

## Supplementary 1 Overview of validated instruments

Item	Questionnaire	Questions	Domains	Score
Health status and related quality of life	SF-36 (Short Form Health Survey) <sup>39</sup>	36	<ol style="list-style-type: none"> <li>1. Physical functioning (10 items)</li> <li>2. Role limitations because of physical health problems (4 items)</li> <li>3. Bodily pain (2 items)</li> <li>4. Social functioning (2 items)</li> <li>5. General mental health (5 items)</li> <li>6. Role limitations because of emotional problems (3 items)</li> <li>7. Vitality (4 items)</li> <li>8. General health perceptions (5 items)</li> </ol> <p>Change in general health (1 item)</p>	35 of the 36 items are used for the calculation of the eight domain scores and two summary scores: the physical component summary (PCS) and mental component summary (MCS) scores. Each domain is scored from 0 (worst score) to 100 (best score). The lower the score, the more disability.
	EQ-5D-5L <sup>40</sup>	5	<ol style="list-style-type: none"> <li>1. Mobility (1 item)</li> <li>2. Self-care (1 item)</li> <li>3. Usual activities (1 item)</li> <li>4. Pain and discomfort (1 item)</li> <li>5. Anxiety and depression (1 item)</li> </ol> <p>The EQ-5D-5L also comprises a visual analogue scale (VAS) to record perceptions of the participants own current overall health.</p>	<p>Each domain is scored on a five point scale.</p> <p>The range of the VAS scale is from 0 to 100.</p>
Physical impairments	CFS (Clinical Frailty Score) <sup>42</sup>	1	Frailty (1 item)	One 9-point scale ranging from 1 'Very fit' to 9 'Terminally ill'.
	CIS-8 (Subscale of the Checklist Individual Strength, CIS-20) <sup>45</sup>	8	Fatigue (8 items)	<p>A 7 point scale, ranging from 'No that is not right' (1) to 'Yes that is right' (7).</p> <p>A total sum score of 35 or more indicates sever fatigue.</p>
Cognitive impairments	CFQ-14 (Abbreviated versions of the Cognitive Failure Questionnaire) <sup>47 48</sup>	14	<ol style="list-style-type: none"> <li>1.Memory (4 items)</li> <li>2.Distractibility (5 items)</li> <li>3.Social blunders (4 items)</li> <li>4.Names (1 item)</li> </ol>	Each item is scored on a 5 point sale, ranging from 0 (never) to 4 (very often). A total sum is calculated and a higher score indicates more cognitive failure.
Mental impairments	HADS (Hospital Anxiety and Depression Scale) <sup>49</sup>	14	<ol style="list-style-type: none"> <li>1. Anxiety (HADS-A) (7 items)</li> <li>2. Depression (HADS-D) (7 items)</li> </ol>	Each item on the questionnaire is scored on a 4-point scale, ranging from 0-3. Scores range between 0 and 21 for depression and for anxiety. Higher scores indicate higher symptom frequencies: 0-7 is normal, 8-10 is mild, 11-14 is moderate and 15-21 is severe.
	IES-R (Impact of Event Scale Revised) <sup>50</sup>	22	Subjective stress, caused by traumatic events	This lists consists of 22 questions, with a 5-point scale ranging from 0 (not at all) to 4 (extremely). Total scores range from 0 to 88, with score of 33 or above as best cut off for a probable diagnosis of PTSD.