

## Supplementary file 1: Items in the MPS Health Assessment Questionnaire (MPS-HAQ)

Domain	Items	
Self-care	<ol style="list-style-type: none"> <li>1. Eat using fingers to pick up food</li> <li>2. Scoop with a spoon and bring to mouth</li> <li>3. Use a fork to pierce foods</li> <li>4. Use a knife to butter bread or cut food</li> <li>5. Drink from an open cup with one hand</li> <li>6. Pour liquid from carton or jug</li> <li>7. Open a jar/food container by twisting lid</li> <li>8. Put on a T-shirt, dress or jumper</li> <li>9. Put on trousers with elasticated waist</li> <li>10. Put on a front-opening shirt, not fasteners</li> <li>11. Tuck shirt into back of trousers with hand</li> <li>12. Button and unbutton large buttons</li> <li>13. Zip and unzip, including separating/hooking up zip</li> </ol>	<ol style="list-style-type: none"> <li>14. Put on socks</li> <li>15. Put on slip-on shoe</li> <li>16. Tie shoelaces</li> <li>17. Turn tap on and off</li> <li>18. Wash and dry upper body</li> <li>19. Wash and dry lower body</li> <li>20. Brush or comb hair</li> <li>21. Cut fingernails with clippers</li> <li>22. Prepare toothbrush with toothpaste</li> <li>23. Brush teeth</li> <li>24. Manage clothes before/after toileting</li> <li>25. Manage toilet seat/flush toilet</li> <li>26. Get on/off toilet without assistance</li> <li>27. Wipe self thoroughly after bowel movements</li> </ol>
Mobility	<ol style="list-style-type: none"> <li>28. Retrieve objects from floor while sitting</li> <li>29. Get on/off floor</li> <li>30. Manage a seat belt/restraint in car</li> <li>31. Get in/out of the front seat of a car</li> <li>32. Open/close a car door without assistance</li> <li>33. Wheelchair use</li> </ol>	<ol style="list-style-type: none"> <li>34. Walking aid use</li> <li>35. Walk through supermarket aisles</li> <li>36. Walk across level surfaces</li> <li>37. Walk across rough/uneven surfaces</li> <li>38. Step on/off curbs</li> <li>39. Walk up a full flight of stairs</li> </ol>
Caregiver-assistance	<ol style="list-style-type: none"> <li>40. Eating/drinking during regular meal</li> <li>41. Brushing teeth, brushing or combing hair</li> <li>42. Taking a bath or shower</li> <li>43. Putting on T-shirts, jumpers, zips</li> <li>44. Putting on underwear, socks, shoes</li> <li>45. Getting into toilet/flushing</li> <li>46. Getting on/off furniture</li> </ol>	<ol style="list-style-type: none"> <li>47. Getting into/out car/van, seat belt use</li> <li>48. Getting into/out bed, changing positions</li> <li>49. Getting into/ out of an adult-sized tub</li> <li>50. Moving indoors, 50 feet distance</li> <li>51. Moving outdoors, 150 feet distance</li> <li>52. Climb and descend full flight of stairs</li> </ol>