**Supplemental Digital Content 1. PRISMA Checklist.**  
Title: Transforaminal epidural steroid injections for treating lumbosacral radicular pain from herniated intervertebral discs: a systematic review and meta-analysis.

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| **Section/topic** | **#** | **Checklist item** | **Reported on page #** |
| **TITLE** | | |  |
| Title | 1 | Identify the report as a systematic review, meta-analysis, or both. | Page 1 |
| **ABSTRACT** | | |  |
| Structured summary | 2 | Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number. | Page 5 |
| **INTRODUCTION** | | |  |
| Rationale | 3 | Describe the rationale for the review in the context of what is already known. | Pages 7-8 |
| Objectives | 4 | Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design. | Page 9 |
| **METHODS** | | |  |
| Protocol and registration | 5 | Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number. | Review protocol is available with the first author |
| Eligibility criteria | 6 | Specify study characteristics (e.g. participants, interventions, comparisons, outcomes, and study design, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale. | Pages 11-12 |
| Information sources | 7 | Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched. | Page 10 |
| Search | 8 | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated. | Page 10; also Appendix 2 (Database and search terms) |
| Study selection | 9 | State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis). | Figure 1 (PRISMA flow chart) |
| Data collection process | 10 | Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators. | Page 14 (Data Collection and Analysis) |
| Data items | 11 | List and define all variables for which data were sought (e.g. participants, interventions, comparisons, outcomes, and study design, funding sources) and any assumptions and simplifications made. | Pages 12-14 (Outcomes, Data Collection and Analysis) |
| Risk of bias in individual studies | 12 | Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis. | Page 13 (Risk of bias assessment) |
| Summary measures | 13 | State the principal summary measures (e.g., risk ratio, difference in means). | Pages 14-15 (Data synthesis and analysis) |
| Synthesis of results | 14 | Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I2) for each meta-analysis. | Pages 14-15 (Data synthesis and analysis) |

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| Risk of bias across studies | 15 | Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies). | Pages 13-14 (Risk of bias assessment) |
| Additional analyses | 16 | Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified. | Pages 14-15 (Data synthesis and analysis) |
| **RESULTS** | | |  |
| Study selection | 17 | Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram. | Page 17 (Search results) and Figure 1 (PRISMA flow chart) |
| Study characteristics | 18 | For each study, present characteristics for which data were extracted (e.g., study size, participants, interventions, comparisons, outcomes, and study design, follow-up period) and provide the citations. | Pages 17-19 (Trial, participants, and intervention characteristics) and Table 1 (Characteristics of included studies) |
| Risk of bias within studies | 19 | Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12). | Page 19 (Risk of bias assessment of included studies) and Figure 2 |
| Results of individual studies | 20 | For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot. | Pages 19-22, Tables 2 and 3, Figures 3-5 |
| Synthesis of results | 21 | Present results of each meta-analysis done, including confidence intervals and measures of consistency. | Pages 19-22 and Figure 3-5 |
| Risk of bias across studies | 22 | Present results of any assessment of risk of bias across studies (see Item 15). | Pages 23-24 (Heterogeneity and publication bias), |
| Additional analysis | 23 | Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]). | Page 24 |
| **DISCUSSION** | | |  |
| Summary of evidence | 24 | Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers). | Page 25 (Recommendations) and Tables 5 and 6 |
| Limitations | 25 | Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias). | Pages 32-33 |
| Conclusions | 26 | Provide a general interpretation of the results in the context of other evidence, and implications for future research. | Page 33-34 |
| **FUNDING** | | |  |
| Funding | 27 | Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review. | Pages 3 and 36 |

*From:*  Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLoS Med 6(6): e1000097. doi:10.1371/journal.pmed1000097

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