<table>
<thead>
<tr>
<th>Heading</th>
<th>Subheading</th>
<th>Descriptor</th>
<th>Reported (Y/N)</th>
<th>Heading: Subheading</th>
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<tbody>
<tr>
<td>Title</td>
<td></td>
<td>Identify the report as a systematic review</td>
<td>Y</td>
<td>Title</td>
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<tr>
<td>Abstract</td>
<td></td>
<td>Use a structured format</td>
<td>Y</td>
<td>Abstract</td>
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<td></td>
<td>Objectives</td>
<td>The clinical question explicitly</td>
<td>Y</td>
<td>Abstract: Background</td>
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<td></td>
<td>Data sources</td>
<td>The databases (ie, list) and other information sources</td>
<td>Y</td>
<td>Abstract: Methods</td>
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<tr>
<td></td>
<td>Review methods</td>
<td>The selection criteria (ie, population, intervention, outcome, and study design); methods for validity assessment, data abstraction, and study characteristics, and quantitative data synthesis in sufficient detail to permit replication</td>
<td>Y</td>
<td>Abstract: Methods</td>
</tr>
<tr>
<td>Results</td>
<td></td>
<td>Characteristics of the RCTs included and excluded; qualitative and quantitative findings (ie, point estimates and confidence intervals); and subgroup analyses</td>
<td>Y</td>
<td>Abstract: Results</td>
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<tr>
<td>Conclusion</td>
<td></td>
<td>The main results</td>
<td>Y</td>
<td>Abstract: Conclusions</td>
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### Introduction

- The explicit clinical problem, biological rationale for the intervention, and rationale for review

### Methods

- **Searching**
  - The information sources, in detail (eg, databases, registers, personal files, expert informants, agencies, hand-searching), and any restrictions (years considered, publication status, language of publication)

- **Selection**
  - The inclusion and exclusion criteria (defining population, intervention, principal outcomes, and study design)

- **Validity assessment**
  - The criteria and process used (eg, masked conditions, quality assessment, and their findings)

- **Data abstraction**
  - The process or processes used (eg, completed independently, in duplicate)

- **Study characteristics**
  - The type of study design, participants’ characteristics, details of intervention, outcome definitions, and how clinical heterogeneity was assessed

- **Quantitative data synthesis**
  - The principal measures of effect (eg, relative risk), method of combining results (statistical testing and confidence intervals), handling of missing data; how statistical heterogeneity was assessed; a rationale for any a-priori sensitivity and subgroup analyses; and any assessment of publication bias

### Results

- **Trial flow**
  - Provide a meta-analysis profile summarising trial flow (see figure)

- **Study characteristics**
  - Present descriptive data for each trial (eg, age, sample size, intervention, dose, duration, follow-up period)

- **Quantitative data synthesis**
  - Report agreement on the selection and validity assessment; present simple summary results (for each treatment group in each trial, for each primary outcome); present data needed to calculate effect sizes and confidence intervals in intention-to-treat analyses (eg 2X2 tables of counts, means and SDs, proportions)

### Discussion

- Summarise key findings; discuss clinical inferences based on internal and external validity; interpret the results in light of the totality of available evidence; describe potential biases in the review process (eg, publication bias); and suggest a future research agenda