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BMJ Open

The association between subjective tinnitus and cognitive performance: protocol for systematic review and metaanalysis

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Keywords:	Tinnitus, Cognition, Memory, Audiology < OTOLARYNGOLOGY, Attention, ENT



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2 3	1	The association between subjective tinnitus and cognitive performance.
4	-	The association between subjective timiteus and cognitive performance.
5 6	2	protocol for systematic review and meta-analysis
7	3	
8 9	4	Nathan A Clarke ^{1, 2} , Michael Akeroyd ¹ , Helen Henshaw ² & Derek J Hoare ²
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31	ABSTRACT
32	Introduction:
33	Subjective tinnitus is very common and has a number of comorbid associations including depression,
34	sleep disturbance and concentration difficulties. Concentration difficulties may be observable in
35	people with tinnitus through poorer behavioural performance in tasks thought to measure specific
36	cognitive domains such as attention and memory (i.e. cognitive performance). Several reviews have
37	discussed the association between tinnitus and cognition, however, none to date have investigated the
38	association between tinnitus and cognitive performance through meta-analysis. Furthermore, there has
39	been little overlap between sets of studies that have been included in previous reviews, potentially
40	contributing to the typically mixed findings that are reported.
41	Methods and analysis:
42	This systematic review aims to comprehensively review the literature and quantitatively synthesize
43	relevant data to determine associations between subjective tinnitus and cognitive performance.
44	Methods are reported according to Preferred Reporting Items for Systematic Reviews and Meta-
45	Analyses Protocols (PRISMA-P). All study designs will be eligible for inclusion with no date
46	restrictions on searches. Studies eligible for inclusion must contain adult participants (≥18 years) with
47	self-reported, subjective tinnitus and a behavioural measure of cognitive performance. Meta-analysis
48	will be reported via correlation for the association between tinnitus and cognitive performance.
49	Ethics and dissemination:
50	No ethical issues are foreseen. Findings will be reported in a student thesis, at national and
51	international ENT/audiology conferences and by peer-reviewed publication.
52	Systematic review registration number:
53	PROSPERO 2018 CRD42018085528.
54	
55	Strengths and limitations of this study
56	• This systematic review and meta-analysis protocol poses a clearly formulated research
57	question and methodology to investigate a common clinical complaint of tinnitus patients;
58	peer-reviewed evidence to date will be synthesised.
59	• Grey literature and dissertation abstracts will not be included
60	
61	Introduction
62	Subjective tinnitus is the experience of sound in the ears or head in the absence of an external source
63	and is commonly considered a symptom of damage within the auditory system. ¹ Most individuals
64	who experience tinnitus do not find it bothersome but a significant proportion are disturbed by it,
65	often reporting a variety of adverse comorbid associations including anxiety, depression, disturbed
66	sleep, or concentration difficulties. ²⁻⁴ Concentration difficulties can be conceptualised as failures of
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67 cognitive performance in various domains such as attention and memory ^{5, 6} and previous research has

- 68 implicated tinnitus as impacting cognitive domains including executive functions, attention and
- 69 working memory. ⁷⁻⁹ Investigating the potential impact of tinnitus on cognitive performance is further
- 70 complicated by the strong associations that tinnitus shares with depression and anxiety, which can
- 71 independently negatively impact cognitive performance. ^{4, 10, 11}

2 Several reviews have explored the relationship between tinnitus and cognition.¹²⁻¹⁵ We note

that all of these are narrative reviews; no review has quantitatively synthesised the literature

specifically concerning tinnitus and behaviourally measured cognitive performance. An overview of

75 previous reviews and their methodologies is provided in Table 1.

76 Table 1. Overview of previous reviews investigating cognition and tinnitus

		0	Number of records retrieved	Number of	
Study	Databases searched	Example search strategy provided	during database search	studies included in review	Synthesis of association between cognition
Trevis et al. (2017)	PsycINFO, MedLine	(1) tinnitus AND psych* (all fields), (2) tinnitus AND mood (all fields), (3) tinnitus AND depress* (all fields), (4) tinnitus AND anx* OR stress (all fields)	725	35	Meta-analysis of 'psychological functioning' in tinnitus participants. Narrative review of association between 'cognitive functioning' (n = 16); i.e. behavioural cognitive task performance and chronic tinnitus. awareness and severity
Mohamad et al. (2016)	PubMed	((((tinnitus[Title]) AND cogniti*[Title])) OR ((tinnitus[Title]) AND attention[Title])) OR ((tinnitus[Title]) AND memory[Title])	65	9	Narrative review of 'behavioral research' addressing the impact of tinnitus and its severity of various aspects of cognitive performance in domains of working memory and attention.
Tegg-Quinn et al. (2016)	PubMed, MedLine, CINAHL, SCOPUS, EMBASE	(tinnitus) and (cognition OR memory OR attention OR concentration OR cognitive function OR mental activity) NOT (infant OR child OR adolescent OR paediatric OR animal OR balance OR hyperacusis OR implant OR pharmaceutical OR drugs)	2236	18	Narrative review of behavioural cognitive tasks, electrophysiological correlates of cognition and self-reported cognitive function measures.
Andersson and McKenna (2006)	Not reported	Not reported	Not reported	Not reported	Narrative review of 'cognitive deficits' (i.e. behavioural cognitive tasks), 'cognitive bias' and 'concious appraisal of tinnitus'.

Andersson and McKenna¹² were the first to review the relationship between cognition and tinnitus, detailing three separate but related lines of cognitive research. The strands of research included neuropsychological studies involving attention, cognitive bias (concerning selective attention and memory) and appraisal (i.e. conscious recollection) of tinnitus. Tegg-Quinn et al.¹³ performed a systematic review of all studies pertaining to the impact of tinnitus upon cognition in adults. The review described studies that included both behavioural and electrophysiological measures and concluded that tinnitus impairs cognition through impacting on executive control of attention. Mohamad et al.¹⁴ performed a narrative review of the behavioural evidence concerning the

consequences of tinnitus and its severity on cognition. They concluded that there was suggestive evidence for tinnitus being associated with poorer performance in behavioural tasks attempting to measure executive attention, selective attention and working memory. Trevis et al.¹⁵ performed a systematic review and meta-analysis of psychological functioning in chronic tinnitus. The authors predominantly investigated the presence and severity of tinnitus in relation to emotional wellbeing through meta-analysis, while cognitive function (i.e. cognitive performance) was described through a narrative review. Of the recent reviews that discuss cognition through behavioural performance in tinnitus participants, there is a notable lack of overlap in the studies that met criteria for inclusion in the final reviews; e.g. Mohamad et al.¹⁴ reviewed nine studies and Trevis et al.¹⁵ reviewed a total of thirty-five studies (with sixteen of these concerning cognitive performance), however, only three studies were included in both reviews. Therefore, previous work has essentially investigated the association between tinnitus and cognitive performance with different datasets. Like any statistical technique, meta-analysis is only as robust as the data that is inputted. It is, therefore, essential to include as much relevant data as possible - through a comprehensive search strategy - to ensure that conclusions are based on all evidence for an effect of tinnitus on specific cognitive domains. Tinnitus is a symptom of heterogeneous and often unknown aetiologies. It is, therefore, inherently difficult to define and specify within the context of a systematic review. Different inclusion criteria and working definitions of tinnitus are likely to significantly influence the records included within a review. For example, Trevis et al.¹⁵ defined 'chronic tinnitus' as participants who had experienced tinnitus for at least one month. An alternative approach would be to not attempt to temporally specify a population, but rather investigate this variable through further quantitative analysis if feasible. With regards to domains of cognitive performance, the aforementioned reviews have implicated tinnitus as impacting executive attention, although the evidence is not conclusive: additional domains of cognitive performance are also potentially associated with tinnitus, including

selective attention and working memory¹²⁻¹⁵. A promising approach to foster empirically valid insights into any association between cognition and subjective tinnitus is through evaluating and categorising tests of cognitive performance according to the theoretical constructs that they are thought to measure¹⁶. Any associations between categorised measures of cognitive performance and subjective tinnitus can then be subjected to meta-analysis in order to understand which cognitive domains are associated with tinnitus, as well as the best estimate of any such effect. To summarise, although several authors have reviewed associations between tinnitus and cognitive performance assessed through behavioural measures, these have been through narrative syntheses, discussing different sets of studies derived from different search strategies. A comprehensive, quantitative investigation of the association between tinnitus and cognitive performance, building on earlier efforts in this field and exploring the underlying theoretical domains of cognition involved, is therefore both necessary and

timely.

Page 5 of 14

1		
2 3	123	The primary aim of this work is to comprehensively review the literature and synthesize
4	124	relevant data to determine the associations between self-reported subjective tinnitus and cognitive task
6	125	performance in adults. If possible, a secondary examination of patient characteristics (e.g. age or
7	126	gender) or commonly used patient-reported outcomes (e.g. depression or anxiety) and their influence
8 9	127	on any association between subjective tinnitus and cognitive performance will also be conducted.
10	128	
11	129	
13	130	Methods and Analysis
14 15	131	The methodology of this review is reported in accordance with the Preferred Reporting Items for
16	132	Systematic Reviews and Meta-Analysis Protocols (PRISMA-P) checklist ¹⁷ . Specified roles of named
17	133	authors are identified throughout the review protocol.
19 20	134	
20	135	Eligibility criteria
22 23	136	Only published or in-press, peer-reviewed journal articles will be considered. Articles that are not
24	137	written in English or have no English language translation available will be excluded as the review
25 26	138	team does not have resource available to support translation. No date restriction will be applied.
27	139	
28 29	140	Review inclusion criteria are specified according to Participant, Intervention (or Interest),
30	141	Comparator, Outcome and Setting (PICOS) characteristics.
31 32	142	
33	143	<i>Participants:</i> Studies including adults (\geq 18 years) with subjective tinnitus. Studies that include both
34 35	144	children (<18 years) and adults will be excluded, unless the adult data are reported separately.
36	145	
37 38	146	Intervention/Interest: Subjective tinnitus (via self-report, tinnitus severity scale, item or established
39	147	tinnitus questionnaires).
40 41	148	
42	149	Comparator: A minimum of one established measure of cognitive performance (behavioural or self-
43 44	150	report).
45	151	
46 47	152	Outcome measures: An association between tinnitus and cognitive performance. Where available,
48	153	data for associations between subjective tinnitus and additional potential moderator variables will be
49 50	154	extracted, such as measures of anxiety or depression.
51	155	
52 53	156	Study design: Any type of study design and setting will be considered.
54	157	
55 56	158	Information Sources and Search strategy
57		
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159	A systematic search strategy will be employed to identify completed, peer-reviewed journal articles
160	from the following bibliographic databases: MEDLINE (via Ovid SP), EMBASE (via Ovid SP),
161	PsycINFO (via Ovid SP), ASSIA (via ProQuest), CINAHL (via EBSCO Host), Scopus, PubMed, and
162	Web of Science (Science and Social Science Citation Index). Searches will be performed during
163	01/02/18 - 01/03/18.
164	The search terms to be used in this systematic review were identified using free text,
165	controlled vocabularies (i.e. Medical Subject Headings - MeSH and CINAHL Headings), literature
166	review, expert opinion, and scrutiny of test search results. The following search strategy will be used
167	for PubMed, which will then be adapted for other databases to be searched:
168	("tinnitus"[MeSH] OR "tinnitus"[tiab] OR "phantom sound""[tiab] OR "ringing"[tiab] OR
169	"buzzing"[tiab]) AND ("cognition" [MeSH] OR "cogniti*" [tiab] OR "memory" [tiab] or
170	"attention*"[tiab] OR "executive"[tiab])
171	
172	Data management
173	NAC will be responsible for data management. Covidence online systematic review software
174	(https://www.covidence.org) will be used for article screening and data management throughout the
175	review. All articles identified through the search process will be recorded digitally and will be
176	trackable through the data screening and extraction processes. Articles excluded at the full text
177	screening stage will have justification for exclusion noted. Included articles will be assigned a unique
178	study identification code, enabling it to be linked to its corresponding full text and data collection
179	sheet.
180	
181	Article selection process
182	NAC, DH, and MA will independently screen titles and abstracts of records retrieved from searches
183	such that all records are independently screened by two reviewers. Records that meet the specified
184	inclusion criteria will then be taken forward to full text screening, as well as records where there is too
185	little information available to make a decision to exclude. All full texts selected will be independently
186	screened by two reviewers who will resolve any discrepancies in which records are included. Where
187	discrepancies for inclusion are not resolved by the two reviewers, a third reviewer will adjudicate. If
188	necessary, study authors will be contacted to request additional information that may help ascertain
189	suitability for inclusion.
190	
191	Data extraction process
192	Data extraction will be performed using a customised form via Covidence. Relevant guidance notes
193	will be created and disseminated to review team members by NAC prior to commencement. The data
194	form and guidance notes will be piloted by NAC and HH. All included records will be subject to data
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2	195	extraction Data from each included record will be extracted independently by two reviewers and the
4	196	results compared. Any disagreements arising will be resolved through discussion or the involvement
5	197	of a third reviewer
o 7	100	
8	190	
9 10	199	Data items
10	200	The data collection form will include various fields corresponding to study type, population, reported
12	201	effect size, and any other relevant study findings. Study authors will be contacted if there are relevant
13 14	202	missing data. Data will be approximated from figures for instances where it can only be estimated,
15	203	using software such as WebPlotDigitizer (http://arohatgi.info/WebPlotDigitizer/app/). Disagreements
16 17	204	regarding numerical data extracted from figures will discussed by investigators and/or resolved by
18	205	averaging.
19	206	
20 21	207	Diele of bies in individual studies
22	207	
23 24	208	NAC, HH _a and DH (two reviewers per record) will independently assess the risk of bias using
25	209	relevant items adapted from the Critical Appraisal Skills Programme (CASP) Case Control Checklist
26	210	(https://casp-uk.net/casp-tools-checklists/).
27 28	211	
29 30	212	Data synthesis
31	213	The effect of interest is the association between subjective tinnitus and measures of cognitive
32	214	performance expressed as correlation. Where possible, results not expressed as correlations (e.g. mean
33 34	215	differences between groups) will be calculated as appropriate correlations, such as point-biserial or
35	216	polyserial correlation coefficients. ¹⁸ Bias corrections will be applied to all derived correlation
36 37	217	coefficients prior to pooling. ¹⁹ Where possible, missing effect sizes will be calculated from reported
38 30	218	test statistics such as standard deviations or t-values ¹⁸ . Narrative synthesis will be undertaken for
40	219	records where appropriate effect sizes cannot be obtained.
41 42	220	
42	220	Assessment of hotomorousity
44	221	Assessment of neterogeneity
45 46	222	The ratio of observed variation to within-study variance will be assessed with the Q-statistic, used to
47	223	test the null hypothesis of homogeneity of effect sizes. The I ² statistic will provide a further index of
48 49	224	heterogeneity across studies. If the apparent heterogeneity across studies exceeds 50%, potential
50	225	causes of heterogeneity will be explored through subgroup analysis. The Tau-squared statistic will
51	226	also be used to assess the amount of heterogeneity where a random-effects model is fitted to the data.
52 53	227	A Baujat plot will be used as a graphical means of identifying studies that contribute excessively to
54	228	any observed heterogeneity and also provide insight into potential moderating variables that
55 56	229	contribute to heterogeneity across studies ²⁰ .
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230	
231	Subgroup analyses
232	Potential contributors to heterogeneity across studies will be explored through subgroup analysis (i.e.
233	sensitivity analyses, moderator analysis or meta-regression). Variables of potential interest for
234	subgroup analyses include participant age, gender, presence of hearing impairment and presence of
235	anxiety or depression, or study design aspects, such as inclusion of a control group.
236	
237	
238	Assessment of reporting bias
239	The influence of reporting bias through potentially unpublished results (i.e. publication bias) will be
240	explored via funnel plots, rank correlation test and/or Egger's regression test.
241	
242	
243	Ethics and dissemination
244	No ethical issues are foreseen in this systematic review. Reports will be guided by the Preferred
245	Reporting Items for Systematic Reviews and Meta-Analysis guidelines ²¹ . Various dissemination
246	strategies will be employed, that will likely include: journal article and PhD thesis (NC) made
247	available via an institutional repository, results being reported at national and international academic
248	conferences, and public and patient engagement (e.g. articles written for relevant non-specialist
249	audiences).
250	
251	
252	Summary
253	A protocol is described for a -systematic review and meta-analysis to determine a best estimate of the
254	association between subjective tinnitus and cognitive performance in adults. To date, no review has
255	comprehensively explored the veracity of an association through application of quantitative analyses
256	of all available peer-reviewed data. The outlined approach will facilitate an understanding of the
257	potential impact of tinnitus upon cognition, underpinned by relevant cognitive theoryAn increased
258	understanding of the relationship between subjective tinnitus and cognitive performance will
259	eventually improve tinnitus sub-typing and inform therapeutic methods ²²⁻²⁵ for example, it may be
260	possible to deliver cognitive training paradigms in a targeted manner.
261	
262	Acknowledgements
263	Thanks to Oliver Zobay for statistical advice.
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2	265	NAC is summare to diverse Madical Dessamely Committee dentation		
3	265	NAC is supported by a Medical Research Council studentship.		
5	266	MA is supported by the Medical Research Council (grant number MC_UU_00010/3).		
6	267	HH and DJH are funded by the National Institute for Health Research (NIHR) Biomedical Research		
7	268	Centre programme. The views expressed are those of the authors and not necessarily those of the		
8	269	NIHR, the NHS, or the Department of Health and Social Care.		
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4 5	325	Intrusion in Tinnitus. <i>Ear Hear</i> 2017; 38 :262–5.
6 7 8 9	326 327 328	NAC is the guarantor of the review (CRD42018085528). NAC led on the development of all sections of the review protocol. DH, HH & MA read, developed and provided feedback for all sections of the review protocol and approved the final manuscript.
9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 55 56 57 55 56 57	329	tor peer teriew only
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PRISMA-P 2015 Checklist

This checklist has been adapted for use with protocol submissions to *Systematic Reviews* from Table 3 in Moher D et al: Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P) 2015 statement. *Systematic Reviews* 2015 **4**:1

Continu /topin	ш	Checklist item	Information reported		Line		
Section/topic	#		Yes	No	number(s)		
ADMINISTRATIVE INFO	RMAT	ION					
Title		· · · · · · · · · · · · · · · · · · ·					
Identification	1a	Identify the report as a protocol of a systematic review			1		
Update	1b	If the protocol is for an update of a previous systematic review, identify as such			N/A		
Registration	2	If registered, provide the name of the registry (e.g., PROSPERO) and registration number in the Abstract			53		
Authors							
Contact	3a	Provide name, institutional affiliation, and e-mail address of all protocol authors; provide physical mailing address of corresponding author			6-15		
Contributions	3b	Describe contributions of protocol authors and identify the guarantor of the review			325		
Amendments	4	If the protocol represents an amendment of a previously completed or published protocol, identify as such and list changes; otherwise, state plan for documenting important protocol amendments			N/A		
Support							
Sources	5a	Indicate sources of financial or other support for the review			266-270		
Sponsor	5b	Provide name for the review funder and/or sponsor			266-270		
Role of sponsor/funder	5c	Describe roles of funder(s), sponsor(s), and/or institution(s), if any, in developing the protocol			266-270		
INTRODUCTION							
Rationale	6	Describe the rationale for the review in the context of what is already known			33-40, 62-127		
Objectives	7	Provide an explicit statement of the question(s) the review will address with reference to			128-132, 147- 159		



Continu llouin	щ		Informatio	Line	
Section/topic	#		Yes	No	number(s)
		participants, interventions, comparators, and outcomes (PICO)			
METHODS					
Eligibility criteria	8	Specify the study characteristics (e.g., PICO, study design, setting, time frame) and report characteristics (e.g., years considered, language, publication status) to be used as criteria for eligibility for the review			141-159
Information sources	9	Describe all intended information sources (e.g., electronic databases, contact with study authors, trial registers, or other grey literature sources) with planned dates of coverage			162-165
Search strategy	10	Present draft of search strategy to be used for at least one electronic database, including planned limits, such that it could be repeated			170-172
STUDY RECORDS					
Data management 11a Describe the mechanism(s) that will be used to manage records and data throughout the review				175-181	
Selection process 11b State the process that will be used for selecting studies (e.g., two independent reviewers) through each phase of the review (i.e., screening, eligibility, and inclusion in meta-analysis)				184-191	
Data collection process	11c	Describe planned method of extracting data from reports (e.g., piloting forms, done independently, in duplicate), any processes for obtaining and confirming data from investigators			194-199
Data items	12 List and define all variables for which data will be sought (e.g., PICO items, funding sources), any pre-planned data assumptions and simplifications			202-207, 23 237	
Outcomes and prioritization	13	List and define all outcomes for which data will be sought, including prioritization of main and additional outcomes, with rationale			215-221, 23 237
Risk of bias in individual studies	14	Describe anticipated methods for assessing risk of bias of individual studies, including whether this will be done at the outcome or study level, or both; state how this information will be used in data synthesis			209-212, 23 241
DATA					
	15a	Describe criteria under which study data will be quantitatively synthesized			226
Synthesis	15b	If data are appropriate for quantitative synthesis, describe planned summary measures, methods of handling data, and methods of combining data from studies, including any planned exploration of consistency (e.g., <i>I</i> ² , Kendall's tau)			215-221, 22 229
	15c	Describe any proposed additional analyses (e.g., sensitivity or subgroup analyses, meta-			233-237

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Information reported Line

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Checklist iten

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		regression)			
	15d	If quantitative synthesis is not appropriate, describe the type of summary planned	\square		221-222
leta-bias(es)	16	Specify any planned assessment of meta-bias(es) (e.g., publication bias across studies, selective reporting within studies)	\square		240-242
Confidence in cumulative evidence	17	Describe how the strength of the body of evidence will be assessed (e.g., GRADE)	\square		210-212



BMJ Open

The association between subjective tinnitus and cognitive performance: protocol for systematic review and metaanalysis

Journal:	BMJ Open
Manuscript ID	bmjopen-2018-023700.R1
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Date Submitted by the Author:	03-Jul-2018
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Primary Subject Heading :	Ear, nose and throat/otolaryngology
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Keywords:	Tinnitus, Cognition, Memory, Audiology < OTOLARYNGOLOGY, Attention, ENT

SCHOLARONE[™] Manuscripts

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2 3	1	The association between subjective tinnitus and cognitive performance:
4 5	2	protocol for systematic review and meta-analysis
6	-	protocorior systematic review and meta analysis
7	3	
9	4	Nathan A. Clarke ^{1, 2, 3} , Michael A. Akeroyd ^{1,3} , Helen Henshaw ² & Derek J.
10 11	5	Hoare ²
12	6	
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14 15	/	Medical Research Council Institute of Hearing Research, School of Medicine, The
16	8	University of Nottingham, University Park, Nottingham, UK
17 18 19	9	^{2.} National Institute of Health Research Nottingham Biomedical Research Centre,
20 21 22	10	³ . Hearing Sciences, Division of Clinical Neurosciences, School of Medicine, The University
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30 37	17	Nathan Andrew Clarke https://orcid.org/0000-0002-8636-1872
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39 40	19	Helen Henshaw https://orcid.org/0000-0002-0547-4403
41	20	Derek James Hoare https://orcid.org/0000-0002-8768-1392
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3	30	ABSTRACT
4 F	31	Introduction:
5 6	32	Subjective tinnitus is very common and has a number of comorbid associations including depression,
7	33	sleep disturbance and concentration difficulties. Concentration difficulties may be observable in
8 9	34	people with tinnitus through poorer behavioural performance in tasks thought to measure specific
10	35	cognitive domains such as attention and memory (i.e. cognitive performance). Several reviews have
11 12	36	discussed the association between tinnitus and cognition, however, none to date have investigated the
13	37	association between tinnitus and cognitive performance through meta-analysis with reference to an
14 15	38	established theoretical taxonomy. Furthermore, there has been little overlap between sets of studies
16	39	that have been included in previous reviews, potentially contributing to the typically mixed findings
17 18	40	that are reported.
19	41	Methods and analysis:
20 21	42	This systematic review aims to comprehensively review the literature using an established theoretical
22	43	taxonomy and quantitatively synthesize relevant data to determine associations between subjective
23 24	44	tinnitus and cognitive performance. Methods are reported according to Preferred Reporting Items for
25	45	Systematic Reviews and Meta-Analyses Protocols (PRISMA-P). All study designs will be eligible for
26 27	46	inclusion with no date restrictions on searches. Studies eligible for inclusion must contain adult
28	47	participants (≥ 18 years) with subjective tinnitus and a behavioural measure of cognitive performance.
29 30	48	Meta-analysis will be reported via correlation for the association between tinnitus and cognitive
31	49	performance.
32 33	50	Ethics and dissemination:
34	51	No ethical issues are foreseen. Findings will be reported in a student thesis, at national and
35 36	52	international ENT/audiology conferences and by peer-reviewed publication.
37	53	Systematic review registration number:
38 39	54	PROSPERO 2018 CRD42018085528.
40	55	Funding statement:
41 42	56	NAC is supported by a Medical Research Council studentship.
43	57	MAA is supported by the Medical Research Council (grant number MC_UU_00010/3).
44 45	58	HH and DJH are funded by the National Institute for Health Research (NIHR) Biomedical Research
46	59	Centre programme. The views expressed are those of the authors and not necessarily those of the
47 48	60	NIHR, the NHS, or the Department of Health and Social Care.
49	61	Contributors: NAC led on the development of all sections of the review protocol. DJH, HH & MAA
50 51	62	developed and provided feedback for all sections of the review protocol and approved the final
52	63	manuscript.
53	64	Competing interests: None declared.
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2 3	67	
4	68	Strengths and limitations of this study
5 6	69	• This systematic review and meta-analysis protocol poses a clearly formulated research
7	70	question and methodology to investigate a common clinical complaint of tinnitus patients;
8 9	71	peer-reviewed evidence to date will be synthesised.
10	72	• This protocol details a comprehensive quantitative synthesis and inclusion of potential <i>a</i>
11 12	73	<i>priori</i> moderator variables
13	74	• Synthesis will be clearly structured according to an established cognitive theoretical
14 15	75	framework
16	76	• Grey literature and dissertation abstracts will not be included
17 18	77	Introduction
19	78	Tinnitus refers to the common experience of sound in the ears or head in the absence of an external
20 21	79	source. It is commonly considered a symptom of damage within the auditory system [1]. Objective
22	80	tinnitus involves sound with a known, non-central aetiology such as vascular abnormalities; it may be
23 24	81	detected by an observer through auscultation. Objective tinnitus may be treated once the source of the
25	82	aetiology has been identified and is therefore not of primary interest within this review [2]. Subjective
26 27	83	tinnitus (hereafter discussed but simply referred to as 'tinnitus') involves sound of unknown
28	84	aetiology. Most individuals who experience tinnitus do not find it bothersome but a significant
29 30	85	proportion are disturbed by it, often reporting a variety of adverse comorbid associations including
31	86	anxiety, depression, disturbed sleep, or concentration difficulties[3–5]. Concentration difficulties can
32 33	87	be conceptualised as failures of cognitive performance expressed behaviourally (sometimes called
34	88	objective cognition[6]) in various domains such as attention and memory[7,8]. Previous research has
35 36	89	implicated tinnitus as negatively impacting cognitive performance in domains including executive
37	90	functions, attention and working memory [9–11]. Furthermore, a link between subjective perception of
38 39	91	cognitive performance, or subjective cognitive complaints (SCC), has also been suggested [12].
40	92	Investigating the potential impact of tinnitus on cognitive performance is further complicated by the
41 42	93	strong associations that tinnitus shares with depression and anxiety, which can independently
43	94	negatively impact cognitive performance [5,13,14].
44 45	95	Several reviews have explored the relationship between tinnitus and cognition generally
46	96	[12,15–17]. We note that all of these are narrative reviews; no review has quantitatively synthesised
47 48	97	the literature specifically concerning tinnitus and behaviourally measured cognitive performance. An
49	98	overview of previous reviews and their methodologies is provided in Table 1.
50 51	99	Table 1. Overview of previous reviews investigating cognition and tinnitus
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Study	Databases searched	Example search strategy provided	Number of records retrieved during database search	Number of studies included in review	Synthesis of association between cognition and tinnitus
Trevis et al. (2018)	PsycINFO, MedLine	 (1) tinnitus AND psych* (all fields), (2) tinnitus AND mood (all fields), (3) tinnitus AND depress* (all fields), (4) tinnitus AND anx* OR stress (all fields) 	725	35	Meta-analysis of 'psychological functioning' in tinnitus participants. Narrative review of association between 'cognitive functioning' (n = 16); i.e. behavioural cognitive task performance and chronic tinnitus. awareness and severity
Mohamad et al. (2016)	PubMed	((((tinnitus[Title]) AND cogniti*[Title])) OR ((tinnitus[Title]) AND attention[Title])) OR ((tinnitus[Title]) AND memory[Title])	65	9	Narrative review of 'behavioural research' addressing the impact of tinnitus and its severity of various aspects of cognitive performance in domains of working memory and attention.
Tegg- Quinn et al. (2016)	PubMed, MedLine, CINAHL, SCOPUS, EMBASE	(tinnitus) and (cognition OR memory OR attention OR concentration OR cognitive function OR mental activity) NOT (infant OR child OR adolescent OR paediatric OR animal OR balance OR hyperacusis OR implant OR pharmaceutical OR drugs)	2236	18	Narrative review of behavioural cognitive tasks, electrophysiological correlates of cognition and self-reported cognitive function measures.
Andersson and McKenna (2006)	MedLine and Psychological Abstracts	Not reported	Not reported	Not reported	Narrative review of 'cognitive deficits' (i.e. behavioural cognitive tasks), 'cognitive bias and 'conscious appraisal of tinnitus'.

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2 3	102	Andersson and McKenna [15] were the first to review the relationship between cognition and
4	103	tinnitus, detailing three separate but related lines of cognitive research. The strands of research
5 6	104	included neuropsychological studies involving attention, cognitive bias (concerning selective attention
7	105	and memory) and appraisal (i.e. conscious recollection) of tinnitus. Tegg-Quinn et al. [16] performed
8 9	106	a systematic review of all studies pertaining to the impact of tinnitus upon cognition in adults. The
10	107	review described studies that included behavioural, electrophysiological and SCC measures. The
11 12	108	authors concluded that tinnitus impairs cognition by adversely impacting the executive control of
13	109	attention. Mohamad et al. [12] performed a narrative review of the behavioural evidence concerning
14 15	110	the consequences of tinnitus and its severity on cognition. They concluded that there was suggestive
16	111	evidence for tinnitus being associated with poorer performance in behavioural tasks attempting to
17 18	112	measure executive attention, selective attention and working memory. This review also examined the
19	113	proposed relationship between cognitive performance and SCC in individuals with tinnitus. They
20 21	114	reported that their data was insufficient to form conclusions and recommended further investigation of
22	115	the relationship. Trevis et al.[17] performed a systematic review and meta-analysis of psychological
23 24	116	functioning in chronic tinnitus. The authors predominantly investigated the presence and severity of
25	117	tinnitus in relation to emotional wellbeing through meta-analysis, while cognitive function (i.e.
26 27	118	cognitive performance) was described through a narrative review. To summarise, the collective
28	119	conclusions of these reviews describe mixed evidence in support of the hypothesis that tinnitus
29 30	120	adversely impacts cognitive performance and individually included insufficient data to form
31	121	conclusions regarding associations between cognitive performance and SCC in individuals with
32 33	122	tinnitus. Several distinct cognitive functions have been implicated in this hypothesis. Previous studies
34	123	have suggested that structures relating to auditory attention and efferent structures within the
35 36	124	subcallosal region are mechanistically involved in the adverse impacts of tinnitus on cognitive
37	125	performance [16]. Functional disruption to large scale neurocognitive networks has also been
38 39	126	suggested as a mechanism [17,18]; specifically, a hypoactive cognitive control network and
40	127	hyperactive 'default mode' or 'task-negative' network.
41 42	128	Of the recent reviews that discuss cognitive performance via behavioural measures in tinnitus
43	129	participants, there is a notable lack of overlap in the studies that met criteria for inclusion in the final
44 45	130	reviews; e.g. Mohamad et al.[10] reviewed nine studies and Trevis et al.[17] reviewed a total of
46	131	thirty-five studies (with sixteen of these concerning cognitive performance), however, only three
47 48	132	studies were included in both reviews. Therefore, previous work has essentially investigated the
49	133	association between tinnitus and cognitive performance with different datasets. Schultz et al. [19]
50 51	134	recently reviewed the evidence for tinnitus impacting neurocognitive profiles following traumatic
52	135	brain injury. They discuss cognitive performance through selective discussion of aforementioned
53 54	136	reviews - except Andersson and Mckenna [15] - and subsequent implications within a medicolegal
55	137	context. The authors highlight the current lack of and need for empirical investigation of the
56 57	138	association between tinnitus and cognitive performance through meta-analysis. Like any statistical

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technique, meta-analysis is only as robust as the data that is inputted. It is, therefore, essential to include as much relevant data as possible - through a comprehensive search strategy - to ensure that conclusions are based on all evidence for an effect of tinnitus on specific cognitive domains. Tinnitus is a symptom of heterogeneous and often unknown aetiologies. It is, therefore, inherently difficult to define and specify within the context of a systematic review. Different inclusion criteria and working definitions of tinnitus are likely to significantly influence the records included within a review. For example, Trevis et al.[17] defined 'chronic tinnitus' as participants who had experienced tinnitus for at least one month. An alternative approach would be to not attempt to temporally specify a population, but rather investigate this variable through further quantitative analysis if feasible. With regards to domains of cognitive performance, the aforementioned reviews have implicated tinnitus as impacting executive attention, although the evidence is not conclusive: additional domains of cognitive performance are also potentially associated with tinnitus, including selective attention, working memory and processing speed [12,15-17]. A promising approach to foster empirically valid insights into any association between cognition and tinnitus is through evaluating and categorising tests of cognitive performance according to the theoretical constructs that they are thought to measure [20]. Webb et al. [21] describe a cross-disciplinary taxonomy for categorising cognitive performance measures (CHC-M). It utilises combined Cattell-Horn-Carroll (CHC) and Miyake theoretical elements [22,23] and includes a comprehensive taxonomical

categorisation of cognitive tasks. CHC-M taxonomy will be used to organise synthesis when investigating the association between tinnitus and cognitive performance. This approach has several benefits: it is informed by the CHC 'three strata' model of cognition, which has been empirically validated through decades of research; it incorporates executive functions, a cognitive construct of particular clinical interest, facilitating translation to the clinical domain; utilisation of a pre-existing taxonomy minimises author bias (as outcome measures are not being subjectively assigned to domains of cognitive performance by authors) and enables comparison compared to 'categorisation as usual'; finally, the taxonomy provides a clear framework around which to structure synthesis of results. Associations between categorised measures of cognitive performance and tinnitus may then be subjected to meta-analysis of specific cognitive domains in order to understand which are associated with tinnitus, as well as the best estimate of any such effect. Given the suggestive nature of the evidence provided in previous reviews, we can hypothesise that there will be negative associations between tinnitus severity and cognitive performance in the broad stratum domains of executive functions, processing speed, and general short-term memory. To summarise, although several authors have reviewed the association between tinnitus and cognitive performance assessed through behavioural measures, these have been via narrative syntheses. They have discussed different sets of

- - 173 studies, derived from different search strategies in the absence of a unifying taxonomy. A
- 174 comprehensive, quantitative investigation of the association between tinnitus and cognitive

1		
2 3	175	performance, building on earlier efforts in this field and exploring the underlying theoretical domains
4	176	of cognition involved, is therefore both necessary and timely.
5 6	177	The primary aim of this work is to comprehensively review the literature and synthesize
7	178	relevant data to determine the associations between tinnitus and cognitive task performance in adults.
8 9	179	If possible, a secondary examination of patient characteristics (e.g. age or gender) or commonly used
10	180	patient-reported outcomes (e.g. depression or anxiety) and their influence on any association between
11 12	181	tinnitus and cognitive performance will also be conducted.
13	182	
14 15	183	
16	184	Methods and Analysis
17 18	185	The methodology of this review is reported in accordance with the Preferred Reporting Items for
19	186	Systematic Reviews and Meta-Analysis Protocols (PRISMA-P) checklist [24]. Specified roles of
20	187	named authors are identified throughout the review protocol.
21	188	
23		
24 25	189	Eligibility criteria
26	190	Only published or in-press, peer-reviewed journal articles will be considered. Articles that are not
27 28	191	written in English or have no English language translation available will be excluded as the review
29	192	team does not have resource available to support translation. No date restriction will be applied.
30 31	193	
32	194	Review inclusion criteria are specified according to Participant, Intervention (or Interest),
33 34	195	Comparator, Outcome and Setting (PICOS) characteristics.
35	196	
36 27	197	<i>Participants:</i> Studies including adults (\geq 18 years) with tinnitus. Studies that include both children
38	198	(<18 years) and adults will be excluded, unless the adult data are reported separately.
39	199	
40 41	200	Intervention/Interest: Tinnitus (via self-report, tinnitus severity scale, item or established tinnitus
42	201	questionnaires).
43 44	202	
45	203	Comparator: A minimum of one established measure of cognitive performance (behavioural or self-
46 47	204	report).
48	205	
49 50	206	Outcome measures: An association between tinnitus and cognitive performance. Where available,
51	207	data for associations between tinnitus and additional potential moderator variables will be extracted,
52 53	208	such as measures of anxiety or depression.
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210	Study design: Cross-sectional, longitudinal, experimental, quasi-experimental and observational study
211	designs will be included (only baseline data will be extracted where multiple timepoint measurements
212	are made).
213	
214	Patient and Public Involvement
215	There was no patient or public involvement in the development of this manuscript.
216	
217	Information Sources and Search strategy
218	A systematic search strategy will be employed to identify completed, peer-reviewed journal articles
219	from the following bibliographic databases: MEDLINE (via Ovid SP), EMBASE (via Ovid SP),
220	PsycINFO (via Ovid SP), ASSIA (via ProQuest), CINAHL (via EBSCO Host), Scopus, PubMed, and
221	Web of Science (Science and Social Science Citation Index). Initial searches were performed in
222	February 2018. Update searches will be conducted shortly before manuscript submission.
223	The search terms to be used in this systematic review were identified using free text,
224	controlled vocabularies (i.e. Medical Subject Headings - MeSH and CINAHL Headings), literature
225	review, opinion of authors and scrutiny of test search results. The following search strategy will be
226	used for PubMed, which will then be adapted for other databases to be searched:
227	("tinnitus"[MeSH] OR "tinnitus"[tiab] OR "phantom sound*"[tiab] OR "ringing"[tiab] OR
228	"buzzing"[tiab]) AND ("cognition"[MeSH] OR "cogniti*"[tiab] OR "memory"[tiab] or
229	"attention*"[tiab] OR "executive"[tiab])
230	
231	Data management
231	NAC will be responsible for data management. Covidence online systematic review software
233	(https://www.covidence.org) will be used for article screening and data management throughout the
234	review. All articles identified through the search process will be recorded digitally and will be
235	trackable through the data screening and extraction processes. Articles excluded at the full text
236	screening stage will have justification for exclusion noted. Included articles will be assigned a unique
237	study identification code, enabling it to be linked to its corresponding full text and data collection
238	sheet.
239	
240	Article selection process
241	NAC, DJH, and MAA will independently screen titles and abstracts of records retrieved from
242	searches such that all records are independently screened by two reviewers. Records that meet the
243	specified inclusion criteria will then be taken forward to full text screening, as well as records where
244	there is too little information available to make a decision to exclude. All full texts selected will be
245	independently screened by two reviewers who will resolve any discrepancies in which records are
	8

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included. Where discrepancies for inclusion are not resolved by the two reviewers, a third reviewer
will adjudicate. If necessary, study authors will be contacted to request additional information that
may help ascertain suitability for inclusion.

250 Data extraction process

Data extraction will be performed using a customised form via Covidence. Relevant guidance notes will be created and disseminated to review team members by NAC prior to commencement. The data form and guidance notes will be piloted by NAC and HH. All included records will be subject to data extraction. Data from each included record will be extracted independently by two reviewers and the results compared. Any disagreements arising will be resolved through discussion or the involvement of a third reviewer.

258 Data items

The data collection form will include various fields corresponding to study type, population, reported effect size, and any other relevant study findings. Study authors will be contacted and if there are relevant missing data. This will entail one email reminder, with instances of no response being reported as such. Data will be approximated from figures for instances where it can only be estimated, using software such as WebPlotDigitizer (http://arohatgi.info/WebPlotDigitizer/app/). Disagreements regarding numerical data extracted from figures will discussed by investigators and/or resolved by averaging.

267 Risk of bias in individual studies

268 NAC, HH, and DJH (two reviewers per record) will independently assess the risk of bias using the

269 Weight of Evidence (WoE) framework, which allows appraisal of study criteria that is tailored to the

- 270 review question [25,26]. The WoE framework will be customised and used to evaluate
- *Methodological Quality* (WoE A), *Methodological Relevance* (WoE B), and *Topic*
- *Relevance* (WoE C). A rating of low, medium, or high will be assigned for each category in
- accordance with WoE framework criteria. Disagreements regarding bias appraisal will be resolved
- through discussion or the involvement of a third reviewer.

276 Data synthesis

277 The effect of interest is the association between tinnitus and measures of cognitive performance

- expressed as correlation. Where possible, results not expressed as correlations (e.g. mean differences
 - 279 between groups) will be calculated as appropriate correlations, such as point-biserial or polyserial
- 280 correlation coefficients.[27] Bias corrections will be applied to all derived correlation coefficients
- prior to pooling [28]. Where possible, missing effect sizes will be calculated from reported test

statistics such as standard deviations or t-values [27]. Narrative synthesis will be undertaken for

records where appropriate effect sizes cannot be obtained. If SCC measures assess comparable constructs, a separate meta-analysis will be undertaken for the association between tinnitus and SCC. If not, these studies will be synthesised narratively. Cognitive performance will be collapsed over 'broad' factors within the level '2' stratum to enable meta-analysis of the association between tinnitus and cognitive performance these domains. If possible, 'narrow' factors within 'level 3' stratum will be meta-analysed, however, if too few records are included to afford this degree of granulation, then the narrow factors will provide a framework for narrative synthesis. Assessment of heterogeneity The ratio of observed variation to within-study variance will be assessed with the O-statistic, used to test the null hypothesis of homogeneity of effect sizes. The I² statistic will provide a further index of heterogeneity across studies. If the apparent heterogeneity across studies exceeds 50%, potential causes of heterogeneity will be explored through subgroup analysis. The Tau-squared statistic will also be used to assess the amount of heterogeneity where a random-effects model is fitted to the data. A Baujat plot will be used as a graphical means of identifying studies that contribute excessively to any observed heterogeneity and also provide insight into potential moderating variables that contribute to heterogeneity across studies [29]. Subgroup analyses Potential contributors to heterogeneity across studies will be explored through subgroup analysis (i.e. sensitivity analyses, moderator analysis or meta-regression). A priori variables of interest for subgroup analyses will include tinnitus sample characteristics (duration, laterality, intermittency), study quality and variables known to adversely impact cognitive performance, including sample age, presence of hearing impairment, presence of anxiety or depression, reported medication usage and visual acuity. Additional potential moderating variables may be identified after reviewing the literature and will be documented accordingly. Assessment of reporting bias The influence of reporting bias through potentially unpublished results (i.e. publication bias) will be explored via funnel plots, rank correlation test and/or Egger's regression test. Ethics and dissemination For peer review only - http://bmjopen.bmj.com/site/about/guidelines.xhtml

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1		
2 3	317	No ethical issues are foreseen in this systematic review. Reports will be guided by the Preferred
4	318	Reporting Items for Systematic Reviews and Meta-Analysis guidelines [30]. Various dissemination
5 6	319	strategies will be employed, that will likely include: journal article and PhD thesis (NAC) made
7	320	available via an institutional repository, results being reported at national and international academic
8 9	321	conferences, and public and patient engagement (e.g. articles written for relevant non-specialist
10	322	audiences).
11 12	323	
13	224	
14 15	324	
16	325	Summary
17 18	326	A protocol is described for a systematic review and meta-analysis to determine a best estimate of the
19	327	association between tinnitus and cognitive performance in adults. The relationship between tinnitus,
20 21	328	cognitive performance, and SSC will also be examined. To date, no review has comprehensively
22	329	explored the veracity of an association between tinnitus and cognitive performance through
23 24	330	application of quantitative analyses of all available peer-reviewed data. The outlined approach will
25	331	facilitate an understanding of the potential impact of tinnitus upon cognitive performance,
26 27	332	underpinned by relevant cognitive theory. An increased understanding of the relationship between
27	333	tinnitus and cognitive performance will eventually improve tinnitus sub-typing and inform therapeutic
29	334	methods[31–34] for example, it may be possible to deliver cognitive training paradigms in a targeted
30 31	335	manner.
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33 34	337	Acknowledgements
35	338	Thanks to Oliver Zobay for statistical advice.
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PRISMA-P 2015 Checklist

This checklist has been adapted for use with protocol submissions to *Systematic Reviews* from Table 3 in Moher D et al: Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P) 2015 statement. *Systematic Reviews* 2015 **4**:1

Santian/tania	#	Checklist item	Information reported		Line	
Section/topic			Yes	No	number(s)	
ADMINISTRATIVE INFOR	RMATI	ON				
Title						
Identification	1a	Identify the report as a protocol of a systematic review	\square		1	
Update	1b	If the protocol is for an update of a previous systematic review, identify as such			N/A	
Registration	2	If registered, provide the name of the registry (e.g., PROSPERO) and registration number in the Abstract			55	
Authors						
Contact	3а	Provide name, institutional affiliation, and e-mail address of all protocol authors; provide physical mailing address of corresponding author			6-15	
Contributions	3b	Describe contributions of protocol authors and identify the guarantor of the review			335	
Amendments	4	If the protocol represents an amendment of a previously completed or published protocol, identify as such and list changes; otherwise, state plan for documenting important protocol amendments			N/A	
Support						
Sources	5a	Indicate sources of financial or other support for the review			330-334	
Sponsor	5b	Provide name for the review funder and/or sponsor			330-334	
Role of sponsor/funder	5c	Describe roles of funder(s), sponsor(s), and/or institution(s), if any, in developing the protocol			330-334	
INTRODUCTION						
Rationale	6	Describe the rationale for the review in the context of what is already known			33-50, 67-170	
Objectives	7	Provide an explicit statement of the question(s) the review will address with reference to			167-170, 183- 201	



Continu/tonin	#	Checklist item	Informatio	Line	
Section/topic			Yes	No	number(s)
		participants, interventions, comparators, and outcomes (PICO)			
METHODS					
Eligibility criteria	8	Specify the study characteristics (e.g., PICO, study design, setting, time frame) and report characteristics (e.g., years considered, language, publication status) to be used as criteria for eligibility for the review			183-201
Information sources	9	Describe all intended information sources (e.g., electronic databases, contact with study authors, trial registers, or other grey literature sources) with planned dates of coverage			207-215
Search strategy	10	Present draft of search strategy to be used for at least one electronic database, including planned limits, such that it could be repeated			216-218
STUDY RECORDS					
Data management	11a	Describe the mechanism(s) that will be used to manage records and data throughout the review			220-227
Selection process	11b	State the process that will be used for selecting studies (e.g., two independent reviewers) through each phase of the review (i.e., screening, eligibility, and inclusion in meta-analysis)			229-237
Data collection process	11c	Describe planned method of extracting data from reports (e.g., piloting forms, done independently, in duplicate), any processes for obtaining and confirming data from investigators			239-245
Data items	12	List and define all variables for which data will be sought (e.g., PICO items, funding sources), any pre-planned data assumptions and simplifications			247-254, 29 298
Outcomes and prioritization	13	List and define all outcomes for which data will be sought, including prioritization of main and additional outcomes, with rationale			266-278, 2 298
Risk of bias in individual studies	14	Describe anticipated methods for assessing risk of bias of individual studies, including whether this will be done at the outcome or study level, or both; state how this information will be used in data synthesis			257-263
DATA					
	15a	Describe criteria under which study data will be quantitatively synthesized			265-278
Synthesis	15b	If data are appropriate for quantitative synthesis, describe planned summary measures, methods of handling data, and methods of combining data from studies, including any planned exploration of consistency (e.g., I^2 , Kendall's tau)			265-289
	15c	Describe any proposed additional analyses (e.g., sensitivity or subgroup analyses, meta-			291-298

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bection/topic	π		Yes	No	number(s)	
		regression)				
	15d	If quantitative synthesis is not appropriate, describe the type of summary planned			271-278	
leta-bias(es)	16	Specify any planned assessment of meta-bias(es) (e.g., publication bias across studies, selective reporting within studies)	\square		302-303	
Confidence in umulative evidence	17	Describe how the strength of the body of evidence will be assessed (e.g., GRADE)	\square		257-263	
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