

Table SVI. Linear mixed effect models on motor function and activities.

Model	Variable (fixed and random effects)	Estimate	p-value
FMMA – Upper Extremity	End of shutdown	2.00	0.15741
FMMA – Upper Extremity	Follow-up	3.49	0.01854
FMMA – Upper Extremity	NIHSS	-4.64	0.00000
FMMA – Upper Extremity	Sex (male)	-0.60	0.87672
FMMA – Upper Extremity	Days since stroke	0.01	0.69436
FMMA – Upper Extremity	Age	0.04	0.78899
FMMA – Upper Extremity	Self-directed training: Yes=1/No=0	0.06	0.97001
FMMA – Upper Extremity	Therapy reduction: Yes=1/No=0	-2.61	0.61014
FMMA – Upper Extremity	Random subject factor		0.00000
FMMA – Lower Extremity	End of shutdown	1.26	0.14979
FMMA – Lower Extremity	Follow-up	2.69	0.00362
FMMA – Lower Extremity	NIHSS	-1.65	0.00000
FMMA – Lower Extremity	Sex (male)	-2.10	0.25299
FMMA – Lower Extremity	Days since stroke	0.01	0.29092
FMMA – Lower Extremity	Age	-0.06	0.42369
FMMA – Lower Extremity	Self-directed training: Yes=1/No=0	-1.05	0.29251
FMMA – Lower Extremity	Therapy reduction: Yes=1/No=0	-0.18	0.94046
FMMA – Lower Extremity	Random subject factor		0.00000
Action Research Arm Test	End of shutdown	3.36	0.05949
Action Research Arm Test	Follow-up	3.39	0.07021
Action Research Arm Test	NIHSS	-4.84	0.00000
Action Research Arm Test	Sex (male)	-2.02	0.68625
Action Research Arm Test	Days since stroke	0.01	0.52218
Action Research Arm Test	Age	-0.13	0.52726
Action Research Arm Test	Self-directed training: Yes=1/No=0	1.71	0.41838
Action Research Arm Test	Therapy reduction: Yes=1/No=0	-5.68	0.38302
Action Research Arm Test	Random subject factor		0.00000
Ten-Meter Walk Test	End of shutdown	-1.10	0.37050
Ten-Meter Walk Test	Follow-up	-3.54	0.00499
Ten-Meter Walk Test	NIHSS	0.80	0.02335
Ten-Meter Walk Test	Sex (male)	3.50	0.03103
Ten-Meter Walk Test	Days since stroke	0.01	0.20365
Ten-Meter Walk Test	Age	-0.04	0.52915
Ten-Meter Walk Test	Self-directed training: Yes=1/No=0	2.04	0.09234
Ten-Meter Walk Test	Therapy reduction; Yes=1/No=0	-1.94	0.28867
Ten-Meter Walk Test	Random subject factor		0.15577

FMMA: Fugl-Meyer Motor Assessment; NIHSS: National Institutes of Health Stroke Scale. Bold font indicates p-values with a statistical significance of <0.05.