |
| Introduction | | |
| Background/rationale | 2 | Explain the scientific background and rationale for the investigation being reported DONE |
| Objectives | 3 | State specific objectives, including any prespecified hypotheses DONE |
| Methods | | |
| Study design | 4 | Present key elements of study design early in the paper DONE |
| Setting | 5 | Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection DONE |
| Participants | 6 | (a) <i>Cohort study</i> —Give the eligibility criteria, and the sources and methods of selection of participants. DONE Describe methods of follow-up N/A (b) <i>Cohort study</i> —For matched studies, give matching criteria and number of exposed and unexposed N/A |
| Variables | 7 | Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable DONE |
| 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 DONE |
| Bias | 9 | Describe any efforts to address potential sources of bias DONE |
| Study size | 10 | Explain how the study size was arrived at DONE |
| Quantitative variables | 11 | Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why DONE |
| Statistical methods | 12 | (a) Describe all statistical methods, including those used to control for confounding DONE (b) Describe any methods used to examine subgroups and interactions DONE (c) Explain how missing data were addressed DONE (d) <i>Cohort study</i> —If applicable, explain how loss to follow-up was addressed N/A (e) Describe any sensitivity analyses N/A |

Continued on next page

| Results | | |
|--------------------------|-----|--|
| 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 DONE (b) Give reasons for non-participation at each stage N/A (c) Consider use of a flow diagram Not necessary |
| Descriptive data | 14* | (a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders DONE (b) Indicate number of participants with missing data for each variable of interest DONE (c) <i>Cohort study</i> —Summarise follow-up time (eg, average and total amount) N/A |
| Outcome data | 15* | <i>Cohort study</i> —Report numbers of outcome events or summary measures over time DONE |
| <hr/> | | |
| 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 DONE (b) Report category boundaries when continuous variables were categorized DONE (c) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period N/A |
| Other analyses | 17 | Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses DONE |
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| Discussion | | |
| Key results | 18 | Summarise key results with reference to study objectives DONE |
| 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 DONE |
| Interpretation | 20 | Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence DONE |
| Generalisability | 21 | Discuss the generalisability (external validity) of the study results DONE |
| <hr/> | | |
| Other information | | |
| 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 DONE |

Additionally, if you haven't done so already, please upload with your revision:

- **signed copyright forms from each author**
DONE
- **completed ICMJE forms from any author with competing interests to declare (in the absence of a completed form, we'll assume the author has no competing interests; this information will be added to the published version of the manuscript)**
DONE
- **editable figure files --Figures 1 and 3-5 should be editable Excel files; if that's not possible, please supply as emf or wmf --Figure 2 should be an editable PowerPoint file**
DONE – however, we prepared figure 2 in InkScape – and this has proven very difficult to convert to powerpoint. We can, however, convert this easily to Adobe Illustrator, and hope that this is acceptable.