

Supplementary Table 1. ADL and IADL

Score	ADL	IADL
0-1	Dressing	Grooming
0-1	Washing face and hands	Doing housework
0-1	Bathing	Preparing meals
0-1	Eating	Doing Laundry
0-1	Transferring	Taking a short trip
0-1	Toileting	Using transportation
0-1	Continence	Shopping
0-1		Ability to handle finances
0-1		Using a telephone
0-1		Taking medications

ADL, Activities of Daily Living; IADL, Instrumental Activities of Daily Living.

The ADL scale consists of 7 items (dressing, washing, bathing, eating, transferring, Toileting, and continence), with a score for each item of 0 (unable to do the activity) or 1 (able to do the activity). Total score ranges from 0 (fully dependent) to 7 (fully independent). The IADL scale consists of 10 items (grooming, doing housework, preparing meals, doing laundry, taking a short trip, using transportation, shopping, ability to handle finances, using a telephone, taking medicines), with a score for each item of 0 (dependent) or 1 (independent). Total score ranges from 0 (highly dependent) to 10 (highly independent).