

SUPPLEMENTARY MATERIAL 2: MISSING DATA

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MISSING DATA

Table SM3.1 – Missing data for each outcome								
Outcome	PBT group				Control group			
	Pre-training	Post-training	6-month follow-up	12-month follow-up	Pre-training	Post-training	6-month follow-up	12-month follow-up
Gait	0 (0)	4 (6)	6 (9%)	10 (14%)	0 (0)	3 (4%)	11 (16%)	16 (23%)
Balance	0 (0)	4 (6)	6 (9%)	10 (14%)	0 (0)	3 (4%)	11 (16%)	16 (23%)
Reaction	0 (0)	4 (6)	6 (9%)	10 (14%)	0 (0)	3 (4%)	11 (16%)	16 (23%)
SPPB	0 (0)	4 (6)	6 (9%)	10 (14%)	0 (0)	3 (4%)	11 (16%)	16 (23%)
TMT	0 (0)	4 (6)	6 (9%)	10 (14%)	0 (0)	3 (4%)	10 (14%)	16 (23%)
FES	0 (0)	4 (6)	6 (9%)	10 (14%)	0 (0)	3 (4%)	10 (14%)	16 (23%)
EQ5D	0 (0)	4 (6)	6 (9%)	10 (14%)	0 (0)	3 (4%)	10 (14%)	16 (23%)

Table SM3.2 – Summary of reasons for missing data in each group		
Reason	PBT group (n =13)	Control group (n = 18)
Injury/illness	6	9
Personal reasons*	7	9

*Personal reasons include logistical issues, lack of motivation, and changes in personal relations forcing stoppage in participation

Table SM3.3 – Baseline characteristics of participants with at least one missing data point in each group

	PBT group (n = 13)	Control group (n = 18)	p-values
Age (years), Mean (SD)	73 (5.0)	72 (5)	0.66 ^α
Sex, no. female (%)	9 (69)	9 (50)	0.46 ^γ
Frailty*, median (IQR)	3 (2-4)	2 (1-3)	0.13 ^β
Medication, median (IQR)	4 (2-7)	2 (0-4)	0.19 ^β
Function of daily activities*, median (IQR)	2 (2-3)	2 (1-3)	0.45 ^β
Previous fallers, No. fallen (%)	6 (46)	6 (33)	0.71 ^γ
Fear of falling, Median (IQR)	7 (7-8)	8 (7-9)	0.57 ^β
Cognition*, median (IQR)	24 (24-26)	26 (24-26)	0.32 ^β
Physical function*, Median (IQR)	11 (11-12)	12 (11-12)	0.45 ^β
Habitual gait speed (m/s), Mean (SD)	1.2 (0.1)	1.3 (0.2)	0.12 ^α
Dual-task gait speed (m/s) Mean (SD)	1.0 (0.2)	1.2 (0.2)	0.03^α
Single-task balance, sway speed (mm/s) Median (IQR)	13.83 (10.97-19.03)	15.60 (12.00-25.67)	0.37 ^β
Dual-task balance, sway speed (mm/s) Median (IQR)	20.30 (15.78-25.93)	23.67 (15.77-25.93)	0.19 ^β
Reaction time (ms), Mean (SD)	904 (148)	959 (128)	0.86 ^α
Executive function [©] (s), median (IQR)	59.18 (51.73-63.78)	45.93 (28.83-78.88)	0.12 ^β

* Tilburg Frailty indicator; * The Vulnerable Elderly-13 Survey; * The Short Orientation-Memory-Concentration Test; * The Short Physical Performance Battery; © Trail Making Test Part A subtracted from Part B; bold text indicates significant group differences. ^α Unpaired sample t-test; ^β Wilcoxon signed rank test; ^γ Fisher's exact test; bold text indicates significant between group differences

Table SM3.4 – Baseline characteristics of participants with at least one missing data point compared to participants with no missing data

	With missing (n = 31)	Without missing (n = 109)	p-values
Age (years), Mean (SD)	72 (5.1)	72 (4.6)	0.52 ^α
Sex, no. female (%)	18 (58)	61 (56)	1.0 ^γ
Frailty*, median (IQR)	2 (1-3)	1 (1-3)	0.07 ^β
Medication, median (IQR)	3 (1-5)	2 (0-4)	0.25 ^β
Function of daily activities*, median (IQR)	2 (1-2)	2 (1-3)	0.55 ^β
Previous fallers, No. fallen (%)	12 (39)	45 (41)	0.84 ^γ
Fear of falling, Median (IQR)	8 (7-9)	7 (7-8)	0.57 ^β
Cognition*, median (IQR)	26 (24-26)	26 (24-28)	0.12 ^β
Physical function*, Median (IQR)	12 (11-12)	12 (11-12)	0.28 ^β
Habitual gait speed (m/s), Mean (SD)	1.3 (0.2)	1.3 (0.2)	0.25 ^α
Dual-task gait speed (m/s) Mean (SD)	1.1 (0.2)	1.1 (0.2)	0.47 ^α
Single-task balance, sway speed (mm/s) Median (IQR)	14.3 (11.7-20.7)	14.9 (12.0-19.2)	0.89 ^β
Dual-task balance, sway speed (mm/s) Median (IQR)	21.8 (14.4-27.3)	18.0 (14.9-25.1)	0.25 ^β
Reaction time (ms), Mean (SD)	927 (140)	889 (108)	0.95 ^α
Executive function [©] (s), median (IQR)	54.8 (36.3-74.2)	37.5 (25.5-58.4)	0.06 ^β

* Tilburg Frailty indicator; * The Vulnerable Elderly-13 Survey; * The Short Orientation-Memory-Concentration Test; * The Short Physical Performance Battery; © Trail Making Test Part A subtracted from Part B; bold text indicates significant group differences. ^α Unpaired sample t-test; ^β Wilcoxon signed rank test; ^γ Fisher's exact test; bold text indicates significant between group differences