**ADDITIONAL FILE 1**

**Pilot randomised clinical trial of an ehealth, self-management support intervention (iVERVE) for stroke survivors: feasibility assessment 12-24-months post event**

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**Table I: Characteristics of participants and non-responders#**

|  |  |  |
| --- | --- | --- |
| **Baseline characteristics** | **Participants**  **n (%)**  **N=54** | **Non-responders#**  **n (%)**  **N=286** |
| Age, mean (SD) | 65 (14) | 68 (13) |
| Female | 21 (39) | 115 (40) |
| Australian born | 39 (72) | 182 (64) |
| In-hospital stroke | 2 (4) | 7 (3) |
| Previous stroke | 8 (15) | 42 (15) |
| Ischaemic stroke | 48 (89) | 246 (86) |
| Able to walk on admission | 21 (42) | 106 (39) |
| Discharge home from acute | 26 (49) | 138 (49) |

#Non-responders include those who did not reply to the invitation to participate, were deemed ineligible after the pre-screening survey, were uncontactable after initially responding, or chose not to participate once they learnt more about the project

**Table II: Within group differences in self-management or health outcomes (T1-T0), for intervention and control groups**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Control** | | | **Intervention** | | |
|  | **Baseline T0**  **N=29** | **Follow-up T1**  **N=25** | **Median Differencea**  **(95% CI)**  **T1- T0** | **Baseline T0**  **N=25** | **Follow-up T1**  **N=20** | **Median Differencea (95% CI)**  **T1- T0** |
| ***heiQ (self-management)*** | **Median(Q1, Q3)** | **Median(Q1, Q3)** |  | **Median(Q1, Q3)** | **Median(Q1, Q3)** |  |
| Positive & active engagement in life | 5.2 (4.8, 5.6) | 5.4 (4.8, 6.0) | 0.73 (0.2, 1.3) | 5.6 (4.6, 6.0) | 5.6 (5.0, 6.0) | 1.00 (0.6, 1.4) |
| Health directed behaviour | 4.8 (4.0, 6.0) | 4.5 (3.5, 5.5) | 0.65 (0.4, 0.9) | 5.5 (5.0, 5.8) | 5.3 (4.5, 6.0) | 1.05 (0.7, 1.4) |
| Skill and technique acquisition | 5.0 (4.8, 5.4) | 5.2 (5.0, 5.6) | -0.20 (-1.1, 0.7) | 5.3 (5.0, 5.6) | 5.6 (5.0, 6.0) | 0.33 (-0.0, 0.7) |
| Constructive attitudes and approaches | 5.2 (5.0, 5.6) | 5.1 (5.0, 5.8) | 0.4 (-0.4, 1.2) | 5.8 (5.2, 6.0) | 6.0 (5.0, 6.0) | 1.25 (0.3, 2.2) |
| Self-monitoring and insight | 5.1 (5.0, 5.7) | 5.2 (5.0, 5.9) | 0.71 (-0.2, 1.7) | 5.6 (5.1, 5.9) | 5.4 (5.1, 6.0) | 0.50 (-0.6, 1.7) |
| Health service navigation | 5.8 (5.0, 6.0) | 5.5 (5.0, 5.8) | 0.50 (-0.0, 1.0) | 5.8 (5.4, 6.0) | 6 (5.0, 6.0) | 0.71 (-0.0, 1.5) |
| Social integration and support | 5 (4.6, 6.0) | 5.1 (5.0, 6.0) | 0.64 (0.2, 1.0) | 5.4 (4.8, 6.0) | 5.2 (5.0, 6.0) | 0.67 (0.2, 1.1) |
| Emotional wellbeing | 2 (1.3, 3.7) | 2 (1.8, 2.5) | 0.58 (0.1, 1.1) | 1.5 (1, 3.2) | 2 (1.0, 2.5) | 0.95 (0.3, 1.6) |
| ***Emotional status*** |  |  |  |  |  |  |
| HADS: Depression | 2 (1, 5.5)^ | 3 (1, 4)^ | 0.56 (0.4, 0.7) | 2 (1, 4)^ | 2 (1, 7) | 0.89 (0.3, 1.5) |
| HADS: Anxiety | 4 (2, 6) | 4 (2, 5)^ | 0.43 (0.1, 0.8) | 5.5 (3, 7)^ | 5 (1.5, 7) | 0.75 (0.4, 1.1) |
| ***NEADL*** |  |  |  |  |  |  |
| Mobility | 18 (15, 18) | 15 (14, 17) | 0.38 (-0.2, 1.0) | 17 (14, 18) | 15 (12, 18) | 1.06 (0.4, 1.7) |
| Kitchen | 15 (14, 15) | 15 (15, 15) | 0.00 (-1.0, 1.0) | 15 (15, 15) | 15 (15, 15) | 1.00 (0.5, 1.5) |
| Domestic | 15 (12, 15) | 13 (11, 15) | 1.00 (0.8, 1.2) | 15 (13, 15) | 15 (13, 15) | 0.92 (-0.1, 1.9) |
| Leisure | 17 (15, 18) | 15 (12, 18) | 0.43 (-0.2, 1.1) | 18 (15, 18) | 15 (13, 18) | 1.50 (0.8, 2.2) |
| ***Visual analogue scale (EQ-5D)*** | 80 (75, 90) | 80 (75, 90) | 0.71 (0.3 to 1.2) | 80 (70, 95) | 80 (73, 89) | 0.78 (0.4 to 1.1) |
| ***EQ-5D – some/moderate problems*** | **n (%)** | **n (%)** |  | **n (%)** | **n (%)** |  |
| Mobility | 8 (28) | 7 (28) | - | 11 (44) | 8 (40) | - |
| Self-care | 2 (7) | 4 (16) | - | 3 (12) | 1 (5) | - |
| Usual activities | 15 (52) | 10 (40) | - | 10 (40) | 5 (25) | - |
| Pain or discomfort | 11 (38) | 9 (36) | - | 11 (44) | 7 (35) | - |
| Anxiety or depression | 8 (28) | 5 (20) | - | 10 (40) | 7 (35) | - |

***Table II: Footnotes***

**CI:** Confidence interval; **Q1**: Quartile 1; **Q3**: Quartile 3; **a:** determined using median regression, bootstrap estimates were computed for 1000 replicates to calculate the median (50th quantile) change at 4 weeks relative to baseline measurements for within group differences; **heiQ**: Health Education Impact Questionnaire, missing individual options were replaced with the average score of the specific dimension; **HADS**: Hospital Anxiety and Depression Scale; **NEADL**: Nottingham Extended Activities of Daily Living Scale, missing individual options were replaced with the value 3 (‘On your own easily’); **EQ-5D:** EuroQol health-related quality of life five dimensions questionnaire – number reporting some/moderate problems on each domain. **^:**1-2 cases missing.

**Table III: Sensitivity analysis for within group differences in outcomes (T1-T0), for intervention and control groups**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Control** | | | **Intervention** | | | |
| **Difference** | **25th quantilea**  **(95% CI)**  **T1-T0** | **Median (50th) a**  **(95% CI)**  **T1-T0** | **75th quantilea**  **(95% CI)**  **T1-T0** | **25th quantilea (95% CI)**  **T1-T0** | **Median (50th)a (95% CI)**  **T1-T0** | **75th quantilea (95% CI)**  **T1-T0** |
| ***heiQ*** |  |  |  |  |  |  |
| Positive & active engagement in life | 0.60 (-0.1, 1.3) | 0.73 (0.2, 1.3) | 0.50 (-0.1, 1.1) | 1.00 (-0.1, 2.1) | 1.00 (0.6, 1.4) | 0.64 (0.2, 1.0) |
| Health directed behaviour | 0.53 (0.1, 0.9) | 0.65 (0.4, 0.9) | 0.64 (0.3, 0.9) | 1.00 (0.3, 1.8) | 1.05 (0.7, 1.4) | 0.86 (0.2, 1.6) |
| Skill and technique acquisition | 0.33 (-0.7, 1.4) | -0.20 (-1.1, 0.7) | 0.09 (-0.6, 0.7) | 0.31 (-0.8, 1.4) | 0.33 (-0.0, 0.7) | 0.13 (-0.3, 0.5) |
| Constructive attitudes and approaches | 0.12 (-1.4, 1.7) | 0.4 (-0.4, 1.2) | 0.55 (0.1, 0.9) | 1.07 (0.0, 2.1) | 1.25 (0.3, 2.2) | 0.50 (-0.6, 1.6) |
| Self-monitoring and insight | 0.00 (-0.8, 0.8) | 0.71 (-0.2, 1.7) | 0.50 (-0.3, 1.3) | 0.50 (-1.5, 2.5) | 0.50 (-0.6, 1.7) | 0.35 (-0.3, 0.9) |
| Health service navigation | 0.00 (-0.5, 0.5) | 0.50 (-0.0, 1.0) | 0.38 (-0.1, 0.9) | 0.75 (-0.2, 1.7) | 0.71 (-0.0, 1.5) | 0.00 (-0.8, 0.8) |
| Social integration and support | 0.57 (0.2, 0.9) | 0.64 (0.2, 1.0) | 0.71 (0.3, 1.2) | 0.75 (0.0, 1.5) | 0.67 (0.2, 1.1) | 0.56 (0.2, 0.9) |
| Emotional wellbeing | 0.35 (-0.2, 0.9) | 0.58 (0.1, 1.1) | 0.58 (0.3, 0.9) | 0.41 (-0.2, 0.9) | 0.95 (0.3, 1.6) | 0.75 (0.1, 1.4) |
| ***Emotional status*** |  |  |  |  |  |  |
| HADS: Depression | 0.64 (0.5, 0.8) | 0.56 (0.4, 0.7) | 0.44 (0.2, 0.7) | 0.33 (-0.3, 0.9) | 0.89 (0.3, 1.5) | 1.00 (0.1, 1.9) |
| HADS: Anxiety | 0.60 (0.3, 0.9) | 0.43 (0.1, 0.8) | 0.50 (0.0, 0.9) | 0.71 (0.3, 1.1) | 0.75 (0.4, 1.1) | 1.00 (0.6, 1.4) |
| ***NEADL*** |  |  |  |  |  |  |
| Mobility | 0.63 (0.0, 1.3) | 0.38 (-0.2, 1.0) | 0.38 (-0.0, 08) | 0.88 (0.0, 1.7) | 1.06 (0.4, 1.7) | 0.70 (0.3, 1.1) |
| Kitchen | 0.75 (-0.7, 2.2) | 0.00 (-1.0, 1.0) | 0.00 (-0.6, 0.6) | 1.00 (0.0, 1.9) | 1.00 (0.5, 1.5) | 0.60 (0.1, 1.1) |
| Domestic | 0.83 (0.4, 1.3) | 1.00 (0.8, 1.2) | 0.75 (0.3, 1.1) | 1.25 (-0.3, 2.8) | 0.92 (-0.1, 1.9) | 0.00 (-1.0, 1.0) |
| Leisure | 0.88 (0.2, 1.6) | 0.43 (-0.2, 1.1) | 0.63 (0.2, 1.1) | 1.60 (0.9, 2.3) | 1.50 (0.8, 2.2) | 1.00 (-0.0, 2.0) |

**CI:** Confidence interval; **Q1**: Quartile 1; **Q3**: Quartile 3; **a**Change at 4 weeks relative to baseline measurements determined using median regression models with bootstrapped estimates (1000 replicates) computed for the 25th, 50th and 75th quantiles; **heiQ**: Health Education Impact Questionnaire, missing individual options were replaced with the average score of the specific dimension; **HADS**: Hospital Anxiety and Depression Scale; **NEADL**: Nottingham Extended Activities of Daily Living Scale, missing individual options were replaced with the value 3 (‘On your own easily’); **EQ-5D:** EuroQol health-related quality of life five dimensions questionnaire – number reporting some/moderate problems on each domain. **^:**1-2 cases missing.