

Supplementary Online Content

Lu Y, Niti M, Yap KB, et al. Assessment of sarcopenia among community-dwelling at-risk frail adults aged 65 years and older who received multidomain lifestyle interventions: a secondary analysis of a randomized clinical trial. *JAMA Netw Open*. 2019;2(10):e1913346. doi:10.1001/jamanetworkopen.2019.13346

eTable. Changes in Sarcopenia and Components at 3 Month and 6 Month by Intervention and Standard Care Groups

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable. Changes in sarcopenia and components at 3 month and 6 month by intervention and standard care groups				
Changes (Follow up – baseline) (mean (95% CI))	Interventions (n = 78)	Standard Care (n = 14)	t/ F	p
Sarcopenia score (mean (95% CI))				
3 Month	-0.53 (-0.71, -0.34)*	-0.58 (-1.09, -0.08)*	0.254	0.800
6 Month	-0.51 (-0.69, -0.33)*	-0.50 (-1.01, 0.01)	-0.037	0.970
Adjusted (baseline level)				
3 Month	-0.52 (-0.67, -0.36)*	-0.62 (-0.97, -0.28)*	0.308	0.581
6 Month	-0.50 (-0.66, -0.34)*	-0.54 (-0.89, -0.19)*	0.038	0.847
ASMI, kg/m² (mean (95% CI))				
3 Month	0.10 (0.03, 0.17)*	0.08 (-0.27, 0.42)	0.237	0.813
6 Month	0.08 (0.02, 0.15)*	0.03 (-0.34, 0.39)	0.347	0.735
Adjusted (baseline level)				
3 Month	0.09 (0.01, 0.17)*	0.13 (-0.04, 0.31)	0.220	0.641
6 Month	0.08 (-0.01, 0.16)	0.07 (-0.12, 0.26)	0.001	0.971
Lower limb strength, kg (mean (95% CI))				
3 Month	1.52 (0.56, 2.47)*	2.54 (-0.31, 5.39)	-0.812	0.419
6 Month	2.22 (1.19, 3.24)*	0.59 (-2.30, 3.49)	1.227	0.223
Adjusted (baseline level)				
3 Month	1.48 (0.58, 2.38)*	2.75 (0.61, 4.88)*	1.180	0.280
6 Month	2.19 (1.17, 3.20)*	0.76 (-1.62, 3.15)	1.191	0.278
Gait speed, seconds (mean (95% CI))				
3 Month	-0.97 (-1.39, -0.56)*	-1.33 (-2.40, -0.26)*	0.666	0.507
6 Month	-0.78 (-1.20, -0.35)*	-1.19 (-2.37, -0.02)*	0.757	0.451
Adjusted (baseline level)				
3 Month	-0.98 (-1.21, -0.76)*	-1.30 (-1.83, -0.76)*	1.186	0.279
6 Month	-0.78 (-1.01, -0.55)*	-1.18 (-1.72, -0.64)*	1.781	0.186

ASMI = Appendicular skeletal muscle index. Figures in parentheses are 95% confidence intervals.

*indicates estimates of changes from baseline that are statistically significant at $p < 0.01$.