BMJ Open Sport & Exercise Medicine

Page 56 of 56

STROBE Statement—Checklist of items that should be included in reports of cross-sectional studies

| | Item No | Recommendation |
|------------------------|------------|---|
| Title and abstract | 1 | (<i>a</i>) Indicate the study's design with a commonly used term in the title or the abstract |
| | | (b) Provide in the abstract an informative and balanced summary of what was done |
| | | and what was found |
| Introduction | | |
| Background/rationale | 2 | Explain the scientific background and rationale for the investigation being reported |
| Objectives | 3 | State specific objectives, including any prespecified hypotheses |
| Methods | | |
| Study design | 4 | Present key elements of study design early in the paper |
| Setting | 5 | Describe the setting, locations, and relevant dates, including periods of recruitment, |
| | | exposure, follow-up, and data collection |
| Participants | 6 | (a) Give the eligibility criteria, and the sources and methods of selection of |
| | | participants |
| Variables | 7 | Clearly define all outcomes, exposures, predictors, potential confounders, and effect |
| | | modifiers. Give diagnostic criteria, if applicable |
| Data sources/ | 8* | For each variable of interest, give sources of data and details of methods of |
| measurement | | assessment (measurement). Describe comparability of assessment methods if there is |
| | | more than one group |
| Bias | 9 | Describe any efforts to address potential sources of bias |
| Study size | 10 | Explain how the study size was arrived at |
| Quantitative variables | 11 | Explain how quantitative variables were handled in the analyses. If applicable, |
| | | describe which groupings were chosen and why |
| Statistical methods | 12 | (a) Describe all statistical methods, including those used to control for confounding |
| | | (b) Describe any methods used to examine subgroups and interactions |
| | | (c) Explain how missing data were addressed |
| | | (d) If applicable, describe analytical methods taking account of sampling strategy |
| | | (<u>e</u>) Describe any sensitivity analyses |
| 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 |
| | | (b) Give reasons for non-participation at each stage |
| | | (c) Consider use of a flow diagram |
| Descriptive data | 14* | (a) Give characteristics of study participants (eg demographic, clinical, social) and |
| | | information on exposures and potential confounders |
| | | (b) Indicate number of participants with missing data for each variable of interest |
| Outcome data | 15* | Report numbers of outcome events or summary measures |
| 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 |
| | | (b) Report category boundaries when continuous variables were categorized |
| | | (c) If relevant, consider translating estimates of relative risk into absolute risk for a |
| | | meaningful time period |
| Other analyses | 17 | Report other analyses done-eg analyses of subgroups and interactions, and |
| | | sensitivity analyses |

https://mc.manuscriptcentral.com/bmjsem

Page 57 of 56

BMJ Open Sport & Exercise Medicine

| Key results | 18 | Summarise key results with reference to study objectives |
|-------------------|----|---|
| 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 |
| Interpretation | 20 | Give a cautious overall interpretation of results considering objectives, limitations |
| | | multiplicity of analyses, results from similar studies, and other relevant evidence |
| Generalisability | 21 | Discuss the generalisability (external validity) of the study results |
| 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 |

*Give information separately for exposed and unexposed groups.

Note: An Explanation and Elaboration article discusses each checklist item and gives methodological background and se. ftp://www.j. .ttp://www.epiden. published examples of transparent reporting. The STROBE checklist is best used in conjunction with this article (freely available on the Web sites of PLoS Medicine at http://www.plosmedicine.org/, Annals of Internal Medicine at http://www.annals.org/, and Epidemiology at http://www.epidem.com/). Information on the STROBE Initiative is available at www.strobe-statement.org.

https://mc.manuscriptcentral.com/bmjsem