

Questions		Response values
Personal information	Gender	1: Male 2: Female
	Age (years)	1: 19–28 2: 29–38 3: 39–48 4: 49–58 5: 59–68 6: Over 69
	Marital status	1: Single 2: Married 3: Cohabiting 4: Divorced or separated 5: Widowed
	Household composition	1: Live alone 2: Live with more than two people
	Income level (Million Korean Won)	1: Under 2 2: 2~3.99 3: 4~5.99 4: 6~7.99 5: 8~9.99 6: over 10
Injury characteristics and health status	Date of injury	1: Under 3 months 2: 3 months ~ 6 months 3: 6 months ~ 1 year 4: 1 year ~ 5 years 5: 5 years ~ 10 years 6: Over 10
	Type of injury	1: Trauma 2: Disease
	Level of injury	1: Cervical 2: Thoracic 3: Lumbar 4: Sacral
	ASIA Impairment Scale	1: A 2: B 3: C 4: D
	Impact of complication on daily life	1: No problem at all 2: Slightly problematic 3: Average 4: Severely problematic

		5: Very severely problematic
		1: No problem at all
		2: Slightly problematic
	Impact of underlying disease on daily life	3: Average
		4: Severely problematic
		5: Very severely problematic
	Pain score	1–10
		1: Yes
	Smoking	2: No
		1: Yes
	Drinking	2: No
	BMI (kg/m <sup>2</sup> )	
		1: Very good
		2: Good
	Subjective health perception	3: Fair
		4: Poor
		5: Very poor
Physical condition and quality of life	Mobility independence	
	Urination	
	Defecation	
	Self-care	
Activity and participation	Activities of daily living	1–5
	Mobility	1–5
	Function and participation	1–5
		When did you start exercising after injury?
		What is the intensity of exercise?
	Have you performed self-exercise within the past 3 months?	1: Yes
		What is the frequency of your exercise?
		How many minutes do you exercise per workout?
		Where do you exercise?
		2: No
		What barriers are stopping you from exercising?
Status of exercise and requirements	Have you used a community exercise facility?	1: Yes
		How was your satisfaction?
		2: No
		Why haven't you tried it? What are the barriers to you?
		1: Accurate diagnosis of patient condition and determination of exercise intensity
	What support do you want to provide to address barriers?	2: Development of exercise plans and provision of programs by stage
		3: Provision of exercise related welfare information and linkage
		4: Transportation support for visits to exercise facilities
		5: Rental of exercise equipment

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6: Coordination with professional trainers

7: etc.

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