

Supplementary Table 1. Relevant details regarding scales and tools for clinical and functional evaluation in alphabetical order.

	Short description	Situations/Domains/Dimensions assessed	Response levels/Rating options
Epworth Sleepiness Scale ^{1,2}	Measurement of the subject's general level of daytime sleepiness. It is based on questions referring to eight situations, based on how likely they would fall asleep. The higher the score, the more chance of falling asleep.	Sitting and reading; watching TV; sitting, inactive in a public place (e.g., a theatre or a meeting); as a passenger in a car for an hour without a break; lying down to rest in the afternoon when circumstances permit; sitting and talking to someone; sitting quietly after a lunch without alcohol; and, in a car, while stopped for a few minutes in the traffic.	0 (never); 1 (slight); 2 (moderate); and 3 (high). Score ranges from 0 to 24. The classification mentioned hereunder is merely informative as it has been retrieved from grey literature. A published scientific report of this classification has not been found by means of a literature search. 0-7 (Is unlikely to be abnormally sleepy). 8-9 (The patient has an average amount of daytime sleepiness) 10-15 (There may be a situation of excessive sleepiness for which medical attention might be considered) 16-24 (A clear excessive sleepiness problem for which medical attention is required.)
EuroQoL-5 Dimensions-5 Levels ³	It assesses quality of life in five dimensions. Each dimension has five response levels (from "no problems" to "unable" to carry out activities related to each domain).	Mobility; self-care; usual activities; pain/discomfort; anxiety/depression.	1 (no problems); 2 (slight problems); 3 (moderate problems); 4 (severe problems); 5 (unable to/extreme problems).
Functional Assessment of Chronic Illness Therapy – Fatigue ⁴⁻⁶	Measure of fatigue consisting of 13-items, which are scored from 0 to 4. All scores are summed, and reversed if necessary, to a single score ranging from 0 to 52. Higher score represents better quality of life or less fatigue.	I feel fatigued; I feel weak all over; I feel listless ("washed out"); I feel tired; I have trouble starting things because I am tired; I have trouble finishing things because I am tired; I have energy; I am able to do my usual activities; I need to sleep during the day; I am too tired to eat; I need help doing my usual activities; I am frustrated by being too tired to do the things I want to do; I have to limit my social activity because I am tired.	0 (not at all); 1 (a little bit); 2 (somewhat); 3 (quite a bit); and 4 (very much).
Functional Independence Measure ⁷	It assesses the dependence levels for performing motor and cognitive activities. It ranges from 18 to 126 points, complete dependence to complete independence.	Self-care; transfer; mobility; sphincter control; communication; and cognition, including memory, social interaction and problem solving.	1 (total assistance); 2 (maximal assistance); 3 (moderate assistance); 4 (minimal assistance); 5 (supervision/setup); 6 (modified independence); and 7 (complete independence). Scores: 18 (complete dependence); 19-60 (Modified dependence (assist. 50%)); 61-103 (Modified dependence (assist. 25%)) 104+ (Modified to complete independence)
Functional Oral Intake Scale ⁸	A 7-point ordinal scale which focuses on what the patient consumes orally on a daily basis. Levels 1 through 3 relate to varying degrees of non-oral feeding. Levels 4 through 7 relate to degrees of feeding without non-oral supplementations.	Oral intake	1 (nothing by mouth); 2 (tube dependent with minimal attempts of food or liquid); 3 (tube dependent with consistent oral intake of food or liquid); 4 (total oral diet of a single consistency); 5 (total oral diet with multiple consistencies but requiring special preparation or compensations); 6 (total oral diet with multiple consistencies without special preparation, but with specific food limitations); and 7 (total oral diet with no restrictions).
Handgrip Strength Measurement ^{9,10,11}	Handgrip strength measured by dynamometry is well established as an indicator of muscle status, particularly among older adults. The handgrip strength of older adults can be interpreted using age and sex stratified norms or T-scores from younger adults.	Handgrip strength	Handgrip strength was measured with a Jamar® hydraulic hand dynamometer (Sammons Preston, Bolingbrook, Illinois, USA) with patients seated their elbows by their sides and flexed to right angles and a neutral wrist position. Three measurements were performed for both sides, and the mean score of the side with the highest score was recorded. This mean is reported as continuous data in the manuscript. For the categorical assessment of each individual patient each mean of the three measurements was then classified based on the 25 th and 75 th percentiles per age group of the normative handgrip values reported by Vianna et al. in 2007 in a sample of 2,648 Brazilian subjects. Values equal or below the 25 th percentile are considered "poor"; values between the 25 th and or equal to the 75 th percentile are classified as "average"; values above the 75 th percentile are classified as "good". This same methodology has been previously reported by Rodrigues-Barbosa et al., 2011. The normative data reported by Vianna et al. are displayed in Supplementary Table 5.
Insomnia Severity Index ¹²	It consists of a 7-item self-report questionnaire, to evaluate the nighttime and daytime components of insomnia. The higher the score, the more severe the situation.	It evaluates severity of problems regarding sleep onset, sleep maintenance and early morning awakening as well as sleep dissatisfaction, interference with daytime functioning, if others note those problems, and if all of this causes distress.	It is a rated with a 5-point Likert scale rendering a score range from zero to 28. 0-7 (Absence of insomnia) 8-14 (Sub-threshold insomnia) 15-21 (Moderate insomnia) 22-28 (Severe insomnia)
Medical Research Council Dyspnea Scale ¹³	Five-point scale based on degrees of physical activities that cause breathlessness and it is used for the clinical measurement of dyspnea. Breathlessness is defined as the unpleasant sensation of uncomfortable, rapid or difficult breathing. The medical term is dyspnea. The Medical Research Council Dyspnea Scale used in this study is a five-point scale based on degrees of physical activities that cause breathlessness and it is used for the clinical measurement of dyspnea.	Dyspnea	"Not troubled with breathlessness except with strenuous exercise"; "Troubled by shortness of breath when hurrying on the level or walking up a slight hill"; "Walks slower than people of the same age on the level because of breathlessness or has to stop for breath when walking at own pace on the level"; "Stops for breath after walking about 100 yards or after a few minutes on the level"; "Too breathless to leave the house or breathless when dressing or undressing".
Medical Research Council Sum Score ¹⁴	Evaluates strength in muscle groups of all four limbs. A score between 0 and 5 is assigned to each of them. Scores ranges from 0 to 60 and a value below 48 correlates with muscle weakness. This is considered severe if it is lower than 36.	Abduction of the arm; flexion of the forearm; extension of the wrist; flexion of the hip; extension of the knee; and dorsal flexion of the foot.	0 (no visible/palpable contraction); 1 (visible/palpable contraction without movement of the limb); 2 (movement of the limb, but not against gravity); 3 (movement against gravity); 4 (movement against gravity and some resistance); 5 (normal)
Modified Borg Dyspnea Scale ¹⁵⁻¹⁷	The Modified Borg Dyspnea Scale or Borg Category-Ratio 10 is a 0 to 10 rated numerical score used to measure dyspnea as reported by the patient during submaximal exercise.	Dyspnea	0 (nothing at all); 0.5 (very, very slight); 1 (very slight); 2 (slight); 3 (moderate); 4 (somewhat severe); 5 (severe); 6; 7 (very severe); 8; 9 (very, very severe); and 10 (maximal)
Pain Visual Analogue Scale ¹⁸	100 mm line with verbal descriptors "no pain" and "worst imaginable pain" at every end. It is used to ask the patient to indicate its pain intensity for the right and the left side of the body. The highest of both sides was included into data analysis.	Pain	NA
Post-COVID-19 Functional Status scale ¹⁹	It measures the functional outcomes in everyday life after COVID-19. The five points answer options vary from "no limitations or symptoms" to "severe limitations".	"How much are you currently affected in your everyday life by COVID-19?"	Grade 0 "I have no limitations in my everyday life and no symptoms, pain, depression or anxiety related to the infection"; Grade 1 "I have negligible limitations in my everyday life as I can perform all usual duties/ activities, although I still have persistent symptoms, pain, depression or anxiety"; Grade 2 "I suffer from limitations in my everyday life as I occasionally need to avoid or reduce usual duties/activities or need to spread these over time due to symptoms, pain, depression or anxiety. I am, however, able to perform all activities without any assistance"; Grade 3 "I suffer from limitations in my everyday life as I am not able to perform all usual duties/activities due to symptoms, pain, depression or anxiety. I am, however, able to take care of myself without any assistance"; Grade 4 "I suffer from severe limitations in my everyday life: I am not able to take care of myself and therefore I am dependent on nursing care and/or assistance from another person due to symptoms, pain, depression or anxiety".
Timed Up and Go ²⁰	Measures the time in seconds taken by the participant to stand up from a chair, walk 3 meters, turn, walk back to the chair and sit without physical assistance, however with normally used walking aid.	Mobility	NA
World Health Organization Disability Assessment Schedule 2.0 ²¹⁻²³	It captures the level of functioning in six domains of life. In each item, individuals estimate the magnitude of their difficulties during the previous 30 days using a five-point scale, from "none" to "extreme or cannot do".	Cognition; mobility; self-care; getting along; life activities; and participation.	1 (none); 2 (mild); 3 (moderate); 4 (severe); and 5 (extreme or cannot do).
World Health Organization Severity Definitions ²⁴	WHO definitions of illness severity for COVID-19	COVID-19 severity classification	By patient, based on self-report: mild/moderate or non-severe (did not receive oxygen); severe (received oxygen (or told you needed it but it was not available); and critical (received invasive ventilation (or max available respiratory support)
01-minute Sit to Stand Test ²⁵	The 01-minute Sit to Stand Test or the 60 seconds Sit to Stand Test is performed with an armless chair and consists of doing as much sit to stand movements possible in 1 minute. When completed, it registers how many repetitions performed. It also	Endurance	NA

	registers oxygen saturation and dyspnea level (using the Modified Borg Dyspnea Scale) before and after the test.		
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Notes: COVID-19 = Coronavirus disease 2019.

Supplementary Table 2. All symptoms and comorbidities.

	All participants (n=801)	No oxygen support (n=82)	Oxygen support (n=386)	Intubation (n=333)
Dialysis	99 (12.36%, total = 801)	4 (4.88%, total = 82)	19 (4.92%, total = 386)	76 (22.82%, total = 333)
Hypertension	462 (57.68%, total = 801)	37 (45.12%, total = 82)	231 (59.84%, total = 386)	194 (58.26%, total = 333)
COPD	35 (4.38%, total = 800)	1 (1.22%, total = 82)	20 (5.19%, total = 385)	14 (4.20%, total = 333)
Asthma	30 (3.75%, total = 800)	3 (3.66%, total = 82)	18 (4.68%, total = 385)	9 (2.70%, total = 333)
Renal failure dialysis	29 (3.62%, total = 801)	4 (4.88%, total = 82)	18 (4.66%, total = 386)	7 (2.10%, total = 333)
Renal failure	47 (5.87%, total = 801)	6 (7.32%, total = 82)	25 (6.48%, total = 386)	16 (4.80%, total = 333)
Liver disease	20 (2.50%, total = 800)	7 (8.54%, total = 82)	9 (2.34%, total = 385)	4 (1.20%, total = 333)
Stroke	38 (4.75%, total = 800)	5 (6.10%, total = 82)	19 (4.94%, total = 385)	14 (4.20%, total = 333)
Dementia	10 (1.25%, total = 800)	0 (0.00%, total = 82)	6 (1.56%, total = 385)	4 (1.20%, total = 333)
Rheumatic disease	32 (4.00%, total = 800)	4 (4.88%, total = 82)	15 (3.90%, total = 385)	13 (3.90%, total = 333)
Hematologic disease	47 (8.50%, total = 553)	6 (18.18%, total = 33)	18 (9.57%, total = 188)	23 (6.93%, total = 332)
Diabetes	292 (36.45%, total = 801)	26 (31.71%, total = 82)	139 (36.01%, total = 386)	127 (38.14%, total = 333)
Cancer	34 (4.59%, total = 741)	4 (6.35%, total = 63)	18 (5.20%, total = 346)	12 (3.61%, total = 332)
Obesity	152 (19.02%, total = 799)	8 (9.76%, total = 82)	65 (16.88%, total = 385)	79 (23.80%, total = 332)
Angina pectoris	98 (12.68%, total = 773)	14 (17.95%, total = 78)	53 (14.10%, total = 376)	31 (9.72%, total = 319)
Rheumatic joint disease	215 (27.78%, total = 774)	15 (18.52%, total = 81)	110 (29.02%, total = 379)	90 (28.66%, total = 314)
Sleep apnea	134 (18.21%, total = 736)	11 (14.10%, total = 78)	78 (21.79%, total = 358)	45 (15.00%, total = 300)
Chest pain	203 (26.06%, total = 779)	14 (17.50%, total = 80)	109 (28.68%, total = 380)	80 (25.08%, total = 319)
Cough	309 (39.62%, total = 780)	28 (34.57%, total = 81)	129 (34.04%, total = 379)	152 (47.50%, total = 320)
Falls	119 (15.22%, total = 782)	7 (8.75%, total = 80)	50 (13.12%, total = 381)	62 (19.31%, total = 321)
Hepatic steatosis	112 (15.36%, total = 729)	8 (10.39%, total = 77)	57 (16.29%, total = 350)	47 (15.56%, total = 302)

Notes: COPD = Chronic Obstructive Pulmonary Disease.

Supplementary Table 3. Supplementary data regarding functional assessments, data presented as n participants (%), mean (S.D.), alongside 95% C.I. and number of participants (n).

	All participants (n=801)	No oxygen support (n=82)	Oxygen support (n=386)	Intubation (n=333)
Basal MBS				
0	359 (54.56%, n = 658)	46 (68.66%, n = 67)	177 (55.84%, n = 317)	136 (49.64%, n = 274)
0.5	38 (5.78%, n = 658)	5 (7.46%, n = 67)	16 (5.05%, n = 317)	17 (6.20%, n = 274)
1	58 (8.81%, n = 658)	2 (2.99%, n = 67)	30 (9.46%, n = 317)	26 (9.49%, n = 274)
2	81 (12.31%, n = 658)	5 (7.46%, n = 67)	38 (11.99%, n = 317)	38 (13.87%, n = 274)
3	55 (8.36%, n = 658)	2 (2.99%, n = 67)	27 (8.52%, n = 317)	26 (9.49%, n = 274)
4	18 (2.74%, n = 658)	1 (1.49%, n = 67)	8 (2.52%, n = 317)	9 (3.28%, n = 274)
5-6	30 (4.56%, n = 658)	2 (2.99%, n = 67)	15 (4.73%, n = 317)	13 (4.74%, n = 274)
7-8	12 (1.82%, n = 658)	3 (4.48%, n = 67)	3 (0.95%, n = 317)	6 (2.19%, n = 274)
9	3 (0.46%, n = 658)	1 (1.49%, n = 67)	1 (0.32%, n = 317)	1 (0.36%, n = 274)
10	4 (0.61%, n = 658)	0 (0.00%, n = 67)	2 (0.63%, n = 317)	2 (0.73%, n = 274)
Final MBS				
0	67 (12.71%, n = 527)	8 (15.09%, n = 53)	44 (17.67%, n = 249)	15 (6.67%, n = 225)
0.5	27 (5.12%, n = 527)	6 (11.32%, n = 53)	11 (4.42%, n = 249)	10 (4.44%, n = 225)
1	45 (8.54%, n = 527)	4 (7.55%, n = 53)	14 (5.62%, n = 249)	27 (12.00%, n = 225)
2	86 (16.32%, n = 527)	6 (11.32%, n = 53)	40 (16.06%, n = 249)	40 (17.78%, n = 225)
3	102 (19.35%, n = 527)	11 (20.75%, n = 53)	50 (20.08%, n = 249)	41 (18.22%, n = 225)
4	58 (11.01%, n = 527)	3 (5.66%, n = 53)	26 (10.44%, n = 249)	29 (12.89%, n = 225)
5-6	82 (15.56%, n = 527)	10 (18.87%, n = 53)	36 (14.46%, n = 249)	36 (16.00%, n = 225)
7-8	47 (8.92%, n = 527)	4 (7.55%, n = 53)	20 (8.03%, n = 249)	23 (10.22%, n = 225)
9	9 (1.71%, n = 527)	1 (1.89%, n = 53)	5 (2.01%, n = 249)	3 (1.33%, n = 225)
10	4 (0.76%, n = 527)	0 (0.00%, n = 53)	3 (1.20%, n = 249)	1 (0.44%, n = 225)
MBS variation				
-4.0	1 (0.19%, n = 527)	1 (1.89%, n = 53)	0 (0.00%, n = 249)	0 (0.00%, n = 225)
-3.0	2 (0.38%, n = 527)	0 (0.00%, n = 53)	2 (0.80%, n = 249)	0 (0.00%, n = 225)
-2.5	1 (0.19%, n = 527)	0 (0.00%, n = 53)	1 (0.40%, n = 249)	0 (0.00%, n = 225)
-2.0	3 (0.57%, n = 527)	1 (1.89%, n = 53)	1 (0.40%, n = 249)	1 (0.44%, n = 225)
-1.5	1 (0.19%, n = 527)	0 (0.00%, n = 53)	1 (0.40%, n = 249)	0 (0.00%, n = 225)
-1.0	6 (1.14%, n = 527)	0 (0.00%, n = 53)	3 (1.20%, n = 249)	3 (1.33%, n = 225)
-0.5	4 (0.76%, n = 527)	1 (1.89%, n = 53)	1 (0.40%, n = 249)	2 (0.89%, n = 225)
0.0	85 (16.13%, n = 527)	10 (18.87%, n = 53)	53 (21.29%, n = 249)	22 (9.78%, n = 225)
0.5	26 (4.93%, n = 527)	5 (9.43%, n = 53)	10 (4.02%, n = 249)	11 (4.89%, n = 225)
1.0	105 (19.92%, n = 527)	7 (13.21%, n = 53)	45 (18.07%, n = 249)	53 (23.56%, n = 225)
1.5	4 (0.76%, n = 527)	0 (0.00%, n = 53)	2 (0.80%, n = 249)	2 (0.89%, n = 225)
2.0	117 (22.20%, n = 527)	9 (16.98%, n = 53)	51 (20.48%, n = 249)	57 (25.33%, n = 225)
2.5	7 (1.33%, n = 527)	2 (3.77%, n = 53)	3 (1.20%, n = 249)	2 (0.89%, n = 225)
3.0	77 (14.61%, n = 527)	8 (15.09%, n = 53)	34 (13.65%, n = 249)	35 (15.56%, n = 225)
3.5	5 (0.95%, n = 527)	0 (0.00%, n = 53)	1 (0.40%, n = 249)	4 (1.78%, n = 225)

	Mean (S.D.)	95% C.I.	n	Range	Mean (S.D.)	95% C.I.	n	Range	Mean (S.D.)	95% C.I.	n	Range	Mean (S.D.)	95% C.I.	n	Range
4.0	26 (4.93%, n = 527)				3 (5.66%, n = 53)				16 (6.43%, n = 249)				7 (3.11%, n = 225)			
4.5	1 (0.19%, n = 527)				0 (0.00%, n = 53)				1 (0.40%, n = 249)				0 (0.00%, n = 225)			
5.0	27 (5.12%, n = 527)				3 (5.66%, n = 53)				13 (5.22%, n = 249)				11 (4.89%, n = 225)			
5.5	1 (0.19%, n = 527)				0 (0.00%, n = 53)				0 (0.00%, n = 249)				1 (0.44%, n = 225)			
6.0	7 (1.33%, n = 527)				0 (0.00%, n = 53)				3 (1.20%, n = 249)				4 (1.78%, n = 225)			
6.5	1 (0.19%, n = 527)				0 (0.00%, n = 53)				1 (0.40%, n = 249)				0 (0.00%, n = 225)			
7.0	14 (2.66%, n = 527)				2 (3.77%, n = 53)				6 (2.41%, n = 249)				6 (2.67%, n = 225)			
7.5	1 (0.19%, n = 527)				0 (0.00%, n = 53)				0 (0.00%, n = 249)				1 (0.44%, n = 225)			
8.0	5 (0.95%, n = 527)				1 (1.89%, n = 53)				1 (0.40%, n = 249)				3 (1.33%, n = 225)			
	Mean (S.D.)	95% C.I.	n	Range	Mean (S.D.)	95% C.I.	n	Range	Mean (S.D.)	95% C.I.	n	Range	Mean (S.D.)	95% C.I.	n	Range
Handgrip strength (per age group)																
18-30 years	19.72 (12.52)	15.04 to 24.39	30	1.70 - 49.00	15.87 (10.16)	6.47 to 25.27	7	1.70 - 31.70	17.24 (12.39)	9.75 to 24.73	13	1.70 - 41.00	25.63 (13.14)	16.23 to 35.03	10	6.00 - 49.00
31-40 years	25.40 (15.28)	22.26 to 28.55	93	0.00 - 68.67	14.44 (10.33)	8.48 to 20.41	14	0.00 - 39.30	25.12 (15.12)	20.47 to 29.77	43	1.30 - 58.67	30.00 (15.17)	24.87 to 35.13	36	7.70 - 68.67
41-50 years	23.93 (13.18)	21.81 to 26.05	151	0.00 - 56.00	16.99 (12.49)	10.56 to 23.41	17	0.00 - 42.70	22.10 (13.49)	18.86 to 25.34	69	2.00 - 51.00	27.69 (12.00)	24.72 to 30.67	65	0.30 - 56.00
51-60 years	21.56 (12.28)	19.68 to 23.44	166	0.00 - 55.70	20.27 (10.43)	13.26 to 27.28	11	5.30 - 32.30	17.41 (11.25)	14.97 to 19.85	84	0.00 - 41.70	26.68 (11.92)	23.85 to 29.50	71	0.70 - 55.70
61-70 years	20.11 (11.19)	18.46 to 21.76	180	0.00 - 50.30	15.79 (11.63)	9.07 to 22.50	14	1.70 - 44.00	18.26 (10.18)	16.06 to 20.45	85	0.00 - 40.30	22.80 (11.64)	20.22 to 25.37	81	1.00 - 50.30
71+years	15.47 (10.27)	13.49 to 17.45	106	0.00 - 45.70	15.94 (9.59)	9.49 to 22.38	11	3.70 - 28.00	13.59 (10.33)	10.95 to 16.24	61	0.00 - 39.70	18.69 (9.82)	15.26 to 22.12	34	0.00 - 45.70
Handgrip strength (male per age group)																
18-30 years	33.49 (11.28)	24.82 to 42.17	9	14.00 - 49.00	31.70 (0.00)	-	1	31.70 - 31.70	28.81 (11.29)	14.79 to 42.83	5	14.00 - 41.00	41.90 (9.58)	18.10 to 65.70	3	31.00 - 49.00
31-40 years	35.29 (14.77)	30.75 to 39.84	43	4.70 - 68.67	23.25 (11.07)	9.51 to 36.99	5	12.30 - 39.30	32.57 (13.96)	26.93 to 38.20	26	4.70 - 58.67	46.22 (11.51)	38.91 to 53.54	12	26.30 - 68.67
41-50 years	31.05 (10.84)	28.74 to 33.36	87	10.00 - 56.00	26.80 (9.22)	19.09 to 34.51	8	17.30 - 42.70	29.00 (11.66)	25.28 to 32.73	40	10.00 - 51.00	34.02 (9.68)	30.88 to 37.16	39	17.00 - 56.00
51-60 years	29.04 (10.72)	26.72 to 31.37	84	6.70 - 55.70	24.45 (8.81)	17.09 to 31.81	8	10.30 - 32.30	25.29 (9.38)	22.29 to 28.29	40	6.70 - 41.70	34.23 (10.50)	30.67 to 37.78	36	10.30 - 55.70
61-70 years	24.74 (10.69)	22.68 to 26.80	106	0.00 - 50.30	19.39 (14.62)	5.86 to 32.91	7	1.70 - 44.00	21.80 (9.58)	19.14 to 24.47	52	0.00 - 40.30	28.79 (10.02)	25.85 to 31.73	47	1.30 - 50.30
71+ years	21.24 (9.34)	18.76 to 23.72	57	0.00 - 45.70	22.88 (4.55)	18.11 to 27.66	6	16.30 - 28.00	18.75 (9.76)	15.39 to 22.10	35	0.00 - 39.70	26.07 (7.88)	21.87 to 30.28	16	15.30 - 45.70
Handgrip strength (female per age group)																
18-30 years	13.81 (7.38)	10.45 to 17.17	21	1.70 - 26.30	13.23 (8.09)	4.74 to 21.72	6	1.70 - 24.00	10.01 (5.91)	5.07 to 14.96	8	1.70 - 20.00	18.66 (6.28)	12.85 to 24.46	7	6.00 - 26.30
31-40 years	16.90 (9.58)	14.18 to 19.62	50	0.00 - 44.30	9.55 (6.07)	4.89 to 14.22	9	0.00 - 17.30	13.74 (8.23)	9.51 to 17.97	17	1.30 - 29.70	21.89 (9.00)	18.09 to 25.69	24	7.70 - 44.30
41-50 years	14.26 (9.37)	11.91 to 16.60	64	0.00 - 38.70	8.26 (7.47)	2.52 to 14.00	9	0.00 - 21.67	12.57 (9.51)	8.96 to 16.19	29	2.00 - 38.70	18.21 (8.36)	14.83 to 21.58	26	0.30 - 32.70
51-60 years	13.90 (8.48)	12.04 to 15.77	82	0.00 - 34.00	9.11 (4.03)	-0.91 to 19.13	3	5.30 - 13.33	10.25 (7.37)	8.00 to 12.49	44	0.00 - 23.70	18.91 (7.53)	16.32 to 21.50	35	0.70 - 34.00
61-70 years	13.47 (8.18)	11.57 to 15.37	74	0.00 - 28.70	12.19 (7.00)	5.72 to 18.66	7	2.00 - 24.00	12.67 (8.54)	9.64 to 15.70	33	0.00 - 28.70	14.51 (8.15)	11.67 to 17.35	34	1.00 - 27.30
71+ years	8.76 (6.60)	6.87 to 10.66	49	0.00 - 20.00	7.61 (6.71)	-0.73 to 15.94	5	3.70 - 19.30	6.66 (6.26)	4.13 to 9.19	26	0.00 - 20.00	12.13 (5.96)	9.16 to 15.09	18	0.00 - 19.30
Timed up and go duration (in seconds, per age group)																
18-30 years	11.01 (2.18)	10.21 to 11.81	31	7.87 - 16.88	10.97 (0.89)	10.14 to 11.79	7	9.87 - 12.43	11.39 (2.16)	10.15 to 12.64	14	7.87 - 15.49	10.50 (2.83)	8.47 to 12.53	10	8.18 - 16.88
31-40 years	11.46 (3.25)	10.78 to 12.14	90	6.05 - 27.00	11.00 (1.94)	9.88 to 12.12	14	8.40 - 15.25	11.80 (4.07)	10.52 to 13.08	41	7.49 - 27.00	11.25 (2.55)	10.38 to 12.13	35	6.05 - 17.66
41-50 years	11.42 (2.94)	10.95 to 11.90	148	5.47 - 24.91	11.76 (2.09)	10.69 to 12.83	17	6.88 - 15.59	11.44 (3.28)	10.65 to 12.23	68	5.47 - 24.91	11.31 (2.77)	10.62 to 12.01	63	6.91 - 20.91
51-60 years	12.79 (5.52)	11.94 to 13.65	162	6.31 - 64.74	12.10 (3.11)	10.01 to 14.18	11	7.80 - 19.02	12.18 (2.72)	11.59 to 12.78	83	6.50 - 23.00	13.65 (7.84)	11.75 to 15.55	68	6.31 - 64.74
61-70 years	13.46 (5.80)	12.59 to 14.34	171	6.40 - 56.36	12.30 (3.07)	10.60 to 14.00	15	7.40 - 18.73	13.79 (5.60)	12.55 to 15.03	81	6.40 - 38.96	13.34 (6.42)	11.86 to 14.82	75	7.53 - 56.36
71+ years	17.64 (12.05)	15.17 to 20.11	94	8.18 - 91.11	16.35 (5.72)	12.51 to 20.19	11	11.60 - 32.65	17.66 (13.89)	13.83 to 21.49	53	8.55 - 91.11	18.08 (10.37)	14.21 to 21.96	30	8.18 - 52.33

Notes: MBS = Modified Borg Dyspnea Scale; S.D. = Standard Deviation; C.I. = Confidence Interval

Supplementary Table 4. Participants' results over the months since hospital discharge for selected variables.

		4th	5th	6th	7th	8th	9th	10th
Handgrip strength classification	<i>Good</i>	12.50%	16.67%	17.95%	20.43%	19.61%	18.00%	26.83%
	<i>Average</i>	25.00%	31.25%	30.13%	25.81%	35.29%	32.00%	19.51%
	<i>Poor</i>	62.50%	52.08%	51.92%	53.76%	45.10%	50.00%	53.66%
Pain VAS classification	<i>>60</i>	41.67%	38.73%	45.81%	51.58%	57.69%	50.00%	43.90%
	<i>40-59</i>	25.00%	14.79%	21.94%	18.95%	11.54%	22.00%	26.83%
	<i>0-39</i>	33.33%	46.48%	32.26%	29.47%	30.77%	28.00%	29.27%
EQ-5D-5L anxiety and depression dimension score	<i>5</i>	8.00%	3.31%	1.52%	1.00%	4.69%	2.90%	0.00%
	<i>4</i>	16.00%	13.25%	15.81%	10.00%	23.44%	17.39%	21.28%
	<i>3</i>	28.00%	11.92%	16.11%	17.00%	9.38%	20.29%	8.51%
	<i>2</i>	4.00%	24.50%	25.23%	25.00%	18.75%	27.54%	27.66%
	<i>1</i>	44.00%	47.02%	41.34%	47.00%	43.75%	31.88%	42.55%
mMRC dyspnea score	<i>4</i>	7.69%	4.00%	3.06%	1.00%	1.56%	2.90%	0.00%
	<i>3</i>	7.69%	6.00%	8.26%	14.00%	9.38%	14.49%	8.51%
	<i>2</i>	11.54%	13.33%	17.74%	18.00%	17.19%	23.19%	31.91%
	<i>1</i>	30.77%	30.00%	39.45%	31.00%	40.63%	28.99%	29.79%
	<i>0</i>	42.31%	46.67%	31.50%	36.00%	31.25%	30.43%	29.79%
FACIT-Fatigue	<i>Average</i>	36.31	39.86	39.04	39.68	38.95	38.23	39.32
	<i>Standard Deviation</i>	12.31	10.09	9.79	9.35	10.38	8.80	9.27

Notes: VAS = Visual Analogue Scale; EQ-5D-5L = EuroQoL-5 Dimensions-5 Levels; mMRC dyspnea scale = Medical Research Council Dyspnea Scale; FACIT-Fatigue = Functional Assessment of Chronic Illness Therapy – Fatigue.

Supplementary Table 5. Values of the 25th and 75th percentiles reported in Vianna et al¹¹ used for the classification of our individual patients in poor, average or good handgrip strength.

Age (years)	Males			Females		
	Poor ($\leq 25^{\text{th}}$ percentile ^a)	Average ($> 25^{\text{th}}$ to $\leq 75^{\text{th}}$ percentiles ^a)	Good ($> 75^{\text{th}}$ percentile)	Poor ($\leq 25^{\text{th}}$ percentile ^a)	Average ($> 25^{\text{th}}$ to $\leq 75^{\text{th}}$ percentiles ^a)	Good ($> 75^{\text{th}}$ percentile ^a)
18-25	≤ 36.3	> 36.3 to ≤ 47.1	> 47.1	≤ 20.6	> 20.6 to ≤ 30.8	> 30.8
26-30	≤ 38.1	> 38.1 to ≤ 47.1	> 47.1	≤ 20.4	> 20.4 to ≤ 26.6	> 26.6
31-35	≤ 38.6	> 38.6 to ≤ 47.6	> 47.6	≤ 21.0	> 21.0 to ≤ 28.3	> 28.3
36-40	≤ 35.8	> 35.8 to ≤ 46.5	> 46.5	≤ 20.1	> 20.1 to ≤ 26.7	> 26.7
41-45	≤ 36.3	> 36.3 to ≤ 46.8	> 46.8	≤ 19.4	> 19.4 to ≤ 27.1	> 27.1
46-50	≤ 34.3	> 34.3 to ≤ 42.9	> 42.9	≤ 19.8	> 19.8 to ≤ 25.9	> 25.9
51-55	≤ 32.4	> 32.4 to ≤ 40.7	> 40.7	≤ 18.2	> 18.2 to ≤ 24.5	> 24.5
56-60	≤ 31.8	> 31.8 to ≤ 40.9	> 40.9	≤ 16.7	> 16.7 to ≤ 23.3	> 23.3
61-65	≤ 28.8	> 28.8 to ≤ 38.5	> 38.5	≤ 16.4	> 16.4 to ≤ 22.3	> 22.3
66-70	≤ 27.2	> 27.2 to ≤ 35.4	> 35.4	≤ 15.4	> 15.4 to ≤ 20.2	> 20.2
71-75	≤ 24.7	> 24.7 to ≤ 34.1	> 34.1	≤ 14.1	> 14.1 to ≤ 18.8	> 18.8
≥ 76	≤ 21.7	> 21.7 to ≤ 31.5	> 31.5	≤ 11.4	> 11.4 to ≤ 17.4	> 17.4

Supplementary Table 6. Linear regression models

Variables	Beta-coefficient	95% CI LL	95% CI UL	p-value	Adjusted R ²
EPWORTH SLEEPINESS SCALE					
<i>SIMPLE</i>					0.0129
Intubation	-1.377	-2.175	-0.578	0.001	
<i>ADJUSTED</i>					0.0193
Intubation	-1.374	-2.179	-0.569	0.001	
Sex	-0.399	-1.196	0.397	0.325	
Age	-0.043	-0.073	-0.012	0.006	
Race	-0.222	-1.030	0.585	0.589	
Hypertension	0.659	-0.241	1.560	0.151	
DISPNEIA					
<i>SIMPLE</i>					-0.0012
Intubation	-0.0162	-0.168	0.135	0.833	
<i>ADJUSTED</i>					0.0529
Intubation	-0.030	-0.179	0.120	0.697	
Sex	-0.436	-0.584	-0.288	<0.001	
Age	0.0002	-0.006	0.005	0.939	
Race	-0.010	-0.160	0.140	0.894	
Hypertension	0.297	0.130	0.464	0.001	
VAS					
<i>SIMPLE</i>					-0.0011
Intubation	-1.239	-6.199	3.722	0.624	
<i>ADJUSTED</i>					0.0642
Intubation	-2.346	-7.192	2.499	0.342	
Sex	-15.384	-20.159	-10.609	<0.001	
Age	0.242	0.054	0.429	0.012	
Race	-2.543	-7.393	2.308	0.304	
Hypertension	3.587	-1.811	8.984	0.192	
HANDGRIP					
<i>SIMPLE</i>					0.0700
Intubation	6.893	5.078	8.709	<0.001	
<i>ADJUSTED</i>					0.4598
Intubation	7.245	5.841	8.649	<0.001	
Sex	15.148	13.762	16.534	<0.001	
Age	-0.182	-0.236	-0.127	<0.001	
Race	-0.972	-2.381	0.437	0.176	
Hypertension	-1.950	-3.516	-0.384	0.015	

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