

Systematic review and meta-analysis: MBIs in MS

Data Extraction Sheet v.1 Simpson et al. 2018

Bibliographic details	
Authors	
Year	
Country	
Citation	
Title (identifying study as an RCT y/n?)	
Structured abstract	
References identified from reference list	Yes/no If yes, please provide details:

Study	
Study aims and objectives	
Study design	
Comparator group	
Statistical methods	
Power calculation	
Inclusion criteria	
Exclusion criteria	
Stopping criteria	
Setting/location where data collected	
Trial protocol/ registration	
Ethical approval	
Funding details y/n?	

Population		
	Intervention group	Control /comparison group
Sample size		
Recruited from where?		
Age		
Sex		
Socioeconomic status		
Ethnicity		
Marital status		
Living Arrangements		
Educational status		
Employment status		
Disease phenotype		
Use of disease modifying drugs		
Time since diagnosis		
Disability level		
Cognitive impairment		
Comorbid anxiety (% on drug treatment)		
Comorbid depression (% on drug treatment)		
Other comorbidities		

Intervention	
Definition	
Course content	
Tailored to population? (if yes, describe)	
Fidelity to treatment assessed y/n (if so, how)	
Course completion criteria	
Mode of delivery (face-to-face, internet etc)	
Duration & frequency	
Instructor characteristics	
No. of participants per group	
Intervention materials	
Intervention location	
Cost to participants	
Cost effectiveness	
Transport issues	
Family/carer involvement	
Other (specify)	
Intervention for control group	

Provide details:



Outcomes		
	Intervention group	Control /comparison group
Feasibility outcomes <ul style="list-style-type: none"> • Recruitment (to pre-defined target y/n?) • Randomisation • Retention • Adherence (classes attendance/ home-practice completion) • Follow-up (when?) • Reasons accounting for attrition reported • Missing data 		
CONSORT flow diagram y/n		
Adverse events reported y/n? (specify)		
Standardised outcomes measures (specify)		
Study-specific outcomes measures (provide details)		
Sub-group analyses		
Other outcomes measured (provide details)		
No. of data collection time points		

Limitations/conclusions/comments	
Limitations noted by the authors	
Authors' conclusions	
Reviewer's comments	

Risk of bias assessment (High/unclear/low)	
Random sequence generation (selection bias)	
Allocation concealment (selection bias)	
Blinding of assessors (performance bias)	
Blinding of outcome assessment (detection bias) (patient reported outcomes)	
Incomplete outcome data addressed (attrition bias)	
Selective outcome reporting (reporting bias)	
Other sources of bias (i.e. baseline bias)	