

## Supplemental Material

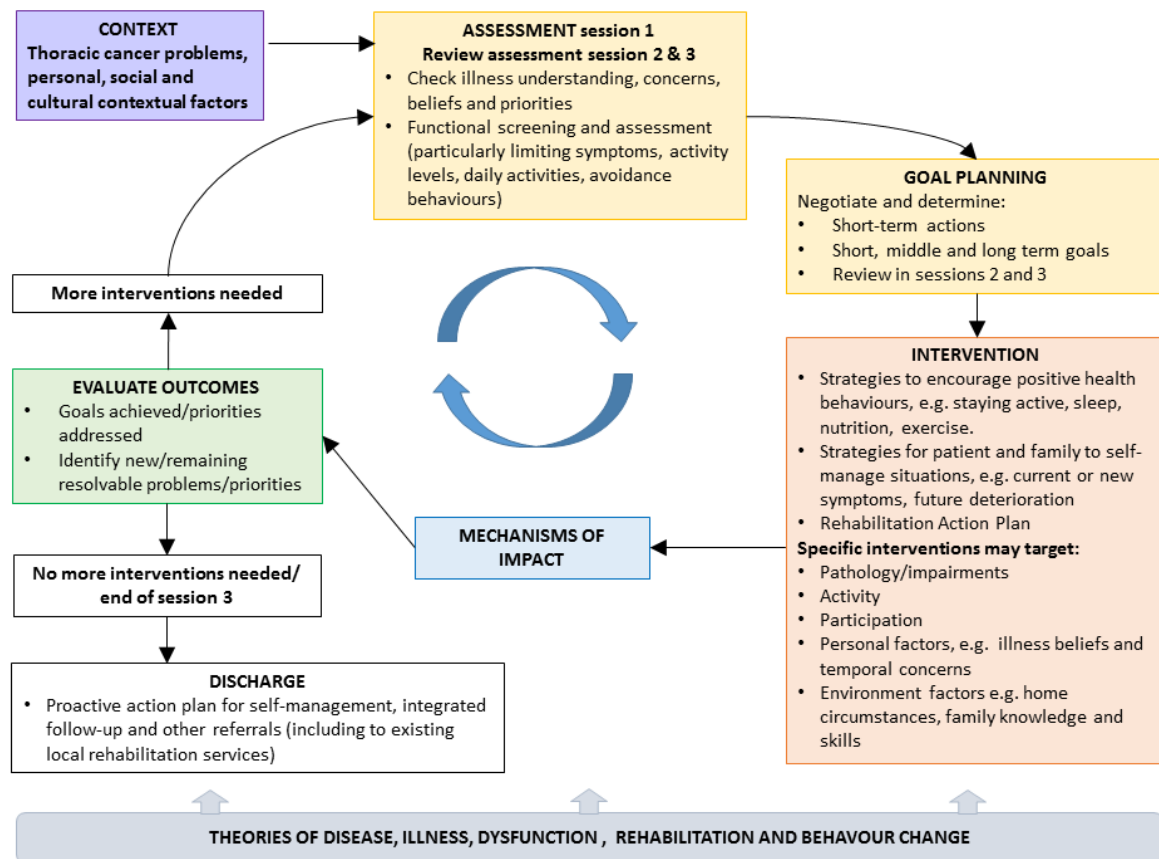


Figure 1 Conceptual Model of Short Term Integrated Rehabilitation for Thoracic Cancer (adapted from Wade 2005 [13]).

## **Appendix 1**

<b>Grade</b>	<b>Eastern Cooperative Oncology Group Performance Status</b>
0	Fully active, able to carry on all pre-disease performance without restriction
1	Restricted in physically strenuous activity but ambulatory and able to carry out work of a light or sedentary nature, e.g. light housework, office work
2	Ambulatory and capable of self-care but unable to carry out work activities; up and about for more than 50% of waking hours
3	Capable of limited self-care, confined to bed or chair for more than 50% of waking hours
4	Completely disabled, cannot carry on any self-care, totally confined to bed or chair

Supplementary Table 1 Details of rehabilitation strategies and behaviour change techniques

Rehabilitation Strategies		N (%)
Symptom management strategies:	Breathlessness	15 (60)
	Fatigue	17 (68)
	Pain	8 (32)
	Nutrition/appetite	8 (32)
	Sleep	7 (28)
	Leaflet	11 (44)
Physical activity/fitness strategies:	Physical activity strategies	24 (96)
	Exercise prescription	22 (88)
	Leaflet	20 (80)
Task performance/participation strategies:	Personal ADL <sup>a</sup>	3 (12)
	Domestic ADL	16 (64)
	Instrumental ADL	20 (80)
Behaviour Change Techniques (BCTs) <sup>b</sup>		
BCT Group	BCT label	
Goals and planning	Goal setting behaviour	23 (92)
	Problem solving	19 (76)
	Goal-setting outcome	20 (80)
	Action planning	24 (96)
	Review behaviour	22 (88)
	Review outcome goals	17 (68)
Feedback and monitoring	Feedback on behaviour	23 (92)
	Self-monitoring of behaviour	21 (84)
	Self-monitoring of outcomes of behaviour	9 (36)
Social support	Unspecified	3 (12)
	Practical	14 (56)
	Emotional	10 (40)
Shaping knowledge	Instruction on how to perform behaviour	24 (96)
	Information about antecedents of behaviour	5 (20)
	Behavioural experiments	1 (4)
Natural consequences	Information about health consequences	25 (100)
	Monitoring of emotional consequences	7 (28)
	Information about emotional consequences	7 (28)
Comparison of behaviour	Demonstration of behaviour	23 (92)
Associations	Prompts and cues	11 (44)
Repetition and substitution	Behavioural practice	21 (84)
	Habits formation	13 (52)
	Graded tasks	15 (60)
Comparison of outcomes	Credible Source	25 (100)
	Comparative imagining of future outcomes	4 (16)
Regulation	Reduce negative emotions	12 (48)
Antecedents	Restructuring the physical environment	0 (0)
	Restructuring the social environment	0 (0)
	Adding objects to the environment	9 (36)
Identity/Self Belief	Framing/reframing	6 (24)
	Verbal persuasion about capability	21 (84)
	Focus on past success	2 (8)
	Self-talk	5 (20)

<sup>a</sup> ADL = activities of daily living, <sup>b</sup> classified according to the Behaviour Change Techniques Taxonomy version 1 (Michie 2014)

Supplementary Table 2. Missing data at follow up

Variables	Values*	Total obtained (N)	Missing of obtained N (%)	Total obtained (N)	Missing of obtained N (%)
Patient Reported Measures	Values*	30 days		60 days	
iPOS (17 items) Lower scores = fewer symptoms	0-68	44	1 (2)	39	3 (8)
PASE (12 Items) Higher scores = more active	0-400	44	0	39	0
FACT L (34 items) Higher scores = higher QoL	0-136	44	1 (2)	39	0
FACT TOI (21 items) Higher score = higher QoL	0-84	44	1 (2)	39	0
SEMCD (6 items) Higher score = greater confidence	0-10	44	0	39	1 (3)
EQ-5D-5L (Index values) Lower score = higher QoL	0-1	44	0	39	2 (4)
EQ VAS Higher score = higher QoL	0-100	44	0	39	2 (4)
CSRI <sup>a</sup> - Hospital based care	Yes/no; number/information	44	6 (14)	39	7 (18)
CSRI- Community based care	Yes/no; number/duration/information	44	6(14)	39	4 (10)
CSRI-Investigations	Yes/no; number/duration/information	44	10 (23)	39	6 (15)
CSRI- Personal Care	Yes/no; number/duration/information	44	20 (45)	39	10 (26)
CSRI-Equipment	Yes/no; number/duration/information	44	3 (7)	39	2 (5)
CSRI- Medication	Yes/no; number/duration/information	44	3 (7)	39	5 (13)
Trial Satisfaction (4 items)	0-4	44	1 (6)	n/a	n/a
Treatment satisfaction (10 items)	9 items 0-3 1 item 0-4	15/25 expected	1 (6)	n/a	n/a

IPOS =Integrated Palliative Care Outcome Scale; PASE= Physical Activity Scale for the Elderly; FACT-L/TOI/LCS = Functional Assessment of Cancer Therapy- Lung/trial outcome index/lung cancer subscale; SEMCD = Self-Efficacy Measure for Chronic Disease; FACIT-PS-TS = Functional Assessment of chronic illness therapy treatment/ patient satisfaction. CSRI = Client Services Receipt Inventory. <sup>a</sup>Domain data is recorded missing if contact and frequency items within the domain were missing