

Supplementary Material: Appendix A

Effect Size (Cohen's *d*) of Nonpharmacological Interventions at Baseline, Mid-Intervention, and Post-Intervention

Outcomes	<i>ES</i> (CY: MI)	<i>ES</i> (CBE:MI)	ES (CY:CBE)
Baseline			
<i>TUG</i>	0.66	0.52	0.18
<i>mPPT</i>	0.65	0.10	0.65
<i>SPPB</i>	0.61	0.11	0.56
<i>Handgrip</i>	1.36	0.65	0.63
<i>BMI</i>	0.28	0.19	0.08
<i>QoL</i>	0.12	0.05	0.16
<i>PSQI</i>	0.39	0.36	0.05
<i>Epworth</i>	0.31	0.14	0.16
<i>Agitation</i>	0.14	0.33	0.57
<i>Depression</i>	0.86	0.67	0.10
<i>Anxiety</i>	0.17	0.37	0.45
Mid-Intervention			
<i>TUG</i>	0.43	0.19	0.57
<i>mPPT</i>	1.08	0.05	0.98
<i>SPPB</i>	0.94	0.04	0.94
<i>Handgrip</i>	0.19	0.08	0.35
<i>BMI</i>	0.47	0.43	0.06
<i>QoL</i>	1.02	0.22	0.63
<i>PSQI</i>	0.04	0.14	0.16
<i>Epworth</i>	0.08	0.45	0.60
<i>Agitation</i>	0.25	0.06	0.22
<i>Depression</i>	1.39	0.75	0.30
<i>Anxiety</i>	0.38	0.11	0.48
Post-Intervention			
<i>TUG</i>	0.52	0.23	0.44

<i>mPPT</i>	0.62	0.03	0.61
<i>SPPB</i>	0.42	0.06	0.50
<i>Handgrip</i>	0.28	0.10	0.38
<i>BMI</i>	0.26	0.31	0.26
<i>QoL</i>	1.24	0.91	0.49
<i>PSQI</i>	0.18	0.41	0.81
<i>Epworth</i>	0.54	0.17	0.48
<i>Agitation</i>	0.47	0.09	0.60
<i>Depression</i>	0.89	0.81	0.11
<i>Anxiety</i>	0.12	0.34	0.34

CY = chair yoga, MI = participatory music intervention, CBE = chair-based exercise, TUG = Timed Up & Go Test (TUG), mPPT = Mini- PPT, SPPB = Short Physical Performance Battery, BMI = body mass index, QoL = quality of life, PSQI = Pittsburgh Sleep Quality Index, Epworth = Epworth Sleepiness Scale, ES = effect size. Bold shows significance level. Reference group = MI.