

Table S3a Combined effect of interventions on cognitive, physical, and function domains at 6 months

Metric	Efficacy Study: (Direct comparison at 6-month follow-up)			Empowerment Study: (Direct comparison at 6-month follow-up)			Efficacy + Empowerment (Indirect comparison)
	Mean change ^a ± SD		Cohen's <i>d</i> ^b (pooled SD) (Multidomain – Health education)	Mean change ^a ± SD		Cohen's <i>d</i> ^b (pooled SD) (Enhanced – Standard)	Cohen's <i>d</i> (Combined effect)
	Health education	Standard multidomain		Standard multidomain	Enhanced multidomain		
CHS Frailty score	-0.01 (1.00)	-0.14 (0.97)	0.13 (0.98) ^c	-0.01 (0.95)	-0.22 (0.95)	0.22 (0.95) ^c	0.35
Gait speed	0.03 (0.34)	0.07 (0.31)	0.13 (0.32)	-0.01 (0.34)	0.05 (0.31)	0.19 (0.32)	0.32
Physical activity	0.23 (17.2)	2.84 (18.6)	0.15 (17.9)	0.02 (17.7)	4.68 (22.0)	0.23 (20.1)	0.38
MoCA _{adj}	-0.29 (5.73)	0.20 (5.89)	0.08 (5.81)	0.85 (6.47)	1.39 (6.25)	0.09 (6.35)	0.17
Concentration	-0.06 (1.55)	0.17 (1.56)	0.15 (1.56)	0.07 (1.62)	0.18 (1.66)	0.05 (1.64)	0.15
Delayed recall	-0.03 (1.72)	-0.01 (1.74)	0.01 (1.73)	0.27 (1.84)	0.63 (1.67)	0.21 (1.75)	0.22
IADL	-0.12 (1.32)	-0.03 (1.15)	0.07 (1.24)	-0.30 (1.23)	-0.06 (1.23)	0.20 (1.23)	0.27
GDS-5	-0.01 (0.83)	-0.02 (0.84)	0.01 (0.84) ^c	-0.01 (0.83)	0.07 (0.83)	-0.10 (0.83) ^c	-0.09
MNA-SF	-0.04 (1.19)	-0.05 (1.28)	-0.01 (1.24)	-0.14 (1.18)	-0.26 (1.13)	-0.10 (1.15)	-0.11

Table S3b Combined effect of interventions on cognitive, physical, and function domains at 12 or 9 months

Metric	Efficacy Study (Direct comparison at 12-month follow-up)			Empowerment Study (Direct comparison at 9-month follow-up)			Efficacy + Empowerment (Indirect comparison)
	Mean change ^a ± SD		Cohen's <i>d</i> ^b (pooled SD) (Multidomain – Health education)	Mean change ^a ± SD		Cohen's <i>d</i> ^b (pooled SD) (Enhanced – Standard)	Cohen's <i>d</i> (Combined effect)
	Health education	Standard multidomain		Standard multidomain	Enhanced multidomain		
CHS Frailty score	-0.02 (1.00)	-0.14 (0.96)	0.12 (0.98) ^c	-0.13 (0.98)	-0.18 (0.97)	0.05 (0.97) ^c	0.17
Gait speed	0.06 (0.34)	0.08 (0.31)	0.06 (0.33)	0.02 (0.35)	0.00 (0.31)	-0.07 (0.32)	-0.01
Physical activity	1.48 (19.6)	0.64 (15.5)	-0.05 (17.6)	1.05 (18.4)	1.90 (23.7)	0.04 (20.0)	-0.01
MoCA _{adj}	-0.19 (5.90)	0.83 (5.77)	0.17 (5.83)	1.05 (6.51)	2.34 (6.26)	0.20 (6.38)	0.37
Concentration	-0.19 (1.60)	0.27 (1.54)	0.29 (1.57)	-0.05 (1.63)	0.17 (1.70)	0.13 (1.67)	0.15
Delayed recall	0.07 (1.72)	0.33 (1.76)	0.15 (1.74)	0.56 (1.84)	1.19 (1.68)	0.36 (1.76)	0.51
IADL	0.06 (1.23)	0.07 (1.10)	0.01 (1.16)	-0.39 (1.31)	-0.11 (1.21)	0.22 (1.26)	0.23
GDS-5	0.04 (0.86)	-0.07 (0.87)	0.13 (0.87) ^c	0.16 (0.87)	0.07 (0.91)	0.10 (0.89) ^c	0.23
MNA-SF	-0.21(1.29)	0.01 (1.27)	0.17 (1.28)	-0.32 (1.26)	0.06 (1.01)	0.31 (1.13)	0.42

SD, Standard deviation; MoCA_{adj}, Montreal Cognitive Assessment (adjusted); CHS, Cardiovascular Health Study; IADL, Instrumental activities of daily living; GDS-5, Five-item Geriatric Depression Scale; MNA-SF Mini-Nutritional Assessment short-form.

^aMean changes were derived from the generalised linear mixed model.

^bCohen's *d* was calculated by [(mean change of Standard multidomain – mean change of Health promotion), or (mean change of Enhanced multidomain – mean change of Standard multidomain)]/pooled SD.

^cSince CHS frailty score and GDS-5 were negative indicators, Cohen's *d* was calculated thus: –[(Standard multidomain – Health promotion)/pooled SD, or –[(Enhanced multidomain – Standard multidomain)/pooled SD].