

Additional File 3: FIRST Study FRAIL-NH

Variable	0	1	2
Energy <sup>a</sup>	Feeling down, depressed or hopeless: not at all (0)	Feeling down, depressed or hopeless: several days (1) <b>OR</b> more than half the days (2)	Feeling down, depressed or hopeless <b>AND</b> Little interest or pleasure (total $\geq 3$ )
Transferring <sup>b</sup>	Difficulty transferring from chair/bed: none (0)	Difficulty transferring from chair/bed: Some (1)	Difficulty transferring from chair/bed: A lot/unable without help (2)
Mobility <sup>c</sup>	Goes out (DSRS #12 Score 0-2)	Able to get out of bed/chair but not go out (DSRS #12 Score 3-4)	Bed or chair bound (DSRS #12 Score 5-6)
Continence <sup>c</sup>	Normal <b>OR</b> rarely fails (DSRS #11 Score 0-1)	Occasionally <b>OR</b> frequently fails (DSRS #11 Score 2-3)	Generally fails (DSRS #11 Score 4)
Weight Loss <sup>d</sup>	No weight loss	1–3 kg <b>OR</b> does not know	>3 kg (6.6 pounds)
Feeding <sup>c</sup>	Normal (DSRS #10 Score 0)	May require help (DSRS #10 Score 1-2)	Needs to be fed (DSRS #10 Score 3)
Dressing <sup>c</sup>	Independent (DSRS #9 Score 0)	May require help (DSRS #9 Score 1-2)	Totally dependent (DSRS #9 Score 3)

Total score: 0-14, Categories: 0-2 non-frail, 3-6 frail, 7-14 most-frail

<sup>a</sup> Patient Health Questionnaire-4; <sup>b</sup> SARC-F; <sup>c</sup> Dementia Severity Rating Scale; <sup>d</sup> Mini Nutritional Assessment Short Form