

Supplement 3. Composed checklist for studies without a control group

Item	Criterion specification	Source questionnaire
1. Did the study address a clearly focused question / issue?	-	CEBM Critical Appraisal of a Case Study questionnaire
2. Were there clear criteria for inclusion in the case series?	The authors should provide clear inclusion criteria (and exclusion criteria, if needed) for the participants. The criteria should be specific (e.g. risk, stage of disease) with sufficient detail and all necessary information critical to the study.	JBI Critical Appraisal-Checklist for Case Series
3. Was there clear reporting of the demographics of the participants?	The case study should clearly describe relevant demographic information of the participants (e.g. age, sex, education level, geographic region, ethnicity). At least age and gender must be reported to award a point for this item.	JBI Critical Appraisal-Checklist for Case Reports
4. Was there clear reporting of clinical information of the participants?	There should be clear reporting of clinical information of the participants (e.g. disease status, comorbidities, stage of disease, previous interventions, results of diagnostic tests). At least disease status and stage of disease must be reported to award a point for this item.	JBI Critical Appraisal-Checklist for Case Reports
5. Were the methods and results clearly described?	A reader of the case report should be provided sufficient information to understand how the patient was assessed. It is important that all appropriate tests are ordered to confirm a diagnosis and therefore the case report should provide a clear description of various diagnostic tests used (whether a gold standard or alternative diagnostic tests). Photographs or illustrations of diagnostic procedures, radiographs, or treatment procedures are usually presented when appropriate to convey a clear message to readers.	JBI Critical Appraisal-Checklist for Case Reports
6. Measures of at least one key outcome were obtained from more than 85% of the subjects.	This criterion is only satisfied if the report explicitly stated the number of subjects from whom key outcome measures were obtained. In trials in which outcomes are measured at several points in time, a key outcome must have been measured in more than 85% of subjects at one of those points in time.	PEDro scale
7. The results of between-group statistical comparisons are reported for at least one key outcome.	Between-group comparison is defined as the results between conditions or treatments.	PEDro scale
8. the study provides both point measures and measures of variability for at least one key outcome.	A point measure is a measure of the effect size of the treatment effect. Measures of variability include standard deviations, standard errors, confidence intervals, interquartile ranges, and ranges. Point measures may be presented in figures of graphs, as long as it is clear which point measure is depicted.	PEDro scale
9. Are the conclusions drawn justified by the results?	-	CEBM Critical Appraisal of a Case Study questionnaire
10. does the case report provide takeaway lessons relevant for practice?	Case reports should summarize key lessons learned from a case in terms of the background of the condition/disease and guidance for clinicians when presented with similar cases.	JBI Critical Appraisal-Checklist for Case Reports

JBI = Johanna Briggs Institute, CEBM = Center for Evidence-Based Management, PEDro = Physiotherapy Evidence Database