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Supplementary table 1. Validated tools used for exposure and outcome measurement

Exposure measures	Instrument	Scale range and interpretation	Reference
Balance Confidence	ConfBal	Scale range 10-30 Lower score indicates greater confidence	Simpson JM, Worsfold C, Hawke J: Balance confidence in elderly people. The CONFbal Scale (abstract 123). <i>Age and Ageing</i> 1998, 27(Suppl 2): 57.
Confidence in carrying out basic activities of daily living without falling	Short-FES-I (Falls efficacy scale – international)	Scale range 7-28 Higher score indicates greater concern about falling	Kempen GIJM, Yardley L, Van Haastregt JCM, Zijlstra GAR, Beyer N, Hauer K, et al. The Short FES-I: a shortened version of the falls efficacy scale-international to assess fear of falling. <i>Age Ageing</i> . 2008; 37:45-50
Expectations of exercise	OEE +/- with two sub-scales: positive OEE and negative OEE	Positive and negative subscales, range 1-5 Higher score indicates stronger outcome expectations	Resnik B, Reliability and validity of the Outcome Expectations for Exercise scale-2 <i>J Aging Phys Activity</i> 2005; 13(4): 382-394
Quality of life	OPQOL Older People's Quality of Life Questionnaire	Scale range 33–165 Higher score indicates higher quality of life	Bowling, A., Bannister, D., Sutton, S. et al.: A multidimensional model of QoL in older age. <i>Ageing and Mental Health</i> 2002, 6:355-371
Health- related quality of life	SF12	Physical and mental health sub-scales, range 0-100 Higher score indicates better health	Ware, J. E., Kosinski, M., & Keller, S. D: A 12-item short-form health survey: Construction of scales and preliminary tests of reliability and validity. <i>Medical Care</i> 1996, 34(3):220-233.
Social network	Lubben Social Network scale	Scale range 0-30 Higher score indicates greater social network	Lubben J, Blozik E, Gillmann G, Iliffe S, von Renteln Kruse W, Beck J Stuck AE: Performance of an abbreviated version of the Lubben Social Network Scale among three European community-dwelling older adult populations. <i>The Gerontologist</i> 2006, 46(4):503-513
Perceived social support	MSPSS Multidimensional	Scale range 12-84	Zimmet GD, Dahlem NW, Zimet SG, Farley GK: The

	Scale of Perceived Social Support	Higher score indicates greater perceived social support	Multidimensional Scale of Perceived Social Support. <i>Journal of Personality Assessment</i> 1988, 52:30-41
Falls risk	FRAT Falls Risk Assessment Tool	Scale range 1-5 Higher score indicates greater falls risk	Nandy S, Parsons S, Cryer C, Underwood M, Rashbrook E, Carter Y, Eldridge S, Close J, Skelton D, Taylor S, Feder G, on behalf of the falls prevention pilot steering group: Development and preliminary examination of the predictive validity of the Falls Risk Assessment Tool (FRAT) for use in primary care. <i>Journal of Public Health</i> 2004, 26(2):138-143
Outcome measure	Instrument	Scale range	Reference
Subjective habitual physical activity	Community Health Activities Model for Seniors scale (Champs)	Scale 0-maximum number of minutes of moderate to vigorous physical activity	Stewart AL, Mills KM, Sepsis PG, King AC, McLeillan B, Rotz K, Ritter PL: Evaluation of CHAMPS, a physical activity promotion program for older adults. <i>Annals of Behavioural Medicine</i> 1997, 19(4):353-61.