Supplementary File

CONSORT 2010 Checklist

Section	Item #	Item Description	Location in Manuscript
Title and Abstract			
	1a	Identification as a randomized trial in the title	Title
	1b	Structured summary including trial design, methods, results, and conclusions (for abstract)	Abstract
Introduction			
	2a	Scientific background and explanation of rationale	Introduction, paragraphs 1–2
	2b	Specific objectives or hypotheses	Introduction, final paragraph
Methods			
Trial design			
	3a	Description of trial design (e.g., parallel, cluster)	Method, Study Design
	3b	Important changes to methods after trial commencement (if any)	Not applicable
Participants			
	4a	Eligibility criteria for participants	Method, Participants
	4b	Settings and locations where the data were collected	Method, Study Design and Setting
Interventions			
	5	Precisely describe the interventions for each group	Method, Intervention
Outcomes			
	6a	Completely defined pre-specified primary and secondary outcome measures	Method, Outcome Measures
	6b	Changes to trial outcomes after the trial commenced (if any)	Not applicable
Sample size			
	7a	How sample size was determined	Method, Sample Size and Statistical Analysis

	7b	Explanation of any interim analyses and stopping guidelines	Not applicable
Randomization			
	8a	Method used to generate the random allocation sequence	Method, Randomization and Blinding
	8b	Type of randomization (e.g., block, stratified)	Method, Randomization and Blinding
	9	Mechanism used to implement the random allocation sequence (e.g., sealed envelopes)	Method, Randomization and Blinding
	10	Who generated the allocation sequence, enrolled participants, and assigned interventions	Method, Randomization and Blinding
Blinding			
	11a	If done, who was blinded after assignment to interventions	Method, Randomization and Blinding
	11b	If relevant, description of the similarity of interventions	Not applicable (psychosocial interventions inherently different)
Statistical methods			
	12a	Statistical methods used to compare groups for primary and secondary outcomes	Method, Sample Size and Statistical Analysis
	12b	Methods for additional analyses (e.g., subgroup, adjusted analyses)	Method, Sample Size and Statistical Analysis
Results			
Participant flow			
	13a	Number of participants randomly assigned, received intended treatment, and analyzed	Results, Participants; Figure 1 (CONSORT Flowchart)
	13b	Losses and exclusions after randomization (with reasons)	Results, Participants
Recruitment			
	14a	Dates defining the periods of recruitment and follow-up	Method, Study Design and Setting
	14b	Why the trial ended or was stopped	Not applicable
Baseline data			

	15	Baseline demographic and clinical characteristics of each group	Table 1
Numbers analyzed			
	16	Number of participants analyzed in each group	Results, Tables 2–5
Outcomes and estimation			
	17 a	Results for each primary and secondary outcome	Results, Tables 2–5
	17 b	Estimated effect size and precision (e.g., 95% CI)	Results, Tables 2–3 (Cohen's *d* reported)
Ancillary analyses			
	18	Results of other analyses (e.g., subgroup, adjusted)	Results, Table 5 (post-hoc Friedman)
Discussion			
Limitations			
	19	Limitations of the study, addressing sources of potential bias and imprecision	Discussion, Limitations and Strengths
Generalizability			
	20	Generalizability (external validity) of the trial findings	Discussion, Implications for Practice
Interpretation			
	21	Interpretation consistent with results, balancing benefits and harms	Discussion, Conclusion
Other Informations			
Registration			
	23	Registration number and name of trial registry	Method, Study Design and Setting
Protocol			
	24	Where the full trial protocol can be accessed (if available)	Available from corresponding author upon request
Funding			
	25	Sources of funding and role of funders	Method, Study Design and Setting