

Table SIV. Linear mixed effect models on self-reported physical functioning and mood

Model	Variable (fixed and random effects)	Estimate	p-value
IPAQ METS Total	Study start	562.11	0.39038
IPAQ METS Total	End of shutdown	304.05	0.66217
IPAQ METS Total	Follow-up	1,715.00	0.01509
IPAQ METS Total	NIHSS	-83.65	0.44772
IPAQ METS Total	Sex (male)	-1,890.68	0.03280
IPAQ METS Total	Days since stroke	-1.75	0.60237
IPAQ METS Total	Age	-22.49	0.53118
IPAQ METS Total	Self-directed training: Yes=1/No=0	-842.81	0.19810
IPAQ METS Total	Therapy reduction: Yes=1/No=0	-649.31	0.55273
IPAQ METS Total	Random subject factor		0.00661
IPAQ Sitting	Study start	1,189.70	0.00067
IPAQ Sitting	End of shutdown	1,194.73	0.00120
IPAQ Sitting	Follow-up	208.16	0.55684
IPAQ Sitting	NIHSS	74.88	0.03833
IPAQ Sitting	Sex (male)	1,125.27	0.00012
IPAQ Sitting	Days since stroke	-2.67	0.01607
IPAQ Sitting	Age	-11.14	0.34821
IPAQ Sitting	Self-directed training: Yes=1/No=0	68.17	0.81778
IPAQ Sitting	Therapy reduction: Yes=1/No=0	486.51	0.17656
IPAQ Sitting	Random subject factor		1.00000
HADS Depression Sub-score	Study start	1.26	0.03432
HADS Depression Sub-score	End of shutdown	1.28	0.04680
HADS Depression Sub-score	Follow-up	1.37	0.03960
HADS Depression Sub-score	NIHSS	0.24	0.21335
HADS Depression Sub-score	Sex (male)	0.43	0.76705
HADS Depression Sub-score	Days since stroke	-0.01	0.19475
HADS Depression Sub-score	Age	-0.03	0.58696
HADS Depression Sub-score	Self-directed training: Yes=1/No=0	-0.95	0.13782
HADS Depression Sub-score	Therapy reduction: Yes=1/No=0	-1.84	0.34690
HADS Depression Sub-score	Random subject factor		0.00000
HADS Anxiety Sub-score	Study start	-1.62	0.01843
HADS Anxiety Sub-score	End of shutdown	-1.17	0.11336
HADS Anxiety Sub-score	Follow-up	-1.51	0.04807
HADS Anxiety Sub-score	NIHSS	0.06	0.67021
HADS Anxiety Sub-score	Sex (male)	0.69	0.54355
HADS Anxiety Sub-score	Days since stroke	0.00	0.45916
HADS Anxiety Sub-score	Age	-0.03	0.54668
HADS Anxiety Sub-score	Self-directed training: Yes=1/No=0	-0.09	0.89841
HADS Anxiety Sub-score	Therapy reduction: Yes=1/No=0	2.61	0.09557
HADS Anxiety Sub-score	Random subject factor		0.00001
FAC	Study start	0.38	0.03649
FAC	End of shutdown	0.62	0.00193
FAC	Follow-up	0.42	0.03698
FAC	NIHSS	-0.28	0.00001
FAC	Sex (male)	-0.64	0.09429
FAC	Days since stroke	0.00	0.46507
FAC	Age	-0.02	0.20028
FAC	Self-directed training: Yes=1/No=0	-0.26	0.17700
FAC	Therapy reduction: Yes=1/No=0	-0.21	0.66471
FAC	Random subject factor		0.00000
MAL14 - Quality of Movement	Study start	0.47	0.01366
MAL14 - Quality of Movement	End of shutdown	0.32	0.10627
MAL14 - Quality of Movement	Follow-up	0.31	0.15070
MAL14 - Quality of Movement	NIHSS	-0.35	0.00002
MAL14 - Quality of Movement	Sex (male)	-0.11	0.82701
MAL14 - Quality of Movement	Days since stroke	0.00	0.28766
MAL14 - Quality of Movement	Age	0.01	0.66208
MAL14 - Quality of Movement	Self-directed training: Yes=1/No=0	-0.19	0.35725
MAL14 - Quality of Movement	Therapy reduction: Yes=1/No=0	0.03	0.96487
MAL14 - Quality of Movement	Random subject factor		0.00000
MAL14 - Amount of Movement	Study start	0.41	0.08419
MAL14 - Amount of Movement	End of shutdown	0.25	0.31699
MAL14 - Amount of Movement	Follow-up	0.21	0.42117
MAL14 - Amount of Movement	NIHSS	-0.36	0.00003
MAL14 - Amount of Movement	Sex (male)	-0.11	0.83691
MAL14 - Amount of Movement	Days since stroke	0.00	0.23875
MAL14 - Amount of Movement	Age	0.01	0.55681
MAL14 - Amount of Movement	Self-directed training: Yes=1/No=0	0.02	0.92699
MAL14 - Amount of Movement	Therapy reduction: Yes=1/No=0	0.00	0.99601
MAL14 - Amount of Movement	Random subject factor		0.00000

HADS: Hospital Anxiety and Depression Scale; IPAQ: International Physical Activity Questionnaire; MAL: Motor Activity Log; NIHSS: National Institutes of Health Stroke Scale. Bold font indicates p-values with a statistical significance of < 0.05.