

Item 5a: Methods – Eligibility criteria

If multiple age groups or ranges are eligible and require variable delivery of interventions, comparators, or the choice of outcomes or measurement methods differ, detail these

Title	1a	Title
Introduction	3a	Rationale <i>Justification</i>
	3b	Rationale <i>Treatment effects</i>
Methods	5a	Eligibility criteria
	13d.a.	Synthesis methods
Results	17a	Study characteristics
Discussion	23b.a	Limitations

Key elements for reporting this item:

- ✓ Any differences in the interventions, comparators, and/or outcomes across multiple included age groups or ranges
- ✓ When involving both adults and children/adolescents, describe PICO element details separately

✓ **Examples:**

◀ *“Our primary outcome measure was the change in body weight in adults or the change in BMI z-score or BMI percentile in children and adolescents [defined as ages 6-13 years]. Secondary outcome measures were adverse effects (regardless of how they were reported), change in BMI (adults only), body fat, and waist circumference in children and adults.”*

Guerrero-Magana DE, Urquijo-Ruiz LG, Ruelas-Yanes AL, et al. Interventions for the prevention of weight gain during festive and holiday periods in children and adults: A systematic review. *Obes Rev* 2025;26(1):e13836. doi: 10.1111/obr.13836 [published Online First: 20240914]

See table 1 on trial eligibility criteria from [Treadwell et al \(2025\)](#)

Treadwell JR, Tsou AY, Rouse B, et al. Behavioral interventions for migraine prevention: A systematic review and meta-analysis. *Headache* 2025;65:668-94. doi:10.1111/head.14914