

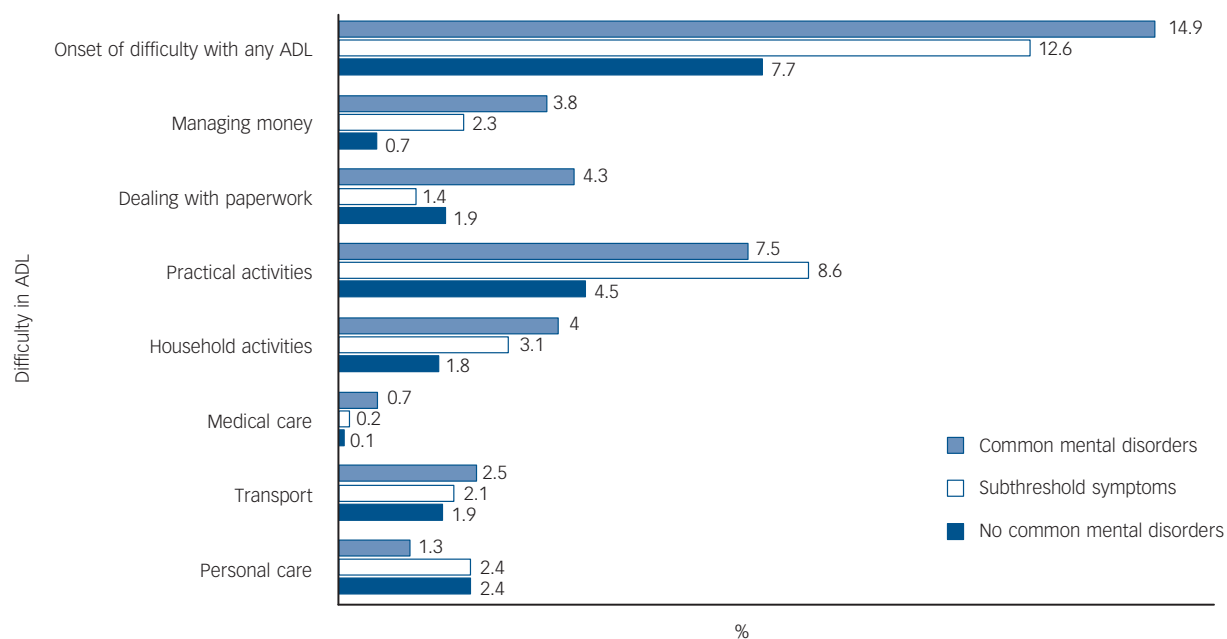
## Data supplement

### Activities of daily living items in the questionnaire

Based on the Medical Research Council Needs for Care Assessment.<sup>8</sup>

Do you have any difficulty with any of the following activities:

- (a) personal care such as dressing, bathing, washing, or using the toilet? (yes/no)
- (b) getting out and about or using transport? (yes/no)
- (c) medical care such as taking medicines or pills, having injections or changes of dressing? (yes/no)
- (d) household activities such as preparing meals, shopping, laundry and housework? (yes/no)
- (e) practical activities such as gardening, decorating or doing household repairs? (yes/no)
- (f) dealing with paperwork such as writing letters, sending cards or filling forms? (yes/no)
- (g) managing money such as budgeting for food or paying bills? (yes/no)



**Fig. DS1** Onset of activities of daily living (ADL) difficulties at follow-up by symptom group in those with no difficulty at baseline ( $n = 1573$ , weighted percentages)