STROBE Statement—checklist of items that should be included in reports of observational studies

Section/item	Item No	Recommendation	Reported on Page Number/Line Number	Reported on Section/Paragraph
Title and abstract	1	(a) Indicate the study's design with a commonly used term in the title or the abstract	1/2	Title/1
		(b) Provide in the abstract an informative and balanced summary of what was done and what was found	3,4/28-51	Abstract/2,3
Introduction				
Background/ rationale	2	Explain the scientific background and rationale for the investigation being reported	5,6/54-83	Introduction/1-4
Objectives	3	State specific objectives, including any prespecified hypotheses	6/80-82	Introduction/4
Methods				
Study design	4	Present key elements of study design early in the paper	6/86,87	Participants/1
Setting	5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	6,7/86-97 8/112	Participants/1,2 Procedures/1
Participants	6	(a) ***Cohort study***—Give the eligibility criteria, and the sources and methods of selection of participants. Describe methods of follow-up ***Case-control study***—Give the eligibility criteria, and the sources and methods of case ascertainment and control selection. Give the rationale for the choice of cases and controls ***Cross-sectional study***—Give the eligibility criteria, and the sources and methods of selection of participants	6/89-91	Participants/1
		(b) ***Cohort study***—For matched studies, give matching criteria and number of exposed and unexposed ***Case-control study***—For matched studies, give matching criteria and the number of controls per case	N/A (It is not a cohort study)	N/A (It is not a cohort study)
Variables	7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	8/116-117 9/138-141	Anthropometry measures/1 Physical fitness
Data sources/ measurement	8*	For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group	8-9/117-136 9-10/142-169	Anthropometry measures/1,2
Bias	9	Describe any efforts to address potential sources of bias	N/A (PREFIT battery,	N/A (PREFIT battery,
Study size	10	Explain how the study size was arrived at	6/87-92	Participants/1
Quantitative variables	11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why	12-13/192-213	Statistical analyses/1

Statistical methods	12	(a) Describe all statistical methods, including those used to control for confounding	12,13/192-213	Statistical analyses/1
		(b) Describe any methods used to examine subgroups and interactions	12,13/192-213	Statistical analyses/1
		(c) Explain how missing data were addressed	12,13/192-213	Statistical analyses/1
		(d) ***Cohort study***—If applicable, explain how loss to follow-up was addressed ***Case-control study***—If applicable, explain how matching of cases and controls was addressed ***Cross-sectional study***—If applicable, describe analytical methods taking account of sampling strategy	N/A	N/A
		(e) Describe any sensitivity analyses	12,13/192-213	Statistical analyses/1
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	6/82-88	Participants/1
		(b) Give reasons for non-participation at each stage	6/82-88	Participants/1
		(c) Consider use of a flow diagram	N/A (The process to chose	N/A (The process to chose
Descriptive data	14*	(a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders	6-7/86-97	Participants/1,2
		(b) Indicate number of participants with missing data for each variable of interest	6/89-90	Participants/1
		(c) ***Cohort study***—Summarise follow-up time (eg, average and total amount)	N/A (It is not a cohort	N/A (It is not a cohort
Outcome data	15*	***Cohort study***—Report numbers of outcome events or summary measures over time	N/A (It is not a cohort	N/A (It is not a cohort
		Case-control study—Report numbers in each exposure category, or summary measures of exposure	N/A (It is not a cas-control	N/A (It is not a
		Cross-sectional study—Report numbers of outcome events or summary measures	Pages 25-30	Tables 1-4
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	13/212-213	Statistical analyses/1
		(b) Report category boundaries when continuous variables were categorized	N/A (validated cut-off	N/A (validated cut-off
		(c) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	N/A (There is no risk)	N/A (There is no risk)
Other analyses	17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	12,13/192-213	Statistical analyses/1
Discussion				
Key results	18	Summarise key results with reference to study objectives	15/249-254	Discussion/1
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	17,18/303-317	Discussion/8

Interpretation	20	Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence	15-16/262-274 16/275-281	Discussion/3,4,7
Generalisability	21	Discuss the generalisability (external validity) of the study results	15-16/262-274	Discussion/3,4,7
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	N/A (There is no funding)	N/A (There is no funding)

*Give information separately for cases and controls in case-control studies and, if applicable, for exposed and unexposed groups in cohort and cross-sectional studies.

Note: An Explanation and Elaboration article discusses each checklist item and gives methodological background and 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.

Article information: https://dx.doi.org/10.21037/tp-22-30.
*As the checklist was provided upon initial submission, the page number/line number reported may be changed due to copyediting and may not be referable in the published version. In this case, the section/paragraph may be used as an alternative reference.