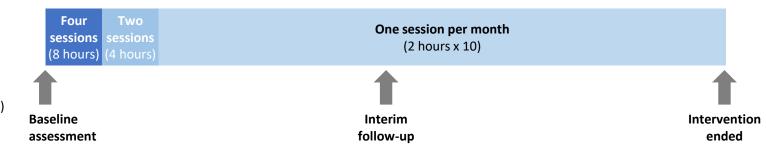
<u>Efficacy Study</u>

Control:

 Periodic telephone health promotion (~3-monthly)

Standard multidomain intervention:

- Physical exercise (45 min), cognitive training (60 min), diet advice (15 min)
- 3-4 disease education classes (30-60 min)



Empowerment Study

Control:

• Standard multidomain intervention

Enhanced multidomain intervention:

- Revised Efficacy Study teaching materials
- Physical exercise (45 min), cognitive training (60 min), diet advice (15 min)
- 1–2 disease education classes (30–60 min)

PLUS:

- Post-curriculum learning sheets
- Goal-setting & monitoring (eg, pedometer)
- Community-leader involvement
- Individual encouragement & motivation

Four Two sessions sessions (8 hours) (4 hours) Baseline			One session per month (2 hours x 4)			Post-intervention interval			ı			
						Intervention			T Final			
assessment						ended			follow-up			
0	 1	 2	 3	4	l 5	l 6	 7	l 8	l 9	l 10	 11	 12
Time (months)												

Chen LK, et al. Efficacy of multidomain interventions to improve physical frailty, depression and cognition: data from cluster-randomized controlled trials. *J Cachexia Sarcopenia Muscle* 2020; DOI: 10.1002/jcsm.12534. Prof. Liang-Kung Chen, Center for Geriatrics and Gerontology, Taipei Veterans General Hospital, 201, Sec. 2, Shih-Pai Rd., Taipei 11217, Taiwan. Email lkchen2@vghtpe.gov.tw