**Supplementary table 1: Completeness of reporting of additional CONSORT items**

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| **CONSORT item** | **All trials**  **N = 70**  **n (%, 95% CI)** |
| **3a: Allocation ratio reported\***  Yes | 36 (51, 39-64) |
| **7a:Sample size calculation completely reported**†  Yes | 23 (33, 22-45) |
| **10: Who generated allocation sequence reported**  Yes | 8 (11, 5-21) |
| **11a: Term “double-blind” used to describe blinding**  Yes | 38 (54, 42-66) |
| **12a: Statistical methods for primary outcome group comparisons reported**‡  Yes | N=26  26 (100, 87-100) |
| **13a: Number of participants randomized to each group**§  Fully reported | 48 (69, 56-79) |
| **13b: Losses and exclusions after randomization**§  Fully reported | 35 (50, 38-62) |
| **13b:****Reasons for losses and exclusions after randomization**§  Fully reported | 24 (34, 23-47) |
| **15:Table of baseline data for intervention groups presented**  Yes | 37 (53, 41-65) |
| **16: Results clearly labeled as from ITT or PP analysis**¶  Yes | N=18  11 (61, 36-83) |
| **17a: Results for primary outcome reported for each group**‡  Yes | N=26  19 (73, 52-88) |
| **17a: Confidence interval for effect measure reported for primary outcome**‡  Yes\*\* | N=26  21 (81, 61-93) |
| **25:Sources of funding described**  Yes | 56 (80, 69-89) |
| **25: Role of funders described**  Yes | 16 (23, 14-34) |

ITT - intention-to-treat; PP - per-protocol

\* Ratio was considered to be reported if a ratio was explicitly stated or the term “equal-sized groups” (or similar) was used.

† Completely reported means that enough detail was reported that readers could conduct the same sample size calculation and obtain the same results.

‡ Analysis is restricted to those publications in which a primary outcome was nominated.

§ Publications where results were reported for some but not all groups or only as an aggregated number over all groups were classified as not fully reported”.

¶ Analysis is restricted to those publications in which it was stated that both ITT and PP analyses were conducted.

\*\*Publications where a confidence interval was reported without a point estimate were classed as not reported.