

Appendix 2. Scoring sheet of the i-CONTENT tool

	“Low risk” of ineffectiveness	“High risk” of ineffectiveness	If no details on the topic:		Support for judgement
			Probably (done)	Probably not (done)	
Patient Selection	<input type="checkbox"/> The purpose of the exercise therapy program matches the patients’ problems (directly or through a plausible causative relationship).	<input type="checkbox"/> The purpose of the exercise therapy program does not match the patients’ problems.	<input type="checkbox"/>	<input type="checkbox"/>
Dosage of the Exercise Program	<input type="checkbox"/> The investigators applied a plausible or proven rationale* to determine the ‘Frequency’, ‘Intensity’, and ‘Time’ of the exercise program, matching the purpose of the exercise intervention.	<input type="checkbox"/> The investigators did not use a plausible or proven rationale*, did not match the rationale with the purpose of the exercise program, or did not match the rationale and the ‘Frequency’, ‘Intensity’, and ‘Time’ of the exercise program.	<input type="checkbox"/>	<input type="checkbox"/>
Type of the Exercise Program	<input type="checkbox"/> The investigators applied a plausible or proven rationale* to determine the ‘Type’ of exercise, defined as the form in which the exercise is provided, and the investigators matched the ‘Type’ of the exercise therapy program with the purpose of the exercise therapy program.	<input type="checkbox"/> The investigators did not use a plausible or proven rationale* or did not match the ‘Type’ of the exercise program with the purpose of the exercise therapy program.	<input type="checkbox"/>	<input type="checkbox"/>
Qualified Supervisor (if applicable)	<input type="checkbox"/> The supervisors of the exercise therapy program are experienced with the targeted patient population and sufficiently skilled in providing the proposed exercise program.	<input type="checkbox"/> The supervisors of the exercise therapy program are inexperienced with the patient population or insufficiently skilled to provide the exercise program.	<input type="checkbox"/>	<input type="checkbox"/>
Type and Timing of Outcome Assessment	<input type="checkbox"/> The investigators used one or more valid and responsive performance-based outcome measure(s) which reflect the goals and purpose of the exercise program to assess the effectiveness exercise therapy program. The measurements have taken place within the time window where the expected effect would most likely take place.	<input type="checkbox"/> The investigators use a non-validated performance measure as primary outcome measure to assess the effect of the therapeutic intervention.	<input type="checkbox"/>	<input type="checkbox"/>
Safety of the Exercise Program	<input type="checkbox"/> The number and severity of the exercise-related adverse events in the study are in line with the expected number of adverse events for similar exercise programs in similar populations.	<input type="checkbox"/> The number and severity of the exercise related adverse events are substantially higher than what would be expected.	<input type="checkbox"/>	<input type="checkbox"/>
Adherence to the Exercise Program	<input type="checkbox"/> The intended exercise dosing was achieved, based on relevant information regarding to exercise adherence (i.e., the number of sessions attended, the number of exercises performed, and whether or not the intended exercise dosage was reached).	<input type="checkbox"/> The level of exercise adherence of patients to the exercise therapy program was insufficient to assume the intended exercise dosing was achieved.	<input type="checkbox"/>	<input type="checkbox"/>

* a plausible or proven rationale should be based on anatomical, physiological, psychological, neurological, or behavioural relevance to the condition.