# REPORT-PFP CHECKLIST 2021

Checklist of strongly recommended and recommended items for quantitative patellofemoral pain studies

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| **Section 1 – Items Strongly Recommended**  **(Essential)** | | **Reported on page # or N/A** |
| ***Demographics*** | |  |
| 1 | Sex or gender of the participants |  |
| 2 | Age of the participants |  |
| ***Baseline symptoms*** | |  |
| 3 | Symptom duration |  |
| 4 | Pain Severity |  |
| 5 | Unilateral/bilateral symptoms |  |
| ***Outcome measures*** | |  |
| 6 | Condition specific patient-reported outcome |  |
| 7 | Pain severity |  |
| ***Outcome measure description*** | |  |
| 8 | Describe assessment in adequate detail to allow replication |  |
| ***Reporting study results*** | |  |
| 9 | Mean and standard deviation for parametric data |  |
| 10 | Median and interquartile range for non-parametric data |  |
| 11 | Precision of estimate for all inferential statistics (e.g. 95% confidence interval for between group differences) |  |
| **Section 2 – Items Recommended**  **(encouraged but are not required to meet consensus recommendations)** | | **Reported on page # or N/A** |
| ***Demographics*** | |  |
| 12 | Anthropometrics (including body mass and height or body mass index) |  |
| 13 | Physical activity levels |  |
| 14 | Source/setting/location of participants |  |
| 15 | Ethnicity of the participants |  |
| ***Baseline symptoms and previous treatment*** | |  |
| 16 | Previous treatment |  |
| 17 | Pain location(s) |  |
| 18 | Aggravating factors |  |
| 19 | History of knee surgery |  |
| 20 | Other symptoms, musculoskeletal symptoms, and comorbidities |  |
| 21 | Crepitus |  |
| 22 | Pain quality |  |
| ***Outcome measures*** | |  |
| 23 | Physical activity |  |
| 24 | Global rating of change |  |
| 25 | Health-related quality of life |  |
| 26 | Psychological factors (including self-efficacy, pain-related fear and pain catastrophising) |  |
| ***Outcome measure description*** | |  |
| 27 | Provide measurement properties of assessments |  |
| 28 | Provide videos and/or images of assessments |  |
| ***Clinical trial methodology*** | |  |
| 29 | Follow recommendations from EQUATOR Network2 |  |
| 30 | Use existing checklists for interventions, including TIDiER; CERT for exercise interventions; and Toigo and Boutellier for resistance training interventions |  |
| 31 | Provide videos and/or images of treatments |  |

N/A = not applicable

CERT = Complete Exercise Reporting Template1; EQUATOR = Enhancing the QUAlity and Transparency Of health Research2; TIDiER = Template of Intervention Description and Replication3.

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**References**

1. Slade SC, Dionne CE, Underwood M*, et al.* Consensus on Exercise Reporting Template (CERT): Explanation and Elaboration Statement. *British Journal of Sports Medicine.*2016; 50:1428-1437.
2. <https://www.equator-network.org/>
3. Hoffmann TC, Glasziou PP, Boutron I, Milne R, Perera R, Moher D et al. Better reporting of interventions: template for intervention description and replication (TIDieR) checklist and guide. *British Medical Journal*. 2014; 348:g1687.
4. Toigo M, Boutellier U. New fundamental resistance exercise determinants of molecular and cellular muscle adaptations. European Journal Applied Physioly. 2006, 97(6):643-663. Guidance to Toigo and Boutellier resistance training reporting.

Note: An Explanation and Elaboration article discusses each checklist item and gives methodological background and published examples of recommended reporting. Reference to the article once its accepted.