

## A: Satisfaction questionnaire

### Planning and organization

Question	Answer options
Was the total number of days per week adequate for you?	Just right Too few/too short Too many/too long
Was the total number of physical training sessions adequate for you?	Just right Too few/too short Too many/too long
Was the total number of physical education meetings adequate for you?	Just right Too few/too short Too many/too long
Was the total number of sessions for energy conservation management adequate for you?	Just right Too few/too short Too many/too long
Was the total number of sessions for implementation and relapse prevention adequate for you?	Just right Too few/too short Too many/too long
What did you think of the length of the period (16 weeks) in which the treatments took place?	Just right Too few/too short Too many/too long
How do you rate the location and facilities?	Rate 1= extremely bad; 10= extremely good

### Module Energy conservation management

Question	Answer options
How do you rate session 1: Importance of rest?	Rate 1= extremely useless; 10= extremely useful
How do you rate session 2: Communication, postures and positioning?	Rate 1= extremely useless; 10= extremely useful
How do you rate session 3: Practical situations?	Rate 1= extremely useless; 10= extremely useful
How do you rate session 4: Priorities/standards/norms and values and analysis/adaptation of activities?	Rate 1= extremely useless; 10= extremely useful
How do you rate session 5: Balance in your schedule?	Rate 1= extremely useless; 10= extremely useful
How do you rate session 6: Evaluation and future plans?	Rate 1= extremely useless; 10= extremely useful
How do you rate the length of session's energy conservation management?	Just right Too few/too short Too many/too long
How do you rate the way the sessions were supervised by the occupational therapist?	Rate 1= extremely useless; 10= extremely useful

### Module Aerobic exercise training

Question	Answer options
How do you rate the added value/use of the physical training?	Rate 1= extremely useless; 10= extremely useful
How do you rate the way in which the sessions were supervised by the physical therapist?	Rate 1= extremely useless; 10= extremely useful
What did you think of the length of the physical training sessions?	Just right Too few/too short Too many/too long

### Module physical education

Question	Answer options
How do you rate session 1: Introduction and training theory	Rate 1= extremely useless; 10= extremely useful
How do you rate session 2: Effects of training	Rate 1= extremely useless; 10= extremely useful

How do you rate session 3: Completion of the training & preparation of a training schedule	Rate 1= extremely useless; 10= extremely useful
What did you think of the length of the physical education sessions?	Just right Too few/too short Too many/too long
How do you rate the way in which the sessions were supervised by the physical therapist?	Rate 1= extremely useless; 10= extremely useful

### Module implementation and relapse prevention

Question	Answer options
What did you think of the extent to which your next of kin or partner was involved in the programme?	Just right Too few/too short Too many/too long
How do you rate the various sports sessions?	Rate 1= extremely useless; 10= extremely useful
How do you rate the dietetics/nutrition session?	Rate 1= extremely useless; 10= extremely useful
How do you rate employment session?	Rate 1= extremely useless; 10= extremely useful

### Therapists

Question	Answer options
Did you find the occupational therapist competent?	No, not at all A little Largely so Yes, entirely
Did the occupational therapist give advice that is appropriate and useful for your situation?	No, not at all A little Largely so Yes, entirely
Did you find the physical therapist competent?	No, not at all A little Largely so Yes, entirely
Did the physical therapist give advice that is suitable and useful for your situation?	No, not at all A little Largely so Yes, entirely

### Treatment

Question	Answer options
Did the occupational therapist treat you politely and with respect?	No, not at all A little Largely so Yes, entirely
Did the occupational therapist make you feel at ease?	No, not at all A little Largely so Yes, entirely
Did the physical therapist treat you politely and with respect?	No, not at all A little Largely so Yes, entirely
Did the physical therapist ensure that you felt at ease?	No, not at all A little Largely so Yes, entirely

### Results

Question	Answer options
Are you satisfied with the results of the Energetic programme?	No, not at all A little Largely so Yes, entirely
Can the Energetic programme help you deal with your limitations and/or problems better than before?	No, not at all A little Largely so Yes, entirely

**Overall satisfaction**

Question	Answer options
Suppose you have a good friend who is in the same situation as you. Would you recommend this friend to participate in the Energetic programme?	Yes, absolutely Yes, maybe No I don't know if I would do that
How do you rate your satisfaction with the Energetic programme?	Rate 1= extremely bad; 10= extremely good

**Open questions:**

- The most valuable for me was:
- If I could change the programme, I would change....
- Space for comments on the Energetic programme