

Multimedia Appendix 2. The Risk of Bias tool, based upon the CONSORT checklist.

	Cavallo	Freyne	Ma	Napolitano	Sugano	Turner	Valle
1. Title and abstract:	✓ ✓	--	--	- ✓	--	✓ ✓	✓ ✓
a) identification as a randomised trial in title; b) structured summary							
2. Introduction	✓ ✓	✓ ✓	✓ -	✓ ✓	--	✓ -	✓ ✓
a) scientific background/ rationale; b) specific objectives/ hypotheses							
3. Methods – trial design	✓ -	--	--	✓ -	--	✓ -	✓ -
a) description of trial design; b) changes to methods after trial commencement							
4. Participants	✓ ✓	- ✓	--	✓ ✓	✓ -	✓ ✓	✓ ✓
a) eligibility criteria; b) settings and locations of data collection							
5. Interventions	✓	-	✓	✓	-	✓	✓
Descriptions with sufficient details to allow replication							
6. Outcomes	--	--	--	✓ -	--	✓ -	✓ -
a) pre-specified primary and secondary outcome measures; b) changes to outcomes after trial commenced							
7. Sample size	✓	-	-	-	-	✓	✓ -

a) how sample size was determined; b) if applicable, interim analyses/ stopping guidelines

8. Randomisation – sequence generation -- -- -- -- - ✓ ✓ ✓ ✓

a) method used; b) type of randomisation including details of any restriction

9. Allocation concealment mechanism - - - - - ✓ -

Implementation of the random allocation sequence, including concealment

10. Implementation - - - - - ✓ -

Who generated the random allocation sequence, who enrolled participants, and who assigned participants

11. Blinding - - - - - - -

a) if done, who was blinded and how; b) if relevant, similarity of interventions

12. Statistical methods ✓ - -- - ✓ ✓ ✓ -- ✓ ✓ ✓ ✓

Statistical methods used a) for primary and secondary outcomes; b) additional analyses

13. Results – participant flow ✓ ✓ -- ✓ - ✓ ✓ -- ✓ ✓ ✓ ✓

a) numbers of participants randomised, receiving treatment, and analysed; b) losses and exclusions, with reasons

14. Recruitment ✓ - ✓ - ✓ - ✓ - -- ✓✓ ✓ -

a) dates of recruitment and follow-up; b) why the trial ended

15. Baseline data - - - - - ✓ ✓

A table with baseline demographic and clinical characteristics for each group

16. Numbers analysed ✓ - - - - ✓ ✓

For each group, number of participants included in each analysis

17. Outcomes and estimation -- -- -- -- -- -- --

a) results for each group, and the estimated effect size and its precision; b) absolute and relative effect sizes for binary outcomes

18. Ancillary analyses - - - ✓ - ✓ ✓

Results of any other analyses performed, distinguishing pre-specified from exploratory

19. Harms - - - - - - ✓

Harms or unintended effects in each group

20. Discussion - Limitations	✓	-	-	✓	-	✓	✓
Trial limitations/bias/ multiplicity of analyses							
21. Generalisability	-	-	-	-	-	✓	✓
Generalisability (external validity, applicability) of findings							
22. Interpretation	✓	-	✓	✓	-	✓	✓
Consistent with results and balanced							
23. Other information – Registration	✓	-	-	-	-	✓	✓
Registration number and name of registry							
24. Protocol	✓	-	-	-	-	✓	✓
Where the full trial protocol can be accessed							
25. Funding	✓	✓	-	✓	-	✓	✓
Sources of funding/ role of funders							
Number of criteria satisfied	13.5	3	4	11	0.5	19.5	18