CONSORT checklist of information to include when reporting a randomized trial*

Section/Topic	Item No	Checklist item	Reported on page No
		Consolidated Standards of Reporting Trials	
		Title and abstract	
	1a	Identification as a randomized trial in the title	1
	1b	Structured summary of trial design, methods, results, and conclusions (for specific guidance see CONSORT for abstracts)	1-3
Introduction			
Background and objectives	2a	Scientific background and explanation of the rationale	3-5
	2b	Specific objectives or hypotheses	1
Methods			
Trial design	3a	Description of trial design (such as parallel, factorial) including allocation ratio	5-8
	3b	Important changes to methods after trial commencement (such as eligibility criteria), with reasons	N/A
		Participants	
	4a	Eligibility criteria for participants	5-6
	4b	Settings and locations where the data were collected	5-8
Interventions	5	The interventions for each group with sufficient details to allow replication, including how and when they were actually administered	5-8

Outcomes	6a	Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed 6
8	6b	Any changes to trial outcomes after the trial commenced, with reasons : No changes
Sample size	7a	How sample size was determined 9
	7b	When applicable, explanation of any interim analyses and stopping guidelines: Not applicable
Randomization:		
Sequence generation	8a	The method used to generate the random allocation sequence: pages 5-8
	8b	Type of randomization; details of any restriction (such as blocking and block size) : Random allocation The
Allocation concealment mechanism	9	mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned : software randomization
Implementation	10	Who generated the random allocation sequence : An independent person , who enrolled participants: The investigator and who assigned participants to interventions: An independent person
Blinding	11a	If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how : those assessing outcomes
	11b	If relevant, description of the similarity of interventions: **not relevant**
Statistical Methods	12a	Statistical methods used to compare groups for primary and secondary outcomes : page 10
	12b	Methods for additional analyses, such as subgroup analyses and adjusted analyses : page10
Results		
Participant flow (a diagram is strongly	13a	For each group, the number of participants who were randomly assigned received the intended treatment and were analyzed for the primary outcome:**30 per group**

recommended)	13b For each group, losses and exclusions after randomization, together with reasons : No losses	
Recruitment	14a Dates defining the periods of recruitment and follow-up : 3-4 and explained in the flow chart	
	14b Why the trial ended or was stopped : **Completion of the required sample size and required follow up**	
Baseline data	15 A table showing baseline demographic and clinical characteristics for each group: **Table 1**	
Numbers analyzed	16 For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups : yes	
Outcomes and estimation	17a For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval) : Page 7 and 8	
	17b 18 For binary outcomes, the presentation of both absolute and relative effect sizes is recommended :**NA**	
Ancillary analyses	Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory :**done**	
Harms	19 All important harms or unintended effects in each group (for specific guidance see CONSORT for harms) :**Not applicable**	
Discussion		
Limitations	20 Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, the multiplicity of analyses : **Not applicable**	
Generalisability	21 Generalisability (external validity, applicability) of the trial findings : **A study is externally valid**	
Interpretation	22 Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence **yes**	
Other information		
Registration	23 Registration number and name of trial registry : ***https://clinicaltrials.gov/study/NCT06555705: Effect of Omega 3 Supplementation on the Heart Rate Variability in Obese Children***	
Protocol	24 Where the full trial protocol can be accessed, if available: **on ClinicalTrial.gov**	
Funding	25 Sources of funding and other support (such as the supply of drugs), role of funders : **Self-Funded**	