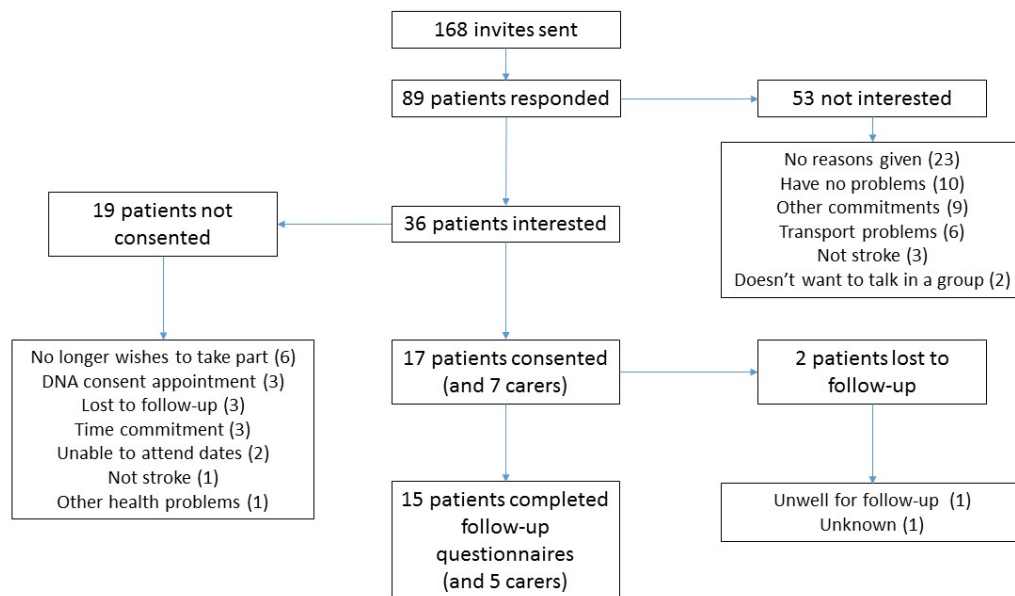


Participant flow



Baseline characteristics

Variable	Statistic	Stroke Survivors	Carers
	n	17	7
Age	Mean (SD)	75.0 (6.74)	71.9 (7.33)
	Median	78.0	73.0
	Min, Max	62, 87	62, 84
Gender	Female	47.1% (8/17)	71.4% (5/7)
	Male	52.9% (9/17)	28.6% (2/7)
Ethnicity	White	100% (17/17)	100% (7/7)
	Mixed	0.0% (0/17)	0.0% (0/17)
	Asian	0.0% (0/17)	0.0% (0/17)
	Black	0.0% (0/17)	0.0% (0/17)
	Other	0.0% (0/17)	0.0% (0/17)
Smoking status	Current smoker	0.0% (0/17)	0.0% (0/17)
	Ex-smoker	58.8% (10/17)	14.3% (1/7)
	Never smoked	41.2% (7/17)	85.7% (6/7)
Time since most recent stroke (years)	0 -1	11.8% (2/17)	N/A
	1 - 5	41.2% (7/17)	N/A
	5 -10	29.4% (5/17)	N/A
	10+	17.6% (3/17)	N/A

Outcome measures

Item	N	Baseline Score Mean (SD)	Change Mean (SD)
Southampton Stroke Self-management Questionnaire	12	113.33(18.82)	6.75 (21.40)
Stroke Self-Efficacy Questionnaire	15	104.27 (22.39)	-1.73 (18.49)
Stroke Specific Quality of Life Scale	15	3.23 (0.85)	-0.08 (0.98)
Stroke Impact Scale	13	77.35 (17.59)	-1.36 (9.28)
Stroke Impact Scale (Short-Form)	13	74.04 (19.07)	1.68 (10.26)

Attendance rate for each session of the programmes and reasons for non-attendance (where applicable) are shown in table X.

Table X. Attendance rates and reasons for non-attendance for each MLAS session				
	Attendance rate (%)		Reason for non-attendance (where applicable)	
	Stroke Survivors	Carers	Stroke Survivors	Carers
Individual appointment 1 (face to face)	100	100	N/A	N/A
Group session 1	94.12	100	1 withdrawal (unknown reason)	
Group session 2	88.24	100	1 withdrawal (unknown reason) 1 hospital appointment	N/A
Group Session 3	94.12	85.71	1 withdrawal (unknown reason)	1 not recorded
Group Session 4	76.47	85.71	1 withdrawal (unknown reason) 2 on holiday 1 unwell	1 on holiday
Individual appointment 2	88.24	71.43	2 withdrawals (1 unknown reason, 1 forgot appointment)	1 withdrawal (forgot appointment) 1 unwell

Attendance rate for Cambridge group

Group	Patient ID	Individual 1	Group 1	Group 2	Group 3	Group 4	Individual 2
Cambridge group 1	S110E	Y	Y	Y	Y	Y	Y
	S143S	Y	N	N	N	N	N
	S138Q	Y	Y	Y	Y	Y	Y
	S119B	Y	Y	Y	Y	N	Y
	S108X	Y	Y	Y	Y	N	Y
	C108X	Y	Y	Y	Y	N	Y
	S140T	Y	Y	Y	Y	Y	N
	C140T	Y	Y	Y	Y	Y	N

Adverse events

Date of SAE onset	SAE Info	Related	Expected	Exempt	Reported as RUSAE
19/09/2017	Non-fatal stroke.	No	No	No	No