

Table S1. The effects of the rehabilitation program relative to age, sex and time from stroke onset

| | | Sex | | | | p | Age | | | | p | Time from stroke | | | | p |
|----------------------|--|--------|------|-------|------|-------|-----------|------|-------------------|------|-------|------------------|------|-------------|------|--------------|
| | | Female | | Male | | | <65 years | | 65 years and over | | | 1-5 years | | >5-10 years | | |
| | | Mean | SD | Mean | SD | | Mean | SD | Mean | SD | | Mean | SD | Mean | SD | |
| WHOQOL-Bref | | | | | | | | | | | | | | | | |
| Effect I | Individual general perception of quality of life | 0.31 | 0.48 | 0.31 | 0.48 | 1.000 | 0.46 | 0.52 | 0.21 | 0.42 | 0.161 | 0.46 | 0.52 | 0.21 | 0.42 | 0.161 |
| | Individual general perception of quality of health | 0.56 | 0.51 | 0.69 | 0.60 | 0.532 | 0.77 | 0.44 | 0.53 | 0.61 | 0.201 | 0.85 | 0.38 | 0.47 | 0.61 | 0.041 |
| | Somatic | 9.38 | 4.36 | 10.50 | 6.03 | 0.550 | 11.46 | 5.72 | 8.89 | 4.70 | 0.175 | 12.00 | 5.60 | 8.53 | 4.55 | 0.063 |
| | Psychological | 9.13 | 7.46 | 10.00 | 6.45 | 0.725 | 9.38 | 7.19 | 9.68 | 6.84 | 0.906 | 11.38 | 5.91 | 8.32 | 7.35 | 0.220 |
| | Social | 8.25 | 6.21 | 5.69 | 6.68 | 0.270 | 5.54 | 3.84 | 7.95 | 7.74 | 0.255 | 4.92 | 4.05 | 8.37 | 7.50 | 0.104 |
| | Environmental | 6.38 | 4.50 | 7.31 | 4.64 | 0.566 | 7.62 | 4.52 | 6.32 | 4.57 | 0.434 | 7.85 | 4.51 | 6.16 | 4.52 | 0.307 |
| Effect II | Individual general perception of quality of life | 0.07 | 0.83 | 0.14 | 0.53 | 0.789 | 0.25 | 0.62 | 0.00 | 0.73 | 0.349 | 0.33 | 0.49 | -0.06 | 0.77 | 0.133 |
| | Individual general perception of quality of health | 0.43 | 0.76 | 0.57 | 0.65 | 0.596 | 0.58 | 0.67 | 0.44 | 0.73 | 0.592 | 0.67 | 0.49 | 0.38 | 0.81 | 0.279 |
| | Somatic | 0.50 | 5.02 | 3.93 | 5.20 | 0.087 | 2.42 | 6.54 | 2.06 | 4.39 | 0.873 | 2.42 | 6.54 | 2.06 | 4.39 | 0.873 |
| | Psychological | 1.14 | 7.40 | 6.29 | 7.54 | 0.080 | 2.50 | 6.82 | 4.63 | 8.54 | 0.485 | 3.17 | 6.73 | 4.13 | 8.69 | 0.754 |
| | Social | 4.79 | 7.86 | 1.21 | 7.08 | 0.218 | 2.00 | 4.97 | 3.75 | 9.13 | 0.523 | 0.67 | 5.35 | 4.75 | 8.62 | 0.136 |
| | Environmental | 2.79 | 3.98 | 3.00 | 3.53 | 0.881 | 4.25 | 3.49 | 1.88 | 3.61 | 0.093 | 3.75 | 3.65 | 2.25 | 3.71 | 0.296 |
| Effect III | Individual general perception of quality of life | -0.29 | 0.47 | -0.14 | 0.36 | 0.376 | -0.17 | 0.39 | -0.25 | 0.45 | 0.611 | -0.08 | 0.29 | -0.31 | 0.48 | 0.129 |
| | Individual general perception of quality of health | -0.14 | 0.36 | -0.21 | 0.43 | 0.637 | -0.25 | 0.45 | -0.13 | 0.34 | 0.412 | -0.25 | 0.45 | -0.13 | 0.34 | 0.412 |
| | Somatic | -8.86 | 4.28 | -6.21 | 3.98 | 0.103 | -9.08 | 3.90 | -6.38 | 4.29 | 0.098 | -9.67 | 4.08 | -5.94 | 3.79 | 0.019 |
| | Psychological | -7.43 | 5.87 | -4.00 | 3.14 | 0.068 | -7.25 | 5.82 | -4.56 | 3.97 | 0.158 | -8.58 | 4.74 | -3.56 | 3.98 | 0.005 |
| | Social | -3.50 | 7.05 | -3.50 | 5.36 | 1.000 | -3.33 | 4.12 | -3.63 | 7.45 | 0.904 | -4.08 | 5.60 | -3.06 | 6.67 | 0.672 |
| | Environmental | -3.00 | 2.35 | -3.86 | 3.42 | 0.446 | -3.00 | 2.22 | -3.75 | 3.38 | 0.485 | -3.75 | 2.60 | -3.19 | 3.19 | 0.622 |
| Index Barthel | | | | | | | | | | | | | | | | |
| Effect I | Eating meals | 1.88 | 2.50 | 1.25 | 2.24 | 0.462 | 1.92 | 2.53 | 1.32 | 2.26 | 0.483 | 1.92 | 2.53 | 1.32 | 2.26 | 0.483 |
| | Moving from bed to chair and back | 0.94 | 2.02 | 1.25 | 2.24 | 0.681 | 1.54 | 2.40 | 0.79 | 1.87 | 0.330 | 1.54 | 2.40 | 0.79 | 1.87 | 0.330 |
| | Maintaining personal hygiene | 1.25 | 2.24 | 1.56 | 2.39 | 0.705 | 1.92 | 2.53 | 1.05 | 2.09 | 0.297 | 1.92 | 2.53 | 1.05 | 2.09 | 0.297 |
| | Using the toilet | 1.56 | 2.39 | 1.25 | 2.24 | 0.705 | 1.15 | 2.19 | 1.58 | 2.39 | 0.613 | 0.77 | 1.88 | 1.84 | 2.48 | 0.174 |
| | Bathing, washing the whole body | 0.31 | 1.25 | 0.00 | 0.00 | 0.333 | 0.00 | 0.00 | 0.26 | 1.15 | 0.417 | 0.00 | 0.00 | 0.26 | 1.15 | 0.417 |
| | Moving on flat surfaces | 2.50 | 2.58 | 2.50 | 2.58 | 1.000 | 3.08 | 2.53 | 2.11 | 2.54 | 0.295 | 3.08 | 2.53 | 2.11 | 2.54 | 0.295 |
| | Going up and down stairs | 2.19 | 2.56 | 2.19 | 2.56 | 1.000 | 2.69 | 2.59 | 1.84 | 2.48 | 0.357 | 2.31 | 2.59 | 2.11 | 2.54 | 0.828 |
| | Dressing and undressing | 0.31 | 1.25 | 1.25 | 2.24 | 0.156 | 0.38 | 1.39 | 1.05 | 2.09 | 0.286 | 0.77 | 1.88 | 0.79 | 1.87 | 0.976 |
| | Controlling urine excretion | 0.00 | 0.00 | 0.00 | 1.83 | 1.000 | 0.00 | 0.00 | 0.00 | 1.67 | 1.000 | 0.00 | 0.00 | 0.00 | 1.67 | 1.000 |
| | Controlling stool excretion | 0.00 | 0.00 | 0.31 | 1.25 | 0.333 | 0.00 | 0.00 | 0.26 | 1.15 | 0.417 | 0.00 | 0.00 | 0.26 | 1.15 | 0.417 |
| | Total Index Barthel | 10.94 | 6.64 | 11.56 | 8.31 | 0.816 | 12.69 | 7.53 | 10.26 | 7.35 | 0.371 | 12.31 | 8.07 | 10.53 | 7.05 | 0.513 |
| Effect II | Eating meals | 1.43 | 2.34 | 1.07 | 2.13 | 0.676 | 1.67 | 2.46 | 0.94 | 2.02 | 0.397 | 1.67 | 2.46 | 0.94 | 2.02 | 0.397 |
| | Moving from bed to chair and back | 0.71 | 1.82 | 0.36 | 1.34 | 0.558 | 1.25 | 2.26 | 0.00 | 0.00 | 0.082 | 1.25 | 2.26 | 0.00 | 0.00 | 0.082 |
| | Maintaining personal hygiene | 1.07 | 2.13 | 0.71 | 1.82 | 0.637 | 1.67 | 2.46 | 0.31 | 1.25 | 0.101 | 1.67 | 2.46 | 0.31 | 1.25 | 0.101 |
| | Using the toilet | 1.07 | 2.13 | 1.07 | 2.13 | 1.000 | 1.25 | 2.26 | 0.94 | 2.02 | 0.703 | 0.83 | 1.95 | 1.25 | 2.24 | 0.611 |

| | | | | | | | | | | | | | | | | |
|------------|-----------------------------------|--------------|-------------|--------------|-------------|--------------|--------------|-------------|--------------|-------------|--------------|--------------|-------------|--------------|-------------|--------------|
| | Bathing, washing the whole body | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | |
| | Moving on flat surfaces | 2.86 | 2.57 | 1.79 | 2.49 | 0.272 | 2.92 | 2.57 | 1.88 | 2.50 | 0.291 | 2.92 | 2.57 | 1.88 | 2.50 | 0.291 |
| | Going up and down stairs | 1.79 | 2.49 | 1.43 | 2.34 | 0.699 | 2.50 | 2.61 | 0.94 | 2.02 | 0.100 | 2.08 | 2.57 | 1.25 | 2.24 | 0.369 |
| | Dressing and undressing | 0.36 | 1.34 | 1.07 | 2.13 | 0.299 | 0.42 | 1.44 | 0.94 | 2.02 | 0.454 | 0.83 | 1.95 | 0.63 | 1.71 | 0.766 |
| | Controlling urine excretion | 0.00 | 0.00 | 0.00 | 1.96 | 1.000 | 0.00 | 0.00 | 0.00 | 1.83 | 1.000 | 0.00 | 0.00 | 0.00 | 1.83 | 1.000 |
| | Controlling stool excretion | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | |
| | Total Index Barthel | 9.29 | 6.16 | 6.79 | 6.68 | 0.313 | 11.67 | 6.85 | 5.31 | 4.64 | 0.007 | 11.25 | 7.42 | 5.63 | 4.43 | 0.032 |
| Effect III | Eating meals | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | |
| | Moving from bed to chair and back | 0.00 | 0.00 | -0.71 | 1.82 | 0.165 | 0.00 | 0.00 | -0.63 | 1.71 | 0.164 | 0.00 | 0.00 | -0.63 | 1.71 | 0.164 |
| | Maintaining personal hygiene | 0.00 | 0.00 | -0.36 | 1.34 | 0.336 | 0.00 | 0.00 | -0.31 | 1.25 | 0.397 | 0.00 | 0.00 | -0.31 | 1.25 | 0.397 |
| | Using the toilet | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | |
| | Bathing, washing the whole body | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | |
| | Moving on flat surfaces | 0.00 | 0.00 | -0.71 | 1.82 | 0.165 | 0.00 | 0.00 | -0.63 | 1.71 | 0.164 | 0.00 | 0.00 | -0.63 | 1.71 | 0.164 |
| | Going up and down stairs | -0.36 | 1.34 | -0.71 | 1.82 | 0.558 | 0.00 | 0.00 | -0.94 | 2.02 | 0.083 | 0.00 | 0.00 | -0.94 | 2.02 | 0.083 |
| | Dressing and undressing | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | |
| | Controlling urine excretion | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | |
| | Controlling stool excretion | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | | 0.00 | 0.00 | 0.00 | 0.00 | |
| | Total Index Barthel | -0.36 | 1.34 | -3.21 | 5.75 | 0.091 | 0.00 | 0.00 | -3.13 | 5.44 | 0.036 | 0.00 | 0.00 | -3.13 | 5.44 | 0.036 |

*independent samples t-test