

Supplementary material 1: Description of secondary outcomes

Sleep quality

The Pittsburgh Sleep Quality Inventory (**PSQI**) is a 19-item measure which assesses sleep quality and disturbances over the last months. The items generate a seven-component score each weighted equally on a 0-3 scale. The sum of these scores provides a global score. Higher scores indicate worse sleep quality. A cut-off score of >5 indicates poor sleep quality (64). The PSQI has demonstrated internal consistency reliability with Cronbach's α 0.83 (65).

Fatigue

Fatigue Severity Scale (**FSS**) is a nine-item questionnaire that measures experienced severity of fatigue symptoms in daily activities on a seven-point scale. A mean score is calculated (range 1–7) with higher scores reflecting greater fatigue. The FSS has shown construct validity with correlation coefficient of 0.68 with the visual analogue scale as external criterion and a Cronbach's α of 0.90 in stroke patients (66).

Executive functioning

Behaviour Rating Inventory of Executive Function (**BRIEF-A**) is a nine-item measure suitable for assessing adults executive functioning in everyday life. BRIEF-A measures different aspects of the executive functioning which are part of three overall clinical indices; *behavioral regulation*, *metacognition* and *general executive function*. Among others the BRIEF-A has been shown sensitive to assess executive function deficiencies in adults with a traumatic brain injury (67). The instrument has shown high internal consistency in clinical populations with a Cronbach's α ranging from 0.93 to 0.96 (68).

Health-related quality of life

The Medical Outcomes Study 12-item Short Form Health Survey (**SF-12**) is an abbreviated version of the SF-36 and a generic health-related quality of life measure. SF-12 measures eight domains of health on 2 domains, respectively physical health and mental health. The scores ranges from 0-10 with higher scores indicating a higher level of health-related quality of life (69). The instrument has been extensively validated in several populations and has shown good reliability when used in a stable coronary population (70).

Quality of life

The **Heart-QoL** is a 14-item heart disease-specific questionnaire that measures the Quality of life in cardiac patients. The scale is divided into a global, physical (10 items) and emotional (four items) component. Items are answered on a four-point Likert scale (range 0–3) with higher scores indicating better HRQoL. Heart-QoL has shown satisfactory internal consistency Cronbach's $\alpha > 0.90$ in Danish implantable cardioverter defibrillator recipients (71).