

Section and topic	No.	Quality criteria	Yes	No
Title/keywords/introduction	1	Was the study hypothesis/aim/objective clearly described?		
Method	2	Were the experimental designs in the study well described?		
	3	Were the methods and materials in the study well described?		
	4	Were the time-points of data collection in the study clearly defined?		
	5	Were the main outcomes of measurements in the study clearly defined?		
	6	Were the experimental groups comprehensively compared with the control group in the study?		
Discussion	7	Were the results in the study well described?		
	8	Were the limitations of the study discussed?		

[illegible]