

K-REC Marking guidelines

Item	Marking guidelines	Score														
1	RESEARCH QUESTION • Participants (cystic fibrosis) • Intervention (exercise) • Control or comparator (breathing exercises) • Outcome (one specific outcome measure related to the condition) TOTAL for question 1	½ mark each: ☐ ☐ ☐ ☐ / 2														
2	SEARCH STRATEGY • Clinical guidelines • Electronic databases • Systematic reviews • Peer reviewed journals TOTAL for question 2	½ mark each: ☐ ☐ ☐ ☐ / 2														
3	RESEARCH DESIGN Randomised controlled trial TOTAL for question 3	1 mark: ☐ / 1														
4	SEARCH STRATEGY • True TOTAL for question 4	½ mark: ☐ / ½														
5	SEARCH STRATEGY • False TOTAL for question 5	½ mark: ☐ / ½														
6	CRITICAL APPRAISAL • Use a critical appraisal tool to appraise the risk of bias in the study TOTAL for question 6	1 mark: ☐ / 1														
7	CRITICAL APPRAISAL ½ mark allocated for each of the following characteristics: <table><tr><td>☐ Clear eligibility criteria</td><td>☐ ≥85% of subjects were followed up</td></tr><tr><td>☐ Random allocation</td><td>☐ Blinding of assessors</td></tr><tr><td>☐ Concealed allocation</td><td>☐ Blinding of subjects</td></tr><tr><td>☐ Similar baseline measures</td><td>☐ Blinding of therapists</td></tr><tr><td>☐ Intention to treat analysis</td><td>☐ Adequate sample size / power calc</td></tr><tr><td>☐ Between group statistical comparison</td><td>☐ Reliable and valid outcomes</td></tr><tr><td>☐ Point measures and measures of variability</td><td></td></tr></table> TOTAL for question 7	☐ Clear eligibility criteria	☐ ≥85% of subjects were followed up	☐ Random allocation	☐ Blinding of assessors	☐ Concealed allocation	☐ Blinding of subjects	☐ Similar baseline measures	☐ Blinding of therapists	☐ Intention to treat analysis	☐ Adequate sample size / power calc	☐ Between group statistical comparison	☐ Reliable and valid outcomes	☐ Point measures and measures of variability		2 marks / 2
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8	RESEARCH EVIDENCE STATISTICS • 8a Study 2 • 8b Effect size TOTAL for question 8	1 mark each: ☐ ☐ / 2														
9	LEVELS OF EVIDENCE (1) Systematic reviews (2) Randomised controlled trial (3) Case control / cohort study (4) Review paper based upon expert consensus TOTAL for question 9	¼ mark each: ☐ ☐ ☐ ☐ / 1														
K-REC TOTAL		/ 12														