

Additional file 2. Physical and mental effects on nursing home residents (NHR) and volunteers (V) due to intervention

NHR=nursing home resident, V=Volunteer, 1=individual interview, 2=focus group

Qualitative study		Quantitative Study	
Key results	Example	Variables assessed in the questionnaire	Response category
<p>Effects on NHRs' physical well-being_{1,2}</p> <p><u>Consensus:</u> + partial permanent increase in performance + partial decrease in physical complaints - partial increase in physical complaints (due to existing underlying diseases/age of PRO). <u>NHR:</u> + increasing independence - partial relief about the end of the walks (observation period) <u>V:</u> - partial discontinuation of walks</p>	<p>"...sometimes it is progress when there is no step backwards" (V-F2B4)</p> <p>"Imagine all the things you couldn't do in the last few months. You've learned all that now. And that's how I see it too. That I can move around quite freely now and only through this walks back and forth" (NHR-W10)</p> <p>Yeah, that just got me out. Because I / I wasn't even in the garden yet. And then I also went around the square once with Ms XX and I saw completely strange streets or things / so I also crossed the street sometimes.(NHR-W1)</p>	<p>Frequency of walks/week</p>	<p><1x/week 8 (14.8) 1x/week 19 (35.2) 2x/week 24 (44.4) 3x/week 2 (3.7) >3x/week 1 (1.9)</p>
<p>Effect on NHRs' mental well-being_{1,2}</p> <p><u>Consensus:</u> + Participants became more open in the course of time + Social exchange/conversations important and positive <u>NHR:</u> + new courage to face life, distraction from gloomy thoughts - Fear of excessive demands and obligations - unreliability and private problems of the volunteers</p>	<p>"We laugh a lot. Moreover, it gives me other ideas. Not always just sad ones. When you're in a situation like that, you're always in the mood to complain." (NHR-W4)</p> <p>"Then we sat there for half an hour doing fractions. He wanted to try shorthand again. Then I asked again, I used to be able to do it, and I tried to be a bit more firm again." (V-F2B2)</p>	<p>n/a</p>	<p>n/a</p>
<p>Impact on Vs' physical well-being₂</p> <p><u>V:</u> + walks as relaxing + increased sporting activity by cycling or Nordic walking afterwards</p>	<p>"...because the way with the bike is already good for me then. The rest is good for both of us" (V-F2B3)</p>	<p>Self-perceived improvement in V's physical performance and health</p> <p>V's self-perceived physical overload due to intervention</p>	<p>Improved 3 (7.5) More likely improved 5 (12.5) No difference 32 (80.0) More likely impaired 0 (0) Impaired 0 (0) Missing 0 (0)</p> <p>Overloaded 0 (0) More likely overloaded 1 (2.5) Neither nor 0 (0) More likely not overloaded 4 (10.0) Not overloaded 35 (87.5) Missing 0 (0)</p>

Additional file 2. Physical and mental effects on nursing home residents (NHR) and volunteers (V) due to intervention

NHR=nursing home resident, V=Volunteer, 1=individual interview, 2=focus group

		Qualitative study		Quantitative Study	
	Key results	Example	Variables assessed in the questionnaire	Response category	
Impact on Vs' mental well-being₂	<p><u>V</u>:</p> <ul style="list-style-type: none"> + Insight into life in the elderly + Joy and gratitude of the NHR + a meaningful task + intergenerational instructive exchange - partly poor living conditions in the nursing home 	<p>“The arrival, a little bit of walking, a little bit of chatting, for the lady it was positive, for me it was positive....” (V-F1B5)</p> <p>“Then I always think to myself, I'm still a young person and I should actually change that now. [the poor living conditions in the nursing home] I have to take responsibility now, so that when I'm that age, the change is there. That I don't have the same problem later on.”(V-F2B5)</p> <p>“Every time I go out there (...) so that's bad. And many of them just don't leave it any more, not at all. And this realization sometimes gets to me.”(V-F2B2)</p>	<p>Vs' self-perceived psychological overload due to intervention</p>	<p>Overloaded 0 (0)</p> <p>More likely overloaded 1 (2.5)</p> <p>Neither nor 1 (2.5)</p> <p>More likely not overloaded 11 (27.5)</p> <p>Not overloaded 27 (67.5)</p>	