**Additional file 1. Other questionnaires. Baseline, Follow-up and Change scores**

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| --- | --- | --- | --- |
|  | Baseline  n=451 | Follow-up  n=344 | Change (FU –B) |
| Item | n (%) | n (%) | Deterioration (d) : n (%)  No change (n): n (%)  Improvement (i): n (%) |
| VMS - Lack of appetite  missing | 97 (22)  4 | 67 (20)  0 | n.a. |
| RSCL - Lack of appetite  missing | 114 (26)  9 | n.a. | n.a. |
| RSCL - Tiredness  missing | 234 (52)  8 | n.a. | n.a. |
| RSCL - Lack of energy  missing | 139 (31)  10 | n.a. | n.a. |
| RSCL – Constipation  missing | 39 (9)  8 | n.a. | n.a. |
| RSCL – Diarrhoea  missing | 32 (7)  9 | n.a. | n.a. |
| RSCL – Shortness of breath  missing | 194 (44)  9 | n.a. | n.a. |
| Katz-15 – Bathing  missing | 54 (12)  0 | 44 (13)  0 | d: 17 (5)  n: 316 (92)  i: 11 (3) |
| Katz-15 – Dressing  missing | 41 (9)  0 | 25 (7)  0 | d: 8 (2)  n: 322 (94)  i: 14 (4) |
| Katz-15 – Walking  missing | 122 (27)  0 | 101 (29)  0 | d: 23 (7)  n: 309 (90)  i: 12 (4) |
| Katz-15 – Travelling  missing | 43 (10)  1 | 61 (18)  1 | d: 44 (13)  n: 287 (84)  i: 12 (4) |
| Katz-15 – Shopping  missing | 71 (16)  0 | 70 (20)  1 | d: 41 (12)  n: 286 (83)  i: 16 (5) |
| EQ-5D – Mobility  No problems  Some problems  Confined to bed  missing | 192 (43)  236 (52)  16 (4)  7 | 158 (46)  1179 (52)  5 (2)  2 | d: 51 (15)  n: 221 (65)  i: 67 (20) |
| EQ-5D – Self-care  No problems  Some problems  Unable  missing | 373 (83)  61 (14)  13 (3)  4 | 292 (85)  38 (11)  14 (4)  0 | d: 32 (9)  n: 282 (82)  i: 29 (9) |
| EQ-5D – Pain/discomfort  No  Moderate  Extreme  missing | 225 (50)  164 (36)  58 (13)  4 | 159 (46)  161 (47)  23 (7)  1 | d: 75 (22)  n: 193 (56)  i: 74 (22) |
| EQ-5D – VAS  missing | Mean: 65.66  SD: 20.43  Range: 0 - 100  10 | Mean: 67.02  SD: 21.07  Range: 0 - 100  8 | Mean: 1.64  SD: 21.64  Range: -82 - 85 |
| MSPP – Sports  0  1-3  4-8  9+  missing | 174 (85)  3 (2)  22 (11)  5 (3)  5 | 122 (79)  3 (2)  20 (13)  9 (6)  3 | d: 9 (6)  n: 122 (82)  i: 17 (12) |
| MSPP – Cultural event  0  1-3  4-8  9+  missing | 160 (78)  34 (17)  10 (5)  0  5 | 102 (67)  42 (28)  8 (5)  1 (1)  4 | d: 9 (6)  n: 105 (71)  i: 33 (23) |
| MSPP – Eaten out  0  1-3  4-8  9+  missing | 81 (40)  88 (43)  28 (14)  7 (3)  5 | 55 (36)  78 (51)  17 (11)  3 (2)  4 | d: 32 (22)  n: 87 (59)  i: 28 (19) |
| MSPP – Pub  0  1-3  4-8  9+  missing | 121 (60)  49 (24)  28 (14)  5 (3)  6 | 87 (57)  43 (28)  19 (12)  4 (3)  4 | d: 38 (26)  n: 67 (46)  i: 41 (28) |
| MSPP – Public event  0  1-3  4-8  9+  missing | 163 (81)  33 (16)  6 (3)  0  7 | 116 (76)  33 (22)  3 (2)  0  5 | d: 18 (13)  n: 101 (70)  i: 25 (17) |
| MSPP – Games  0  1-3  4-8  9+  missing | 182 (89)  12 (6)  8 (4)  2 (1)  5 | 119 (78)  18 (12)  14 (9)  2 (1)  4 | d: 10 (7)  n: 115 (78)  i: 22 (15) |
| MSPP – Day trip  0  1-3  4-8  9+  missing | 196 (44)  8 (4)  0  0  5 | 143 (94)  10 (7)  0  0  4 | d: 5 (3)  n: 136 (91)  i: 8 (5) |
| MSPP – Visiting  0  1-3  4-8  9+  missing | 48 (11)  53 (26)  70 (34)  33 (16)  5 | 35 (23)  35 (23)  55 (36)  28 (18)  4 | d: 36 (25)  n: 70 (48)  i: 41 (28) |
| MSPP – Outing considerable physical effort  0  1-3  4-8  9+  missing | 169 (83)  19 (9)  13 (6)  3 (2)  5 | 119 (78)  19 (12)  15 (10)  0  4 | d: 21 (14)  n: 104 (23)  i: 24 (16) |
| MSPP – Outing little physical effort  0  1-3  4-8  9+  missing | 124 (61)  50 (25)  22 (11)  8 (4)  5 | 83 (54)  38 (25)  25 (16)  7 (5)  4 | d: 33 (22)  n: 70 (48)  i: 44 (30) |
| MSPP-Daytrip (sum score)  missing | Median: 2  IQR: 1-4  Range: 0-11  5 | Median: 3  IQR: 1-5  Range: 0-14  4 | Mean: 0.36  SD: 2.94  Range: -8 -10 |
| Fatigue – NRS  missing | Median: 4  IQR: 2-6  Range: 0-10  7 | Median: 3  IQR: 1-5  Range: 0-10  1 | Mean: -0.91  SD: 3.03  Range: -10 - 7 |
| Pain – NRS  missing | Median: 0  IQR: 0-3  Range: 0-10  9 | n.a. | n.a. |
| SF-36 - Social activities  missing | Median: 0  IQR: 0-2  Range: 0-4  3 | Median: 0  IQR: 0-2  Range: 0-4  4 | Mean: 0.03  SD: 1.64  Range: -4 - 4 |
| Living situation  Independent  Sheltered accommodation  Senior home  Nursing home  missing | 432 (96)  14 (3)  3 (1)  2 (0)  0 | 329 (96)  8 (2)  2 (1)  3 (1)  0 | No change: 331 (96)  To more dependent: 8 (2)  To more independent: 5 (1) |

EQ-5D – VAS: Higher number is better perceived health. Change: positive is increase in perceived health

Fatigue –NRS: numeric rating scale. Higher number is more fatigue. Change: positive is increase in experienced fatigue

Pain–NRS: numeric rating scale. Higher number is more experienced pain.

SF-36: higher number is more experienced limitation. Change: positive is increase in interference with social activities.

SD = Standard deviation, IQR = Interquartile range