NOTE: Please save this file locally before filling in the table, DO NOT work on the file within your internet browser as changes will not be saved. Adobe Acrobat Reader (available free here) is recommended for completion.

The ARRIVE guidelines 2.0: author checklist

The ARRIVE Essential 10

These items are the basic minimum to include in a manuscript. Without this information, readers and reviewers cannot assess the reliability of the findings.

Item		Recommendation	Section/line number, or reason for not reporting
Study design	1	For each experiment, provide brief details of study design including: a. The groups being compared, including control groups. If no control group has been used, the rationale should be stated. b. The experimental unit (e.g. a single animal, litter, or cage of animals).	Page 5, methods/contusion SCI model, paragraph 1, line 105-108. Page 5, methods/animals, paragraph 1, line 99-101.
Sample size	2	a. Specify the exact number of experimental units allocated to each group, and the total number in each experiment. Also indicate the total number of animals used. b. Explain how the sample size was decided. Provide details of any *a priori* sample size calculation, if done.	Page 5, methods/contusion SCI model, paragraph1, line 105-108. Legend of Figure 1-5. Based on literature and pre-experimental results.
Inclusion and exclusion criteria	3	a. Describe any criteria used for including and excluding animals (or experimental units) during the experiment, and data points during the analysis. Specify if these criteria were established *a priori.* If no criteria were set, state this explicitly. b. For each experimental group, report any animals, experimental units or data points not included in the analysis and explain why. If there were no exclusions, state so. c. For each analysis, report the exact value of *n* in each experimental group.	Page 6-7, methods/contusion SCI model, paragraph3, line 132-134. Not involved. Legend of Figure 1-5.
Randomisation	4	a. State whether randomisation was used to allocate experimental units to control and treatment groups. If done, provide the method used to generate the randomisation sequence. b. Describe the strategy used to minimise potential confounders such as the order of treatments and measurements, or animal/cage location. If confounders were not controlled, state this explicitly.	Page 5, methods/contusion SCI model, paragraph 1, line 105-108. Page 6, methods/contusion SCI model, paragraph 2, line 126-128.
Blinding	5	Describe who was aware of the group allocation at the different stages of the experiment (during the allocation, the conduct of the experiment, the outcome assessment, and the data analysis).	Page 5, methods/contusion SCI model, paragraph 1, line 108-110.
Outcome measures	6	a. Clearly define all outcome measures assessed (e.g. cell death, molecular markers, or behavioural changes). b. For hypothesis-testing studies, specify the primary outcome measure, i.e. the outcome measure that was used to determine the sample size.	Page 13, legend of Figure 1, line 263-267. Page 13, legend of Figure 1, line 263-267.
Statistical methods	7	a. Provide details of the statistical methods used for each analysis, including software used. b. Describe any methods used to assess whether the data met the assumptions of the statistical approach, and what was done if the assumptions were not met.	Page 11, methods/statistical analysis, paragraph 1, line233-241. Page 11, methods/statistical analysis, paragraph 1, line233-241.
Experimental animals	8	a. Provide species-appropriate details of the animals used, including species, strain and substrain, sex, age or developmental stage, and, if relevant, weight. b. Provide further relevant information on the provenance of animals, health/immune status, genetic modification status, genotype, and any previous procedures.	Page 5, methods/animals, paragraph1, line96-98. Page 5, methods/animals, paragraph1, line96-98.
Experimental procedures	9	For each experimental group, including controls, describe the procedures in enough detail to allow others to replicate them, including: a. What was done, how it was done and what was used. b. When and how often. c. Where (including detail of any acclimatisation periods). d. Why (provide rationale for procedures).	Page 6, methods/contusion SCI model, paragraph2, line 111-128. Page 6-7, methods/contusion SCI model, paragraph3, line 129-134. Page 5, methods/animals, paragraph1, line 99-101. Page 4-5, introduction, Paragraph2, line75-90.
Results	10	For each experiment conducted, including independent replications, report: a. Summary/descriptive statistics for each experimental group, with a measure of variability where applicable (e.g. mean and SD, or median and range). b. If applicable, the effect size with a confidence interval.	Page 12-22, results and pictures. Not involved.

The Recommended Set

These items complement the Essential 10 and add important context to the study. Reporting the items in both sets represents best practice.

Item		Recommendation	Section/line number, or reason for not reporting
Abstract	11	Provide an accurate summary of the research objectives, animal species, strain and sex, key methods, principal findings, and study conclusions.	Page 2-3, abstract, line 25-51.
Background	12	a. Include sufficient scientific background to understand the rationale and context for the study, and explain the experimental approach. b. Explain how the animal species and model used address the scientific objectives and, where appropriate, the relevance to human biology.	Page3-4, introduction, Paragraph1, line 55-74. Page 4-5, introduction, Paragraph2, line 75-90.
Objectives	13	Clearly describe the research question, research objectives and, where appropriate, specific hypotheses being tested.	Page 4-5, introduction, Paragraph2, line 87-90.
Ethical statement	14	Provide the name of the ethical review committee or equivalent that has approved the use of animals in this study, and any relevant licence or protocol numbers (if applicable). If ethical approval was not sought or granted, provide a justification.	Page 29, footnote/ethical statement,line 539-544.
Housing and husbandry	15	Provide details of housing and husbandry conditions, including any environmental enrichment.	Page 5, methods/animals, paragraph 1, line 98
Animal care and monitoring	16	a. Describe any interventions or steps taken in the experimental protocols to reduce pain, suffering and distress. b. Report any expected or unexpected adverse events. c. Describe the humane endpoints established for the study, the signs that were monitored and the frequency of monitoring. If the study did not have humane endpoints, state this.	Page 6, methods/contusion SCI model, paragraph3, line 129-132. No adverse events. Page 6-7, methods/contusion SCI model, paragraph3, line 132-134.
Interpretation/ scientific implications	17	a. Interpret the results, taking into account the study objectives and hypotheses, current theory and other relevant studies in the literature. b. Comment on the study limitations including potential sources of bias, limitations of the animal model, and imprecision associated with the results.	Page 22-23, discussion, paragraph 2, line 400-415. Page 27-28, discussion, paragraph 11, line 502-516.
Generalisability/ translation	18	Comment on whether, and how, the findings of this study are likely to generalise to other species or experimental conditions, including any relevance to human biology (where appropriate).	Page 28, discussion, paragraph 11, line 514-516.
Protocol registration	19	Provide a statement indicating whether a protocol (including the research question, key design features, and analysis plan) was prepared before the study, and if and where this protocol was registered.	The protocol is not registered.
Data access	20	Provide a statement describing if and where study data are available.	Not involved.
Declaration of interests	21	a. Declare any potential conflicts of interest, including financial and non-financial. If none exist, this should be stated. b. List all funding sources (including grant identifier) and the role of the funder(s) in the design, analysis and reporting of the study.	Page 29, foot note/conflicts of Interest, line 536-537. Page 28, acknowledgments/funding, line 530-531.

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