

Table 1. Proforma CERT assessment form					
Author and year					
Title: <a href="#">Comparison of three different exercise training modalities (aerobic, strength, and mixed) in patients with schizophrenia: study protocol for a multi-centre randomised wait-list clinical trial</a>					
Journal: <a href="#">BMJ Open</a>					
Study Location: <a href="#">Spain</a>					
Reviewer and date					
Item	Description	Data extraction details	Location (pg, URL, etc)	Yes, No	
1	Detailed description of the type of exercise equipment		Pages 8-9, rows 180-218		
2	Detailed description of the qualifications, expertise and/or training		<a href="#">Pages 7, Row 173-174</a>		
3	Describe whether exercises are performed individually or in a group		Page 7, Row 169, 172		
4	Describe whether exercises are supervised or unsupervised; how they are delivered		Page 7, Rows 172-175 Page 12, Rows 272-275		
5	Detailed description of how adherence to exercise is measured and reported		Page 7, Rows 174-175 Page 12, Rows 272-275		
6	Detailed description of motivation strategies		Page 7-8, Rows 176-177 Page 12, Rows 272-274		
7a	Detailed description of the decision rule(s) for determining exercise progression		Pages 8-9, rows 180-218 Fig 1 and Fig 2		
7b	Detailed description of how the exercise program was progressed		Pages 8-9, rows 180-218 Fig 1 and Fig 2		
8	Detailed description of each exercise to enable replication		Pages 8-9, rows 180-218 Fig 1 and Fig 2		
9	Detailed description of any home programme component		Does not apply		
10	Describe whether there are any non-exercise components		Does not apply		
11	Describe the type and number of adverse events that occur during exercise		Does not apply		
12	Describe the setting in which the exercises are performed		Page 7, Row 170-171		
13	Detailed description of the exercise intervention		Pages 8-9, rows 180-218		

			Fig 1 and Fig 2		
14a	Describe whether the exercises are generic (one size fits all) or tailored		Page 8, Rows 188-191 Page 8-9, Rows 200-208		
14b	Detailed description of how exercises are tailored to the individual		Page 8, Rows 188-191 Page 8-9, Rows 200-208		
15	Describe the decision rule for determining the starting level		Page 8, Rows 188-193 Pages 8-9, Rows 200-206 Page 9 219-217 Fig 2 and Fig 3		
16a	Describe how adherence or fidelity is assessed/measured		<b>Adherence</b> Page 7, Rows 174-175 Page 12, Rows 272-275 <b>Fidelity</b> Page 6, Rows 130-133 Page 13, Rows 293-299		
16b	Describe the extent to which the intervention was delivered as planned		Pages 8-9, rows 180-218 Fig 1 and Fig 2		