

III-Data extraction form for randomised controlled trials

Reviewer:	Date:	Study number:
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GENERAL STUDY INFORMATION

First author (e.g. Smith F):

Correspondence to: not provided

Title:

Journal:

Year of publication: **Vol.:** **Num.:** **Pages:**

Country: **Language:**

Sources of support:

STUDY DESIGN

- Randomised Controlled Trial
- Cluster Randomised Controlled Trial

Details:

Setting: Unicenter Multicenter (National / International) Detail not provided

Recruitment period (months): Detail not provided

STUDY POPULATION AND PARTICIPANTS

Study population description:

Inclusion criteria:

Exclusion criteria:

<i>Flow of participants</i>		
	Groups Intervention / Control	Reasons/Details
Invited to participate and/or screened for eligibility		
Declined to participate		
Excluded		
Randomized		
Dropouts		
Completed		
Analysed		

<i>Baseline characteristics</i>				
	Total: (n=)	Intervention (n=)	Control (n=)	Between group difference (statistically significant)
Age				<input type="checkbox"/> Yes <input type="checkbox"/> No
Gender				<input type="checkbox"/> Yes <input type="checkbox"/> No
Weight				<input type="checkbox"/> Yes <input type="checkbox"/> No
Height				<input type="checkbox"/> Yes <input type="checkbox"/> No
BMI				<input type="checkbox"/> Yes <input type="checkbox"/> No
				<input type="checkbox"/> Yes <input type="checkbox"/> No

INTERVENTION

Intervention general description and objectives:

Duration (weeks/months):

<i>Intervention characteristics</i>					
	Recovery method	Type & Brand	Duration (sets & reps)	Frequency	Attendance / compliance rate
Intervention:					
Control:					

DATA COLLECTION

<i>Data collection procedures: PRIMARY OUTCOME</i>			
Variables	Responsible (who collected data)	Method (scale, instrument, etc.)	Details
Physical performance			

<i>Data collection procedures: SECONDARY OUTCOMES</i>			
Variables	Responsible (who collected data)	Method (scale, instrument, etc.)	Details
Other			
Subjective perception			
Technical & Tactical			
Physiological			

RESULTS

<i>Drop-outs</i>		
Group	Num. (%)	Description/Reasons
Intervention		
Control		

<i>Results</i>				
<i>Intervention (n=)</i>				
Variable (and timing)	Baseline	Post-competition	P-value	Effect size

<i>Results</i>	
<i>Control (n=)</i>	

Variable and timing	Baseline	Post-competition	P-value	Effect size

ADVERSE EVENTS

<i>Adverse events collection and reporting</i>			
Registering adverse events	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Results	Total:	Intervention group:	Control group:
Other descriptions:			

CONCLUSIONS

<i>Conclusions</i>
Primary outcome:

COMMENTS
<i>(Add general comments if relevant)</i>

METHODS

Methodological details		Description / details
Eligibility criteria specified	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Power calculation	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Method of randomization	<input type="checkbox"/> Adequate / computer generated <input type="checkbox"/> Inadequate <input type="checkbox"/> Not reported	
Allocation concealment	<input type="checkbox"/> Adequate <input type="checkbox"/> Doubtful <input type="checkbox"/> Inadequate <input type="checkbox"/> Not reported	
Blinding	Participants: <input type="checkbox"/> Yes <input type="checkbox"/> No Coach/es: <input type="checkbox"/> Yes <input type="checkbox"/> No Outcome assessor/s: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not reported	
Handling of withdrawals description	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Pre-published study protocol	<input type="checkbox"/> Yes <input type="checkbox"/> No	

APPENDIX 2:

**RISK OF BIAS ASSESSMENT FORM
FOR RANDOMISED CONTROLLED TRIALS**

Reviewer:

First author (year): ()		Assessment data:	Study number:
Bias domain	Author's judgment (low, unclear, high)	Support for judgment	
Random sequence generation (selection bias)			
Allocation concealment (selection bias)			
Blinding of participants and researchers (performance bias)			
Blinding of outcome assessment (detection bias)			
Incomplete outcome data (attrition bias)			
Selective reporting (reporting bias)			
Other bias			