STROBE Statement—checklist of items that should be included in reports of observational studies

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|  | Item No. | Recommendation | Page No. | Relevant text from manuscript |
| **Title and abstract** | 1 | (*a*) Indicate the study’s design with a commonly used term in the title or the abstract |  **1** | **A Cross-Sectional Study**  |
| (*b*) Provide in the abstract an informative and balanced summary of what was done and what was found |  **2** | **Done**  |
| Introduction |  |
| Background/rationale | 2 | Explain the scientific background and rationale for the investigation being reported |  **3** | **COVID-19 Pandemic**  |
| Objectives | 3 | State specific objectives, including any prespecified hypotheses |  **4** | **Objectives Done/ Hypoth. N/A**  |
| Methods |  |
| Study design | 4 | Present key elements of study design early in the paper |  **5** | **An Online structured self-administered questionnaire (google form)**  |
| Setting | 5 | Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection |  **4&5** | **10/2020—3/2021****KSA****A Google form response** **survey link via WhatsApp and email****2 reminders at 3 days interval** **Responses at Microsoft Excel sheet 2010**  |
| Participants | 6 | (*Cross-sectional study*—Give the eligibility criteria, and the sources and methods of selection of participants |  **4&5** | **Both genders, 20 to 60 years old, Post COIVD-19 and lived in Saudi Arabia, according to City district.** |
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| Variables | 7 | Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable |  **5** | **Demographic, occupation, Chronic disease complaints, Duration of COVID-19 infection, Accompanied Symptoms during & post COVID-19, Exercises prior to COVID-19.** |
| Data sources/ measurement | 8\* | For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group | **5&6** | **Responses were gathered by Google form & analysed by SPSS 24.** |
| Bias | 9 | Describe any efforts to address potential sources of bias |   | **No source of bias** |
| Study size | 10 | Explain how the study size was arrived at |  **4** | **\*Time frame of the study,****\*Location & region** **\*Number of complete responses****\*Random selection of participants** |

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| Quantitative variables | 11 | Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why |  **4, 5, 6**  | **\*Chi-squared test to calculate the percentages****\* Descriptive analysis** |
| Statistical methods | 12 | (*a*) Describe all statistical methods, including those used to control for confounding | **4 & 5** | **\*Chi-squared test for percentages and correlations between variables.** **\*Percentages with a 95% CI.** **\*ANOVA test to compare the disability scores among participants.** **\*Median and interquartile range (IQR) to summarize data.** **\*Proportion for categorical & ordinal variables.** |
| (*b*) Describe any methods used to examine subgroups and interactions |  | **Non-Applicable** |
| (*c*) Explain how missing data were addressed | **4** | **21 respondents were excluded because of missing data** |
| *Cross-sectional study*—If applicable, describe analytical methods taking account of sampling strategy | **5 & 6** | **\*Median & interquartile range to summarize the skewed data** |
| (*e*) Describe any sensitivity analyses | **4 & 5** | **Percentages with a 95% CI.**  |
| Results |
| Participants | 13\* | (a) Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed | **4** | **Out of 1200 participants, 499 patients were selected according to randomization, & exclusion of patients with missing data** |
| (b) Give reasons for non-participation at each stage | **4** | **Two stage of selection****Missing data** |
| (c) Consider use of a flow diagram | **18** | **Figure 1: Flow diagram of sample selection** |
| Descriptive data | 14\* | (a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders | **19** | **Table 1: Participants demographic characteristics (N = 499)** |
| (b) Indicate number of participants with missing data for each variable of interest | **4** | **21 participants** |
| (c) *Cohort study*—Summarise follow-up time (eg, average and total amount) |  | **NA** |
| Outcome data | 15\* | *Cohort study*—Report numbers of outcome events or summary measures over time |  | **NA** |
| *Case-control study—*Report numbers in each exposure category, or summary measures of exposure |  | **NA** |
| *Cross-sectional study—*Report numbers of outcome events or summary measures | **20-22** | **Table 2-5** |
| Main results | 16 | (*a*) Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included | **20-22** | **Percentages with a 95% CI with no adjustment****Table 2-5** |
| (*b*) Report category boundaries when continuous variables were categorized | **20, 21** | **Table 3, 4** |
| (*c*) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period | **22** | **Table 5: Frequency of symptoms affecting daily activity & demographic variables** |

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| Other analyses | 17 | Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses | **20-22** | **Table 3-5** |
| Discussion |
| Key results | 18 | Summarise key results with reference to study objectives | **9-11** | **\*Musculoskeletal Disturbances****\*Neurological Disturbances****\*Physical activity affection following COVID-19.** |
| Limitations | 19 | Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias |  | **\*Time frame of the study****\*Region (KSA)****\*Numbers of prompted response****\*No Bias** |
| Interpretation | 20 | Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence | **9- 11** | **Done** |
| Generalisability | 21 | Discuss the generalisability (external validity) of the study results | **12** | **IN recommendation, Cohort studies will be needed** |
| Other information |  |
| Funding | 22 | Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based | **12** | **Ministry of education in Saudi Arabia** |

\*Give information separately for cases and controls in case-control studies and, if applicable, for exposed and unexposed groups in cohort and cross-sectional studies.

**Note:** An Explanation and Elaboration article discusses each checklist item and gives methodological background and published examples of transparent reporting. The STROBE checklist is best used in conjunction with this article (freely available on the Web sites of PLoS Medicine at http://www.plosmedicine.org/, Annals of Internal Medicine at http://www.annals.org/, and Epidemiology at http://www.epidem.com/). Information on the STROBE Initiative is available at www.strobe-statement.org.