TIDieR-Rehab

Section / Item	Description	Page No.
SECTION 1. BRIEF NAME		
Item 1	Provide the name or a phrase that describes the intervention.	
SECTION 2. WHY		
Item 2	Describe any rationale, theory or goal of the elements essential to the intervention.	
SECTION 3. WHO		
Item 3	Describe who the intervention is intended for.	
SECTION 4. WHEN		
Item 4	Describe when the intervention commenced in relation to the onset or stage of the condition and/or other relevant events.	
SECTION 5. WHAT		
Item 5A	Materials: Describe any physical or informational materials used in the intervention.	
Item 5B	Procedures: Describe each of the procedures, activities and/or processes used in the intervention.	
SECTION 6. WHO PROVIDED		
Item 6	Describe the expertise, background and training of intervention providers.	
SECTION 7. HOW		
Item 7	Describe the mode of delivery and whether the intervention was provided individually or in a group.	
SECTION 8. WHERE		
Item 8	Describe the type(s) of environment(s) where the intervention occurred.	
SECTION 9. HOW MUCH		
Item 9A	Session duration: Specify the planned session duration.	
Item 9B	Essential elements amount: Specify the planned duration and/or repetitions of the essential elements.	
Item 9C	Frequency: Specify the planned frequency of the intervention.	
Item 9D	Intervention length: Specify the planned overall length of the intervention.	
SECTION 10. HOW CHALLENGING		
Item 10	Describe the approach used to set and monitor challenge level.	
SECTION 11. REGRESSION/PROGRESSION		
Item 11	Describe the planned regression and/or progression of dosage parameters.	
SECTION 12. PERSONALISATION		
Item 12A	Needs: Describe planned adaptations for individual or group needs.	
Item 12B	Preferences: Describe planned adaptations for participant preferences.	
SECTION 13. PROTOCOL DEVIATIONS		
Item 13	Describe any deviations from protocol.	
SECTION 14. HOW WELL		
Item 14A	Plan: Describe planned assessment and maintenance of adherence/fidelity.	
Item 14B	Actual: Describe the extent to which the intervention was delivered as planned.	
SECTION 15. HARMS		
Item 15A	Plan: Describe monitoring of adverse consequences.	
Item 15B	Actual: Describe adverse consequences, including number, seriousness and relatedness.	

From Signal N, et al. BMJ Open 2024;14:e084319. doi:10.1136/bmjopen-2024-084319