

Motor Imagery GRASS checklist

Part A: Essential items for general study reporting

#	Item	Pages
A1	Are participant characteristics (age, sex, handedness, experience with similar tasks, vision, clinical details, etc) included for the final study sample/groups?	
A2	What instructions were provided? How were they delivered (spoken, written, etc)?	
A3	Were standard instructions used (i.e. a script, information sheet etc)? Is this available to readers (in the manuscript, supplementary materials, an online repository, etc)?	
A4	Was adherence to instructions monitored (e.g. EMG recordings, post test questionnaires, repeated instructions, manipulation checks, etc)?	
A5	Do statistical comparisons include the average and standard deviation or standard error of the mean for the groups/conditions?	
A6	Is the 'dose' used in the study clearly defined (i.e. sessions, blocks, trials, duration, etc)?	

Part B: Essential items relating specifically to motor imagery

B1	Were participants instructed to use kinesthetic imagery, visual imagery, or a combination of both?	
B2	If visual imagery was used, is the visual perspective (1st person, 3rd person) stated?	
B3	If 3rd person imagery was used, is the vantage point specified? Is it illustrated?	
B4	Were participants previously familiar with motor imagery (e.g. sports practice, prior participation in experiments)?	

Part C: Discretionary Items (to be included as appropriate on a case-by-case basis)

C1	Are study materials/data/code openly available (including a link to a repository)?	
C2	Were imagery instructions based on a framework (e.g. PETTLEP, LSRT)? If so, how?	
C3	Was imagery ability/quality assessed (e.g. questionnaires, chronometry)?	
C4	Was the participant's body posture matched with the action(s) they imagined (e.g. were imagined/actual postures matched, mirrored, etc)?	
C5	Was movement during imagery instructed/allowed (e.g. dynamic motor imagery)?	
C6	Were other modalities of imagery (e.g. auditory, haptic, olfactory, gustatory) instructed or reported by participants?	

Action Observation **GRASS** checklist

Part A: Essential items for general study reporting

#	Item	Pages
A1	Are participant characteristics (age, sex, handedness, experience with similar tasks, vision, clinical details, etc) included for the final study sample/groups?	
A2	What instructions were provided? How were they delivered (spoken, written, etc)?	
A3	Were standard instructions used (i.e. a script, information sheet etc)? Is this available to readers (in the manuscript, supplementary materials, an online repository, etc)?	
A4	Was adherence to instructions monitored (e.g. EMG recordings, post test questionnaires, repeated instructions, manipulation checks, etc)?	
A5	Do statistical comparisons include the average and standard deviation or standard error of the mean for the groups/conditions?	
A6	Is the 'dose' used in the study clearly defined (i.e. sessions, blocks, trials, duration, etc)?	

Part B: Essential items relating specifically to action observation

B1	Is the visual perspective used (e.g. 1st person, 3rd person, a combination) stated? Is the vantage point/camera position shown with an image/illustration?	
B2	Are model characteristics (e.g. sex, expertise) described/illustrated?	
B3	Were observed actions presented via a live model or pre-recorded?	
B4	Were participants previously familiar with using action observation for a specific purpose (e.g. reviewing film in sports, prior participation in research)?	

Part C: Discretionary Items (to be included as appropriate on a case-by-case basis)

C1	Are study materials/data/code openly available (including a link to a repository)?	
C2	Was the participant's body posture matched with the action(s) they saw (e.g. were observed/actual postures matched, mirrored, etc)?	
C3	If a pre-recorded performance was observed, was it edited? (e.g. adding/removing video frames, use of a computer-generated character model, etc).	
C4	Did observed movements have biologically valid kinematics?	
C5	Were participants asked about their potential use of (deliberate or spontaneous) motor imagery during action observation?	
C6	At what (approximate) distance were actions presented from the observer? Did the 'action space' for observed actions overlap with their own "action space"?	

Action Observation & Motor Imagery (AOMI) GRASS checklist

(NOTE: These points consider synchronous AO and MI; see their respective individual lists for asynchronous use)

Part A: Essential items for general study reporting

#	Item	Pages
A1	Are participant characteristics (age, sex, handedness, experience with similar tasks, vision, clinical details, etc) included for the final study sample/groups?	
A2	What instructions were provided? How were they delivered (spoken, written, etc)?	
A3	Were standard instructions used (i.e. a script, information sheet etc)? Is this available to readers (in the manuscript, supplementary materials, an online repository, etc)?	
A4	Was adherence to instructions monitored (e.g. EMG recordings, post test questionnaires, repeated instructions, manipulation checks, etc)?	
A5	Do statistical comparisons include the average and standard deviation or standard error of the mean for the groups/conditions?	
A6	Is the 'dose' used in the study clearly defined (i.e. sessions, blocks, trials, duration, etc)?	

Part B: Essential items relating specifically to AOMI

B1	Is the visual perspective used (e.g. 1st person, 3rd person, a combination) stated? Is the vantage point/camera position shown with an image/illustration?	
B2	Are model characteristics (e.g. sex, expertise) described/illustrated?	
B3	Were observed actions presented via a live model or pre-recorded?	
B4	Were participants previously familiar with using action observation/motor imagery for a specific purpose (e.g. in sports practice, prior participation in research)?	
B5	Were participants instructed to use kinesthetic imagery, visual imagery (e.g. complementing the observed action), or a combination of both?	

Part C: Discretionary Items (to be included as appropriate on a case-by-case basis)

C1	Are study materials/data/code openly available (including a link to a repository)?	
C2	Was the participant's body posture matched with the action(s) they saw/imagined (e.g. were observed/imagined/actual postures matched, mirrored, etc)?	
C3	If a pre-recorded performance was observed, was it edited? (e.g. adding/removing video frames, use of a computer-generated character model, etc).	
C4	Did observed movements have biologically valid kinematics?	
C5	At what (approximate) distance were actions presented from the observer? Did the 'action space' for observed actions overlap with their "peripersonal space"?	
C6	Was imagery ability/quality assessed (e.g. questionnaires, chronometry)?	
C7	Were imagery instructions based on a framework (e.g. PETTLEP, LSRT)? If so, how?	
C8	Were the observed and imagined actions congruent (the same), coordinative, or conflicting?	