

Supplementary Web Tables

Table S1: Attendance at HeART of Stroke (HoS) group by centre and session

	Bournemouth		Cambridge		Total
	Iteration 1	Iteration 2	Iteration 3	Iteration 4	
No. randomised to HoS group	8	9	6	6	29
HoS session					
1	6	7	5	4	22
2	6	7	5	1	19
3	6	6	6	2	20
4	6	6	6	2	20
5	5	7	5	2	19
6	5	6	5	2	18
7	6	5	6	3	20
8	6	6	4	2	18
9	6	6	6	2	20
10	6	6	6	3	21

Table S2: Descriptives for Doojse's et al.'s Social Identification self-report scale

'Sense of Belonging' statement	Median (IQR) range		
	Session 1 (n=24)	Session 5 (n=20)	Session 10 (n=21)
1. I see myself as a member of the HoS group	7 (2) 1-7	7 (1) 4-7	7 (0) 6-7
2. I am pleased to be a member of the HoS group	7 (2) 1-7	7 (1) 4-7	7 (0) 4-7
3. I feel strong ties with members of the HoS group	5 (3) 1-7	5 (3) 4-7	6 (2) 3-7
4. I identify with other members of the HoS group	6 (3) 1-7	6 (3) 4-7	7 (1) 4-7

Please note - the total numbers of respondents for Sessions 1 and 5 differ slightly from the attendance data numbers reported in Table S1. This is because in 3 instances when participants were not present in the respective session they completed the Social Identification scale at the end of the subsequent week's session.

Table S3: Descriptives for potential secondary outcomes

Outcome measure	Baseline n=56	Post n=47
Rosenberg Self-Esteem Scale (RSES)		
<i>(potential score range 0-30 , higher scores indicate higher self-esteem)</i>		
UC mean (SD) n	20.7 (5.82) 27	20.1 (5.21) 22
HoS mean (SD) n	21.8 (4.98) 28	21.6 (5.18) 24
Medical Outcomes Short Form-36 (SF-36) - Physical functioning subscale		
<i>(potential range 0-100, higher scores more favourable health)</i>		
UC mean (SD) n	44.1 (25.57) 27	42.7 (23.94) 22
HoS mean (SD) n	50.4 (27.38) 27	53.8 (23.84) 24
SF-36 Role limitations - Physical subscale		
<i>(potential range 0-100, higher scores more favourable health)</i>		
UC mean (SD) n	23.1 (29.36) 27	17.0 (26.03) 22
HoS mean (SD) n	34.8 (36.22) 28	27.0 (38.13) 25
SF-36 Role limitations - Emotional subscale		
<i>(potential range 0-100, higher scores more favourable health)</i>		
UC mean (SD) n	45.7 (44.48) 27	50.0 (42.10) 22
HoS mean (SD) n	51.2 (43.02) 28	49.3 (45.26) 25
SF-36 Vitality subscale		
<i>(potential range 0-100, higher scores more favourable health)</i>		
UC mean (SD) n	46.3 (19.19) 27	42.0 (20.45) 22
HoS mean (SD) n	46.9 (25.27) 27	44.6 (25.65) 25
SF-36 Emotional well-being subscale		
<i>(potential range 0-100, higher scores more favourable health)</i>		
UC mean (SD) n	69.5 (17.86) 27	69.8 (19.51) 22
HoS mean (SD) n	68.6 (16.78) 27	69.3 (20.12) 25
SF-36 Social functioning subscale		
<i>(potential range 0-100, higher scores more favourable health)</i>		
UC mean (SD) n	65.7 (27.65) 27	64.2 (29.70) 22
HoS mean (SD) n	65.6 (27.77) 28	72.0 (28.25) 25
SF-36 Pain subscale		
<i>(potential range 0-100, higher scores more favourable health)</i>		
UC mean (SD) n	67.1 (23.57) 27	71.2 (28.32) 22
HoS mean (SD) n	62.6 (25.23) 28	69.5 (27.63) 25
SF-36 General Health subscale		
<i>(potential range 0-100, higher scores more favourable health)</i>		
UC mean (SD) n	55.2 (21.82) 27	55.5 (21.49) 22
HoS mean (SD) n	53.1 (20.22) 27	57.6 (19.32) 25
SF-6D Derived health state value		
<i>(potential range -0.296 to 1.00 with higher scores indicating better health)</i>		
UC mean (SD) n	0.63 (0.09) 27	0.64 (0.08) 21
HoS mean (SD) n	0.64 (0.12) 26	0.68 (0.12) 24

UC = Usual Care

HoS = HeART of Stroke