

## SUPPLEMENTAL MATERIAL

**Table S1.** CONSORT Statement checklist

Section/Topic	Item No	Checklist item	Reported on page No
Title and abstract	1a	Identification as a randomised trial in the title	Page 1
	1b	Structured summary of trial design, methods, results, and conclusions (for specific guidance see CONSORT for abstracts)	Page 2
Introduction Background and objectives	2a	Scientific background and explanation of rationale	Page 3,4 Background paragraph 1-3
	2b	Specific objectives or hypotheses	Page 5 Background paragraph 4
Methods Trial design	3a	Description of trial design (such as parallel, factorial) including allocation ratio	Page 5 Trial Design paragraph 2,3
	3b	Important changes to methods after trial commencement (such as eligibility criteria), with reasons	N//A
Participants	4a	Eligibility criteria for participants	N/A
	4b	Settings and locations where the data were collected	N/A
Interventions	5	The interventions for each group with sufficient details to allow replication, including how and when they were actually administered	Page 6 Procedures and Interventions
Outcomes	6a	Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed	Page 7-8 Endpoints
	6b	Any changes to trial outcomes after the trial commenced, with reasons	N/A

Sample size	7a	How sample size was determined	Page 8 Statistical Analysis of the Data paragraph 3
	7b	When applicable, explanation of any interim analyses and stopping guidelines	N/A
Randomisation:			
Sequence generation	8a	Method used to generate the random allocation sequence	Page 5 Trial Design paragraph 3
	8b	Type of randomisation; details of any restriction (such as blocking and block size)	N/A
Allocation concealment mechanism	9	Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned	N/A
Implementation	10	Who generated the random allocation sequence, who enrolled participants, and who assigned participants to interventions	N/A
Blinding	11a	If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how	Page 5 Trial Design paragraph 3
	11b	If relevant, description of the similarity of interventions	Page 6 Procedures and Interventions
Statistical methods	12a	Statistical methods used to compare groups for primary and secondary outcomes	Page 8 Statistical Analysis of the Data paragraph 1
	12b	Methods for additional analyses, such as subgroup analyses and adjusted analyses	Page 8 Statistical Analysis of the Data paragraph 2
Results			
Participant flow (a diagram is strongly recommended)	13a	For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome	Page 9 Results paragraph 1; Figure 1
	13b	For each group, losses and exclusions after randomisation, together with reasons	Page 9 Results paragraph 1; Figure 1
Recruitment	14a	Dates defining the periods of recruitment and follow-up	Page 5 Trial Design paragraph 2
	14b	Why the trial ended or was stopped	N/A
Baseline data	15	A table showing baseline demographic and clinical characteristics for each group	N/A
Numbers analysed	16	For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups	Page 9 Results paragraph 1

Outcomes and estimation	17a	For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval)	Page 9 Results paragraph 2,3
	17b	For binary outcomes, presentation of both absolute and relative effect sizes is recommended	N/A
Ancillary analyses	18	Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory	Page 9 Results paragraph 4
Harms	19	All important harms or unintended effects in each group (for specific guidance see CONSORT for harms)	N/A
Discussion Limitations	20	Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses	Page 12,13 Discussion paragraph 5
Generalisability	21	Generalisability (external validity, applicability) of the trial findings	Page 10 Discussion paragraph 1
Interpretation	22	Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	Page 10-12 Discussion paragraph 2-4
Other information			
Registration	23	Registration number and name of trial registry	Page 14 Ethics approval and consent to participate
Protocol	24	Where the full trial protocol can be accessed, if available	N/A
Funding	25	Sources of funding and other support (such as supply of drugs), role of funders	Page 14 Funding