



Supplement 2 | PRISMA Checklist

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a literature review.	Title page 1
ABSTRACT			
Abstract	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. See the PRISMA 2020 for Abstracts checklist for the complete list.	Abstract page 1
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge, i.e., what is already known about your topic.	Page 2, lines 23 - 29
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	Pages 2 – 3, lines 25 - 29
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses with study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	Page 3, lines 33 - 46
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Page 3, lines 33 - 39
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Appendix 1
Selection process	8	State the process for selecting studies (i.e., screening, eligibility). Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Pages 3 – 4, lines 48 - 59
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Page 4, lines 61 - 66
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Pages 5 – 6, lines 99 - 107
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were	N/A

The checklist has been adapted for KIN 4400 Independent Research Study in Kinesiology at the University of Guelph-Humber. Last updated: Dec 9, 2021

Adapted From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71 Adapted From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71

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		excluded.	
Study characteristics	17	Cite each included study and present its characteristics (e.g., study size, PICOS, follow-up period).	Table 1
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Page 4, lines 61 - 66
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Table 1
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Pages 9 - 12
	23b	Discuss any limitations of the evidence included in the review.	Page 12, lines 267 - 277
	23c	Discuss any limitations of the review processes used.	Page 12, lines 267 - 277
	23d	Discuss implications of the results for practice, policy, and future research.	Page 12, lines 280 - 286
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	N/A
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	Not prepared
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	None
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	Supplementary information
Competing interests	26	Declare any competing interests of review authors.	Supplementary information
Availability of data, code, and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Supplementary information

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