

eTable 2: Summary of proposed Patient Reported Outcome Measures (PROMs) for the main Randomised Controlled Trial.

Domain	PROM	Summary	Rationale
Health related quality of life	PROMIS-Global Health 10	Questions: 10 Scoring: 5-point Likert + 10 point Likert pain question. Scored using item-level calibrations- use the Health Measures Scoring Service MID: none specified Permissions: publicly available for use	Recommended by the International Consortium for Health Outcomes Measurement (2016) as part of a consensus stroke measure standard set
Health related quality of life	EQ-5D-5L	Questions: 5 + 1 VAS (20 cm) Scoring: 5-point Likert scale and VAS. Score = 0-1 MID: for stroke: 0.08 to 0.12 Permissions: licence agreement needed (€600)	Used to calculate Quality Adjusted Life Years for health economics analyses
Anxiety/depression	HADS	Questions: 14 Scoring: 4-point Likert Scale. 0-7 = Normal; 8-10 = Borderline abnormal; 11-21 = Abnormal MID: none specified Permissions: license agreement needed (0-1000 participants= £0.85 each)	Widely used in TIA/minor stroke research, comprehensive psychometric evaluation
Fatigue	FAS	Questions: 10 Scoring: 5-point Likert Scale; Score = 10 (lowest fatigue) to 50 (highest fatigue). 10-21: no fatigue (normal), 22-50: substantial fatigue MID: at least 4 points or 10% change of the baseline value Permissions: must acknowledge the ild care foundation in the manuscript, FAS needs to be added as a keyword in the final publication, and PDF of the final publication must be send to the ild care foundation: info@ildcare.nl	Systematic review of fatigue scales for stroke scales identified the FAS had the best test-retest reliability
Self-efficacy	PAM-13	Questions: 13 Scoring: 5-point Likert Scale; Score 1-100: 4 Levels: Level 1 ≤47.0 (not believing activation is important), Level 2 47.1–55.1 (a lack of knowledge and confidence to take action), Level 3 55.2–67.0 (beginning to take action), level 4 ≥67.1 (taking action) MID: not specified Permissions: licence agreement NOT needed for feasibility studies	Used by NHS England
Medication adherence	MARS-5	Questions: 6 Scoring: 5-point Likert scale, score= 5 to 25 (higher scores= higher self-reported adherence) MID: not specified Permissions: Free access (subject to adequate citation) for Academic users	Validated in stroke patients, widely used
Satisfaction with care	Satisfaction with care question	Not applicable- non-validated bespoke question	

EQ-5D-5L: 5-level EuroQol 5-Dimensions; FAS: Fatigue Assessment Scale; HADS: Hospital Anxiety and Depression Scale; MARS-5: Medication adherence: Medication Adherence Rating Scale -5; MID: Minimally Important Difference; NHS: National Health Service; PAM-13: Patient Activation Measure-13; PDF: Portable Document Format; TIA: Transient Ischaemic Attack; VAS: Visual Analogue Scale