**SUPPLEMENTAL MATERIAL**

**Figure I- Peer befriender flow diagram detailing recruitment and contribution to the intervention**

**Diagram

Description automatically generated**

**Table I: Personal history characteristics for significant others at baseline, 4- and 10-month follow-up (to determine potential changes during the course of the study)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Personal history variables for significant others** | | **Baseline** | | | **4 months** | | | **10 months** | | |
| **Usual**  **N=24**  **N (%)** | **Peer**  **N=24**  **N (%)** | **Overall**  **N=48**  **N (%)** | **Usual**  **N=23**  **N (%)** | **Peer**  **N=24**  **N (%)** | **Overall**  **N=47**  **N (%)** | **Usual**  **N=22**  **N (%)** | **Peer**  **N=23**  **N (%)** | **Overall**  **N=45**  **N (%)** |
| **Is the significant other the participant’s main carer?** | *No* | 6 (25.0) | 5 (20.8) | 11 (22.9) | 6 (26.1) | 4 (16.7) | 10 (21.3) | 5 (22.7) | 4 (17.4) | 9 (20.0) |
|  | *Yes* | 18 (75.0) | 19 (79.2) | 37 (77.1) | 15 (65.2) | 18 (75.0) | 33 (70.2) | 15 (68.2) | 16 (69.6) | 31 (68.9) |
|  | *Missing* | 0 (0.0) | 0 (0.0) | 0 (0.0) | 2 (8.7) | 2 (8.3) | 4 (8.5) | 2 (9.1) | 3 (13.0) | 5 (11.1) |
| **Marital status** | *Single* | 8 (33.3) | 9 (37.5) | 17 (35.4) | 6 (26.1) | 8 (33.3) | 14 (29.8) | 6 (27.3) | 8 (34.8) | 14 (31.1) |
|  | *Married* | 12 (50.0) | 11 (45.8) | 23 (47.9) | 12 (52.2) | 11 (45.8) | 23 (48.9) | 11 (50.0) | 9 (39.1) | 20 (44.4) |
|  | *Has partner* | 1 (4.2) | 3 (12.5) | 4 (8.3) | 1 (4.3) | 2 (8.3) | 3 (6.4) | 1 (4.5) | 2 (8.7) | 3 (6.7) |
|  | *Widowed* | 2 (8.3) | 0 (0.0) | 2 (4.2) | 1 (4.3) | 0 (0.0) | 1 (2.1) | 1 (4.5) | 0 (0.0) | 1 (2.2) |
|  | *Divorced* | 1 (4.2) | 1 (4.2) | 2 (4.2) | 1 (4.3) | 1 (4.2) | 2 (4.3) | 1 (4.5) | 1 (4.3) | 2 (4.4) |
|  | *Missing* | 0 (0.0) | 0 (0.0) | 0 (0.0) | 2 (8.7) | 2 (8.3) | 4 (8.5) | 2 (9.1) | 3 (13.0) | 5 (11.1) |
| **Work situation** | *Full-time paid work* | 8 (33.3) | 9 (37.5) | 17 (35.4) | 4 (17.4) | 7 (29.2) | 11 (23.4) | 3 (13.6) | 6 (26.1) | 9 (20.0) |
|  | *Part-time paid work* | 4 (16.7) | 2 (8.3) | 6 (12.5) | 4 (17.4) | 2 (8.3) | 6 (12.8) | 4 (18.2) | 1 (4.3) | 5 (11.1) |
|  | *Volunteer work* | 0 (0.0) | 0 (0.0) | 0 (0.0) | 0 (0.0) | 1 (4.2) | 1 (2.1) | 0 (0.0) | 1 (4.3) | 1 (2.2) |
|  | *Retired prior to stroke* | 9 (37.5) | 11 (45.8) | 20 (41.7) | 9 (39.1) | 10 (41.7) | 19 (40.4) | 10 (45.5) | 10 (43.5) | 20 (44.4) |
|  | *Looking after home* | 2 (8.3) | 2 (8.3) | 4 (8.3) | 4 (17.4) | 2 (8.3) | 6 (12.8) | 3 (13.6) | 2 (8.7) | 5 (11.1) |
|  | *Unemployed* | 1 (4.2) | 0 (0.0) | 1 (2.1) | 0 (0.0) | 0 (0.0) | 0 (0.0) | 0 (0.0) | 0 (0.0) | 0 (0.0) |
|  | *Missing* | 0 (0.0) | 0 (0.0) | 0 (0.0) | 2 (8.7) | 2 (8.3) | 4 (8.5) | 2 (9.1) | 3 (13.0) | 5 (11.1) |
| **Work pattern changed** | *No* | 16 (66.7) | 18 (75.0) | 34 (70.8) | 17 (73.9) | 16 (66.7) | 33 (70.2) | 16 (72.7) | 18 (78.3) | 34 (75.6) |
|  | *Yes - stopped working* | 1 (4.2) | 2 (8.3) | 3 (6.3) | 1 (4.3) | 2 (8.3) | 3 (6.4) | 1 (4.5) | 1 (4.3) | 2 (4.4) |
|  | *Yes - reduced hours of work* | 7 (29.2) | 3 (12.5) | 10 (20.8) | 3 (13.0) | 2 (8.3) | 5 (10.6) | 3 (13.6) | 0 (0.0) | 3 (6.7) |
|  | *Yes - increased hours of work* | 0 (0.0) | 1 (4.2) | 1 (2.1) | 0 (0.0) | 2 (8.3) | 2 (4.3) | 0 (0.0) | 1 (4.3) | 1 (2.2) |
|  | *Missing* | 0 (0.0) | 0 (0.0) | 0 (0.0) | 2 (8.7) | 2 (8.3) | 4 (8.5) | 2 (9.1) | 3 (13.0) | 5 (11.1) |

**Table II: Personal history characteristics for peer-befrienders, before and after peer-befriending (to determine potential changes during the course of the study)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Personal history characteristics for peer-befrienders** |  | **Before befriending all N=12 N (%)** | **Before befriending in study N=10 N (%)** | **After befriending**  **N=10 N (%)** |
| **Marital status** | *Single* | 3 (25.0) | 3 (30.0) | 5 (50.0) |
|  | *Married* | 1 (8.3) | 1 (10.0) | 1 (10.0) |
|  | *Has partner* | 7 (58.3) | 5 (50.0) | 3 (30.0) |
|  | *Divorced* | 1 (8.3) | 1 (10.0) | 1 (10.0) |
| **Employment** | *Part-time paid work* | 0 (0.0) | 0 (0.0) | 1 (10.0) |
|  | *Volunteer work* | 5 (41.7) | 5 (50.0) | 5 (50.0) |
|  | *Retired prior to stroke* | 1 (8.3) | 1 (10.0) | 1 (10.0) |
|  | *Retired because of stroke* | 1 (8.3) | 1 (10.0) | 1 (10.0) |
|  | *Unemployed* | 5 (41.7) | 3 (30.0) | 2 (20.0) |
| **Work prior to stroke\*** | *Full-time paid work* | 9 (75.0) | 7 (70.0) | . |
|  | *Part-time paid work* | 2 (16.7) | 2 (20.0) | . |
|  | *Retired prior to stroke* | 1 (8.3) | 1 (10.0) | . |
| **Socioeconomic class\*** | *Higher managerial, administrative and professional* | 3 (25.0) | 3 (30.0) | . |
|  | *Intermediate occupations* | 5 (41.7) | 4 (40.0) | . |
|  | *Routine and manual occupations* | 4 (33.3) | 3 (30.0) | . |
| **Education\*** | *Did not finish school* | 3 (25.0) | 2 (20.0) | . |
|  | *Finished school* | 3 (25.0) | 2 (20.0) | . |
|  | *Further education qualification (not university)* | 4 (33.3) | 4 (40.0) | . |
|  | *University degree* | 2 (16.7) | 2 (20.0) | . |
| **Able to use public transport** | *Yes* | 12 (100.0) | 10 (100.0) | 10 (100.0) |
| **Able to drive** | *No* | 7 (58.3) | 6 (60.0) | 6 (60.0) |
|  | *Yes* | 5 (41.7) | 4 (40.0) | 4 (40.0) |
| **Able to keep going for 3-4 hours** | *No* | 1 (8.3) | 0 (0.0) | 0 (0.0) |
|  | *Yes* | 11 (91.7) | 10 (100.0) | 10 (100.0) |
| **If no, for how long can you?** | *2-3 hours* | 1 (100.0) | 0 (.) | 0 (.) |

\* Data not collected after befriending as variables relate to pre-stroke and cannot change.

**Table III: Estimated differences between Peer and Usual arms for the per-protocol population**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **4 months** | | **10 months** | |
| **Estimate** | **Confidence Interval** | **Estimate** | **Confidence Interval** |
| **General Health Questionnaire-12 (GHQ-12)** | -0.13 | [-1.65, 1.39] | -1.25 | [-2.74, 0.24] |
| **GHQ-12 categorical (odds ratio)** | 0.96 | [0.11, 8.09] | 0.05 | [0.002, 1.02] |
| **Depression Intensity Scale Circles** | 0.29 | [-0.34, 0.91] | -0.17 | [-0.79, 0.44] |
| **Friendship scale** | 0.51 | [-2.09, 3.11] | 0.05 | [-2.52, 2.62] |
| **Communication Participation Item Bank** | 2.77 | [-0.96, 6.49] | 3.33 | [-0.35, 7.00] |
| **Community Integration Questionnaire** | -1.80 | [-3.57, -0.04] | -1.86 | [-3.59, -0.13] |
| **Short Warwick Edinburgh Mental Well-Being Scale** | -0.03 | [-2.66, 2.60] | 0.23 | [-2.35, 2.82] |
| **Communication Confidence Rating Scale for Aphasia** | -0.22 | [-3.17, 2.72] | 0.18 | [-2.73, 3.10] |

*Estimates represent point differences on the scales between Peer and Usual arms after adjusting for baseline scores. A lower score shows a clinical improvement on the GHQ-12, Depression Intensity Scale Circles and Friendship scale. A higher score shows a clinical improvement on the Short Warwick Edinburgh Mental Well-Being Scale, Communication Participation Item Bank, Community Integration Questionnaire and Communication Confidence Rating Scale for Aphasia.*

**Table IV: Standardised effect sizes for the intention-to-treat population**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **4 months** | | **10 months** | |
| **Effect size** | **Confidence Interval** | **Effect size** | **Confidence Interval** |
| **General Health Questionnaire-12 (GHQ-12)** | -0.19 | [-0.57, 0.20] | -0.34 | [-0.73, 0.05] |
| **Depression Intensity Scale Circles** | 0.14 | [-0.30, 0.58] | -0.13 | [-0.57, 0.31] |
| **Friendship scale** | -0.21 | [-0.63, 0.21] | -0.11 | [-0.53, 0.31] |
| **Communication Participation Item Bank** | 0.19 | [-0.29, 0.66] | 0.30 | [-0.17, 0.78] |
| **Community Integration Questionnaire** | -0.30 | [-0.58, -0.03] | -0.27 | [-0.55, 0.01] |
| **Short Warwick Edinburgh Mental Well-Being Scale** | 0.18 | [-0.29, 0.64] | -0.12 | [-0.58, 0.35] |
| **Communication Confidence Rating Scale for Aphasia** | -0.03 | [-0.42, 0.36] | -0.03 | [-0.42, 0.36] |

*Legend: All presented effect sizes show arm Peer vs arm Usual. A lower score shows a clinical improvement on the GHQ-12, Depression Intensity Scale Circles and Friendship scale. A higher score shows a clinical improvement on the Short Warwick Edinburgh Mental Well-Being Scale, Communication Participation Item Bank, Community Integration Questionnaire and Communication Confidence Rating Scale for Aphasia.*

**Table V: Estimated differences between Peer and Usual for significant others.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **4 months** | | **10 months** | |
| **Estimate** | **Confidence Interval** | **Estimate** | **Confidence Interval** |
| **General Health Questionnaire-28** | -0.04 | [-2.73, 2.66] | 1.31 | [-1.49, 4.12] |
| **Warwick Edinburgh Mental Well-Being Scale** | 1.28 | [-1.08, 3.64] | 0.67 | [-1.76, 3.11] |
| **Bakas Caregiving Outcome Scale** | -0.97 | [-8.35, 6.41] | -2.53 | [-10.13, 5.06] |

*Estimates represent point differences on the scales between Peer and Usual arms after adjusting for baseline scores. A lower score for the General Health Questionnaire-28 indicates a clinical improvement whereas a higher score indicates clinical improvement for* *the Warwick Edinburgh Mental Well-Being Scale and the Bakas Caregiving Outcome Scale.*

**Table VI: Peer befriender outcomes**

|  |  |  |
| --- | --- | --- |
|  | **Mean difference** | **Confidence interval** |
| **Warwick Edinburgh Mental Well-Being Scale** | -2.3 | [-6.97, 2.37] |
| **Generalised Self-Efficacy** | 0.1 | [-3.59, 3.79] |
| **Community Integration Questionnaire** | 0 | [-1.97, 1.97] |

*Mean differences were calculated by comparing pre and post time (post minus pre) point scores for the peer befrienders whose data was collected before and after completion of peer-befriending.*