Supplementary Digital Content 1. *Mild Traumatic Brain Injury Rest/Activity Questionnaire*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| In the week after such an injury I would be… | Not applicable: I don't do this activity | Much less than before the Injury | Less than before the injury | Same amount as before the injury | More than before the injury | Much more than before the injury |
|
|  | Walking | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Reading | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Studying | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Text messaging | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Swimming | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Using a computer | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Writing | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Doing word puzzles | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Biking | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Working (non-manual e.g. at a desk) | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Listening to loud music | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Sitting quietly | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Dancing | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Playing video games | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Meditating | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Taking tests | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Doing sit-ups | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Jogging | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Weight training | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Doing heavy lifting | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Working (manual) | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Watching television | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Doing housework | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Driving | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Participating in sexual activity | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Gardening | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Doing martial arts | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Giving presentations | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Spending time alone | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Sleeping | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Stretching/doing yoga | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Doing deep breathing exercises | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Playing a musical instrument | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Playing/doing sport | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Doing pull-ups | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Doing shuttle-runs | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Talking on the phone | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Planning (e.g. making lists, timetabling, daily activities) | 0 | 1 | 2 | 3 | 4 | 5 |
|  | Following instructions (e.g. a recipe) | 0 | 1 | 2 | 3 | 4 | 5 |