

Table SVII. Linear mixed effect models on additional outcomes

Model	Variable (fixed and random effects)	Estimate	p-value
PROMIS29 Mood Subscales	End of shutdown	0.19	0.93659
PROMIS29 Mood Subscales	Follow-up	1.94	0.42245
PROMIS29 Mood Subscales	NIHSS	0.03	0.95720
PROMIS29 Mood Subscales	Sex (male)	2.17	0.62009
PROMIS29 Mood Subscales	Days since stroke	-0.01	0.70391
PROMIS29 Mood Subscales	Age	-0.09	0.62907
PROMIS29 Mood Subscales	Self-directed training: Yes=1/No=0	-2.27	0.39390
PROMIS29 Mood Subscales	Therapy reduction: Yes=1/No=0	5.81	0.32079
PROMIS29 Mood Subscales	Random subject factor		0.00104
Fatigue Severity Scale	Study start	-1.37	0.73392
Fatigue Severity Scale	End of shutdown	2.35	0.59564
Fatigue Severity Scale	Follow-up	2.44	0.57842
Fatigue Severity Scale	NIHSS	-0.32	0.49438
Fatigue Severity Scale	Sex (male)	2.26	0.53247
Fatigue Severity Scale	Days since stroke	0.00	0.92328
Fatigue Severity Scale	Age	0.14	0.36946
Fatigue Severity Scale	Self-directed training: Yes=1/No=0	-0.31	0.93379
Fatigue Severity Scale	Therapy reduction: Yes=1/No=0	3.64	0.44508
Fatigue Severity Scale	Random subject factor		0.76487
Rivermead Mobility Index	Study start	5.58	0.00000
Rivermead Mobility Index	End of shutdown	5.66	0.00000
Rivermead Mobility Index	Follow-up	6.12	0.00000
Rivermead Mobility Index	NIHSS	-0.83	0.00001
Rivermead Mobility Index	Sex (male)	-1.53	0.15578
Rivermead Mobility Index	Days since stroke	0.01	0.04810
Rivermead Mobility Index	Age	-0.04	0.37160
Rivermead Mobility Index	Self-directed training: Yes=1/No=0	-0.38	0.19472
Rivermead Mobility Index	Therapy reduction: Yes=1/No=0	0.04	0.97871
Rivermead Mobility Index	Random subject factor		0.00000
ABC Scale	End of shutdown	5.43	0.14619
ABC Scale	Follow-up	2.54	0.49119
ABC Scale	NIHSS	-5.14	0.00005
ABC Scale	Sex (male)	-16.73	0.04030
ABC Scale	Days since stroke	0.03	0.32298
ABC Scale	Age	-0.23	0.49198
ABC Scale	Self-directed training: Yes=1/No=0	-1.46	0.71698
ABC Scale	Therapy reduction: Yes=1/No=0	-1.66	0.87105
ABC Scale	Random subject factor		0.00000
modified Rankin Scale	Study start	-0.64	0.00056
modified Rankin Scale	End of shutdown	-0.64	0.00114
modified Rankin Scale	Follow-up	-0.66	0.00116
modified Rankin Scale	NIHSS	0.19	0.00017
modified Rankin Scale	Sex (male)	0.21	0.52591
modified Rankin Scale	Days since stroke	0.00	0.78205
modified Rankin Scale	Age	0.02	0.28289
modified Rankin Scale	Self-directed training: Yes=1/No=0	0.27	0.15395
modified Rankin Scale	Therapy reduction: Yes=1/No=0	-0.02	0.97087
modified Rankin Scale	Random subject factor		0.00000
NIHSS	End of shutdown	-0.62	0.10950
NIHSS	Follow-up	-1.19	0.00402
NIHSS	NIHSS	0.85	0.00000
NIHSS	Sex (male)	0.93	0.02941
NIHSS	Days since stroke	0.00	0.05077
NIHSS	Age	-0.01	0.41810
NIHSS	Self-directed training: Yes=1/No=0	0.74	0.05836
NIHSS	Therapy reduction: Yes=1/No=0	-0.01	0.98646
NIHSS	Random subject factor		0.48723

ABC Scale: Activities -specific Balance Confidence Scale; NIHSS: National Institutes of Health Stroke Scale. Bold font indicates p-values with a statistical significance of <0.05.