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

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| --- | --- | --- | --- |
|  | Baselinen=451 | Follow-upn=344 | Change (FU –B) |
| Item | n (%) | n (%) | Deterioration (d) : n (%)No change (n): n (%)Improvement (i): n (%) |
| VMS - Lack of appetitemissing | 97 (22)4 | 67 (20)0 | n.a. |
| RSCL - Lack of appetitemissing | 114 (26)9 | n.a. | n.a. |
| RSCL - Tirednessmissing | 234 (52)8 | n.a. | n.a. |
| RSCL - Lack of energymissing | 139 (31)10 | n.a. | n.a. |
| RSCL – Constipationmissing | 39 (9)8 | n.a. | n.a. |
| RSCL – Diarrhoeamissing | 32 (7)9 | n.a. | n.a. |
| RSCL – Shortness of breathmissing | 194 (44)9 | n.a. | n.a. |
| Katz-15 – Bathingmissing | 54 (12)0 | 44 (13)0 | d: 17 (5)n: 316 (92)i: 11 (3) |
| Katz-15 – Dressingmissing | 41 (9)0 | 25 (7)0 | d: 8 (2)n: 322 (94)i: 14 (4) |
| Katz-15 – Walkingmissing | 122 (27)0 | 101 (29)0 | d: 23 (7)n: 309 (90)i: 12 (4) |
| Katz-15 – Travellingmissing | 43 (10)1 | 61 (18)1 | d: 44 (13)n: 287 (84)i: 12 (4) |
| Katz-15 – Shoppingmissing | 71 (16)0 | 70 (20)1 | d: 41 (12)n: 286 (83)i: 16 (5) |
| EQ-5D – MobilityNo problemsSome problemsConfined to bedmissing | 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-careNo problemsSome problemsUnable 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/discomfortNo ModerateExtreme 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 – VASmissing | Mean: 65.66SD: 20.43Range: 0 - 10010 | Mean: 67.02SD: 21.07Range: 0 - 1008 | Mean: 1.64SD: 21.64Range: -82 - 85 |
| MSPP – Sports 01-34-89+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 01-34-89+missing | 160 (78)34 (17)10 (5)05 | 102 (67)42 (28)8 (5)1 (1)4 | d: 9 (6)n: 105 (71)i: 33 (23) |
| MSPP – Eaten out 01-34-89+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 01-34-89+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 event01-34-89+missing | 163 (81)33 (16)6 (3)07 | 116 (76)33 (22)3 (2)05 | d: 18 (13)n: 101 (70)i: 25 (17) |
| MSPP – Games 01-34-89+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 01-34-89+missing | 196 (44)8 (4)005 | 143 (94)10 (7)004 | d: 5 (3)n: 136 (91)i: 8 (5) |
| MSPP – Visiting 01-34-89+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 01-34-89+missing | 169 (83)19 (9)13 (6)3 (2)5 | 119 (78)19 (12)15 (10)04 | d: 21 (14)n: 104 (23)i: 24 (16) |
| MSPP – Outing little physical effort 01-34-89+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: 2IQR: 1-4Range: 0-115 | Median: 3IQR: 1-5Range: 0-144 | Mean: 0.36SD: 2.94Range: -8 -10 |
| Fatigue – NRSmissing | Median: 4IQR: 2-6Range: 0-107 | Median: 3IQR: 1-5Range: 0-101 | Mean: -0.91SD: 3.03Range: -10 - 7 |
| Pain – NRSmissing | Median: 0IQR: 0-3Range: 0-109 | n.a. | n.a. |
| SF-36 - Social activitiesmissing | Median: 0IQR: 0-2Range: 0-43 | Median: 0IQR: 0-2Range: 0-44 | Mean: 0.03SD: 1.64Range: -4 - 4 |
| Living situationIndependentSheltered accommodationSenior homeNursing homemissing | 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