

Supplemental Table 2 Schedule of enrolment, intervention and data collection during the study

	STUDY PERIOD				
	Enrolment	Allocation	Post-allocation		
	Screening		Pre-test Day 1	Post-test Week 4	Follow-up Week 8
TIMEPOINT	$-t_1$	0	t_1	t_2	t_3
ENROLMENT					
Eligibility screen	X				
Informed consent	X				
Allocation		X			
INTERVENTIONS					
Video group			←————→		
Paper group			←————→		
OUTCOMES (ASSESSMENTS)					
Baseline variables					
Demographics	X				
Clinical characteristics (Motricity Index, modified Rankin Scale, Mini-Mental-Status-Test)	X				
Primary outcomes					
Feasibility					
Recruitment rate			X	X	X
Retention rate					X

<i>Adherence rate</i>			X	X	X
<i>Adverse events</i>				X	X
<i>Adherence and satisfaction (logbook, platform recording, weekly interviews)</i>				X	
<i>Acceptability (semi-structured interviews)</i>				X	
Secondary outcome					
<i>Self-perceived arm and hand use (Motor Activity Log-30)</i>			X	X	X
<i>Arm motor function (Action Research Arm Test)</i>			X	X	X
<i>Finger dexterity (Nine Hole Peg Test)</i>			X	X	X
<i>Gross motor hand and arm dexterity (Box and Block Test)</i>			X	X	X
<i>Hand strength (dynamometer)</i>			X	X	X
<i>Independence in activities of daily living (Score of Independence for Neurologic and Geriatric Rehab.)</i>			X	X	X
<i>Health-related quality of life (European Quality of Life-5 Dim.)</i>			X	X	X
<i>Goal achievement (Goal Attainment scaling)</i>				X	