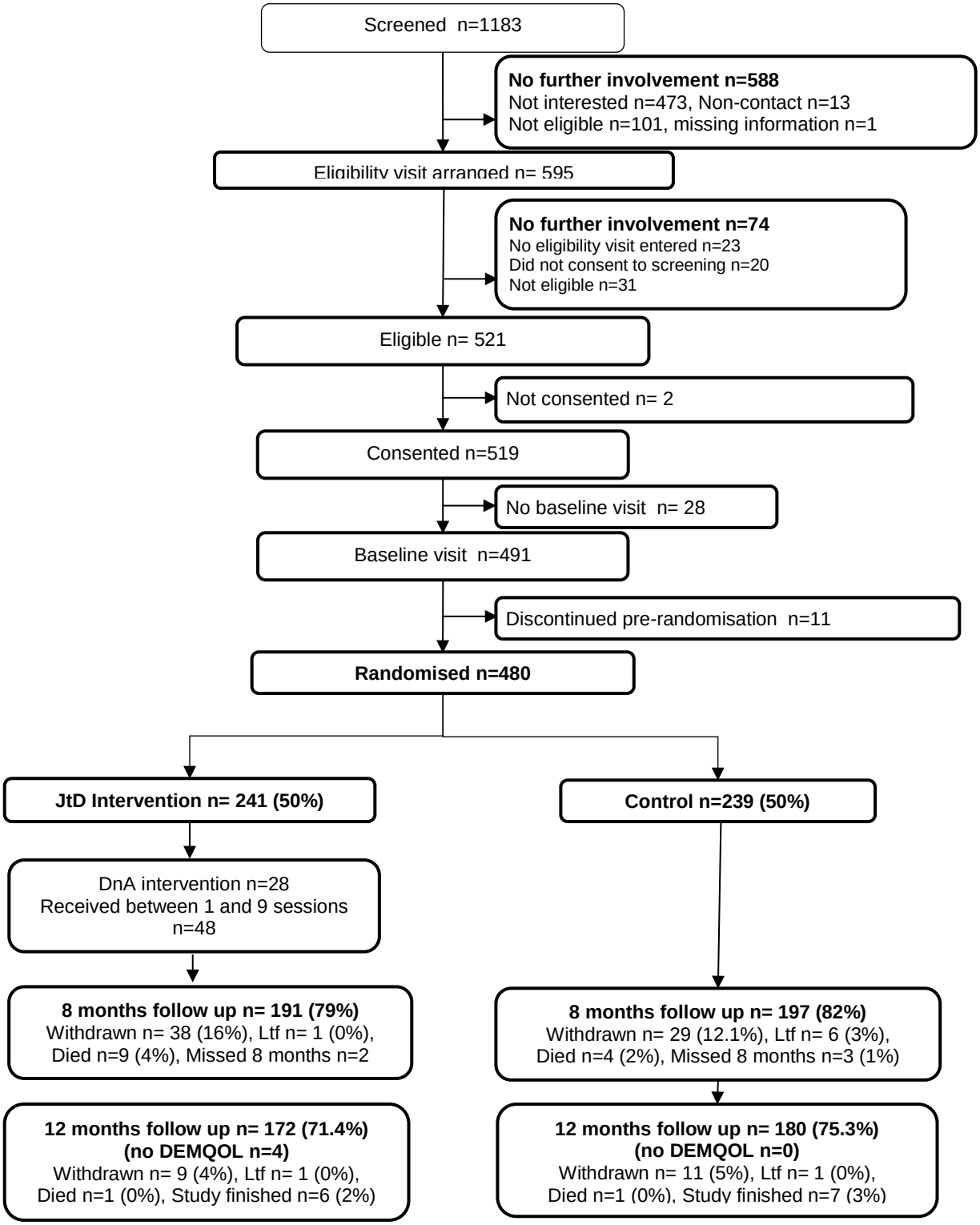


*Ltf, Lost to follow-up*

**Figure 1 Participant flow for the Journey through Dementia Trial (JtD) trial**

**Table 1: Baseline characteristics by randomised group for all randomised participants (n=480)**

| Characteristic | Intervention (n=241) | Control (n=239) | All (n=480) |
|---|---|---|---|
| Site | | | |
| S01 | 23 (10%) | 24 (10%) | 47 (10%) |
| S02 | 21 (9%) | 20 (8%) | 41 (9%) |
| S04 | 14 (6%) | 15 (6%) | 29 (6%) |
| S05 | 33 (14%) | 33 (14%) | 66 (14%) |
| S06 | 19 (8%) | 19 (8%) | 38 (8%) |
| S07 | 23 (10%) | 23 (10%) | 46 (10%) |
| S08 | 20 (8%) | 19 (8%) | 39 (8%) |
| S09 | 18 (7%) | 17 (7%) | 35 (7%) |
| S10 | 32 (13%) | 32 (13%) | 64 (13%) |
| S11 | 11 (5%) | 10 (4%) | 21 (4%) |
| S12 | 10 (4%) | 10 (4%) | 20 (4%) |
| S13 | 6 (2%) | 6 (3%) | 12 (3%) |
| S15 | 11 (5%) | 11 (5%) | 22 (5%) |
| Sex | | | |
| Male | 136 (56%) | 143 (60%) | 279 (58%) |
| Female | 105 (44%) | 96 (40%) | 201 (42%) |
| Ethnicity | | | |
| English / Welsh / Scottish / Northern Irish / British | 228 (95%) | 230 (96%) | 458 (95%) |
| Irish | 5 (2%) | 2 (1%) | 7 (1%) |
| Any other White background | 5 (2%) | 0 (0%) | 5 (1%) |
| Indian | 0 (0%) | 3 (1%) | 3 (1%) |
| Any other Asian background | 1 (0%) | 0 (0%) | 1 (0%) |
| Any other mixed / multiple ethnic background | 0 (0%) | 2 (1%) | 2 (0%) |
| Caribbean | 1 (0%) | 1 (0%) | 2 (0%) |
| Any other ethnic group | 0 (0%) | 1 (0%) | 1 (0%) |
| Prefer not to say | 1 (0%) | 0 (0%) | 1 (0%) |
| Lives with others* | | | |
| No | 62 (26%) | 63 (26%) | 125 (26%) |

| Characteristic | Intervention (n=241) | Control (n=239) | All (n=480) |
|---|---|---|---|
| Yes | 178 (74%) | 176 (74%) | 354 (74%) |
| Lives with | | | |
| Spouse/partner | 156 (65%) | 157 (66%) | 313 (65%) |
| Child/children | 15 (6%) | 6 (3%) | 21 (4%) |
| Both partner and children | 5 (2%) | 10 (4%) | 15 (3%) |
| Other | 2 (1%) | 3 (1%) | 5 (1%) |
| Accommodation type | | | |
| Sheltered or retirement housing | 27 (11%) | 16 (7%) | 43 (9%) |
| Own home | 207 (86%) | 218 (91%) | 425 (89%) |
| Friend / relative's home | 7 (3%) | 3 (1%) | 10 (2%) |
| Other | 0 (0%) | 2 (1%) | 2 (0%) |
| Age | | | |
| N (%) | 241 (100%) | 239 (100%) | 480 (100%) |
| Mean (SD) | 77 (7.0) | 77 (7.7) | 77 (7.3) |
| Median (IQR) | 78 (73, 82) | 78 (72, 82) | 78 (73, 82) |
| Min., Max. | 56, 93 | 39, 91 | 39, 93 |

Max., maximum; Min., minimum. Site ID codes represent JtD sites. *See Appendix 3* for information on the Trusts involved in the study.* One response was missing from a participant on the intervention arm.

**Table 2: Baseline medical history by randomised group for all randomised participants (n=480)**

| Characteristic | Intervention (n=241) | Control (n=239) | All (n=480) |
|---|---|---|---|
| Type of dementia diagnosed | | | |
| Alzheimer's | 142 (59%) | 148 (62%) | 290 (60%) |
| Vascular dementia | 31 (13%) | 19 (8%) | 50 (10%) |
| Mixed Alzheimer's / vascular dementia | 51 (21%) | 58 (24%) | 109 (23%) |
| Dementia in Parkinson disease | 3 (1%) | 3 (1%) | 6 (1%) |
| Frontotemporal dementia (FTD) | 5 (2%) | 2 (1%) | 7 (1%) |
| Lewy body dementia | 1 (0%) | 3 (1%) | 4 (1%) |
| Unspecified dementia | 7 (3%) | 5 (2%) | 12 (3%) |
| Other | 1 (0%) | 1 (0%) | 2 (0%) |
| Length of time since dementia diagnosis (yrs) | | | |
| N (%) | 241 (100%) | 238 (100%) | 479 (100%) |
| Mean (SD) | 1.3 (1.5) | 1.3 (1.7) | 1.3 (1.6) |
| Median (IQR) | 0.7 (0.3, 1.8) | 0.8 (0.3, 1.8) | 0.7 (0.3, 1.8) |
| Min., Max. | 0.0, 7.9 | 0.0, 13.0 | 0.0, 13.0 |
| Medical history | | | |
| Stroke | 33 (13.7%) | 37 (15.5%) | 70 (14.6%) |
| Diabetes | 40 (16.6%) | 41 (17.2%) | 81 (16.9%) |
| Heart or chest problems | 75 (31.1%) | 74 (31.0%) | 149 (31.0%) |
| Arthritis/Mobility problems | 102 (42.3%) | 105 (43.9%) | 207 (43.1%) |
| Falls/dizziness/blackouts | 61 (25.3%) | 58 (24.3%) | 119 (24.8%) |
| Anxiety/Depression | 43 (17.8%) | 49 (20.5%) | 92 (19.2%) |
| High blood pressure | 82 (34.0%) | 72 (30.1%) | 154 (32.1%) |
| Other | 91 (37.8%) | 117 (49.0%) | 208 (43.3%) |

Max., maximum; Min., minimum

**Table 3: Baseline measurements by randomised group for all randomised participants (n=480)**

| Participant outcome measure | | Intervention (n=241) | Control (n=239) | All (n=480) |
|---|---|---|---|---|
| MMSE (total score) | Mean (SD) | 24.5 (3.1) | 24.6 (3.2) | 24.6 (3.1) |

| Participant outcome measure | | Intervention (n=241) | Control (n=239) | All (n=480) |
|---|---|---|---|---|
| | N (%) | 241 (100%) | 239 (100%) | 480 (100%) |
| MMSE cognitive impairment | | | | |
| | Mild | 92 (38%) | 87 (36%) | 179 (37%) |
| | Normal | 149 (62%) | 152 (64%) | 301 (63%) |
| DEMQOL (total score) | Mean (SD) | 90.8 (13.0) | 90.3 (13.2) | 90.6 (13.1) |
| | N (%) | 241 (100%) | 239 (100%) | 480 (100%) |
| DEMQOL quality of life overall (Q29) | | | | |
| | Poor | 5 (2%) | 5 (2%) | 10 (2%) |
| | Fair | 43 (18%) | 45 (19%) | 88 (18%) |
| | Good | 123 (51%) | 109 (46%) | 232 (48%) |
| | Very good | 70 (29%) | 80 (33%) | 150 (31%) |
| PHQ-9 (total score) | Mean (SD) | 4.2 (4.4) | 4.0 (4.4) | 4.1 (4.4) |
| | N (%) | 241 (100%) | 239 (100%) | 480 (100%) |
| PHQ-9 Depression severity | | | | |
| | None (0 to 4) | 156 (65%) | 152 (64%) | 308 (64%) |
| | Mild (5 to 9) | 52 (22%) | 58 (24%) | 110 (23%) |
| | Moderate (10 to 14) | 25 (10%) | 23 (10%) | 48 (10%) |
| | Moderately severe (15 to 19) | 6 (2%) | 3 (1%) | 9 (2%) |
| | Severe (20 to 27) | 2 (1%) | 3 (1%) | 5 (1%) |
| GAD-7 (total score) | Mean (SD) | 2.8 (3.6) | 2.8 (3.5) | 2.8 (3.5) |
| | N (%) | 241 (100%) | 238 (100%) | 479 (100%) |
| GAD-7 anxiety severity | | | | |
| | Mean (SD) | 0.77 (0.21) | 0.78 (0.19) | 0.77 (0.20) |

| Participant outcome measure | | Intervention (n=241) | Control (n=239) | All (n=480) |
|---|---|---|---|---|
| EQ-5D-5l (crosswalk value index) | | | | |
| | N (%) | 241 (100%) | 239 (100%) | 480 (100%) |
| EQ-5D VAS | Mean (SD) | 75.6 (16.7) | 73.8 (17.8) | 74.7 (17.3) |
| | N (%) | 241 (100%) | 238 (100%) | 479 (100%) |
| GSE (total score) | Mean (SD) | 30.4 (5.5) | 30.9 (5.4) | 30.6 (5.5) |
| | N (%) | 239 (99%) | 238 (100%) | 477 (99%) |
| Diener's Flourishing scale | Mean (SD) | 45.3 (6.7) | 45.6 (7.2) | 45.5 (6.9) |
| | N (%) | 240 (100%) | 233 (97%) | 473 (99%) |
| SMA | Mean (SD) | 124.6 (20.7) | 125.6 (19.5) | 125.1 (20.1) |
| | N (%) | 235 (98%) | 236 (99%) | 471 (98%) |
| IADL (total score) | Mean (SD) | 5.7 (1.8) | 5.8 (1.9) | 5.7 (1.8) |
| | N (%) | 237 (98%) | 234 (98%) | 471 (98%) |

Max., maximum; Min., minimum

MMSE is measured on a scale from 0-30, higher scores indicate better cognitive function; we used the cut-off scores of 21-26 for mild dementia to identify the trial population

DEMQOL is measured on a scale from 28 to 112, higher scores represent higher health-related Quality of Life.

PHQ-9 is measured on a scale from 0 to 27, with higher scores indicating more severe depressive symptoms.

GAD-7 is measured on a scale from 0 to 21, higher scores represent increasing severity of anxiety.

EQ-5D-5L score is measured on a scale from –0.224 to 1.00 (full health).

EQ-5D VAS is measured on a scale from 0 (worst imaginable health state) to 100 (best imaginable health state).

GSE is measured on a scale from 10 to 40, higher scores indicate more self-efficacy.

Diener’s Flourishing scale is measured from 0 to 56, higher scores represent more psychological resources and strengths.

SMAS is measured on a scale from 30 to 175, higher score indicates greater self-management ability

IADL is measured on a scale from 0 to 8, higher scores represent lower level of dependence.

**Table 4: Comparison of mean 8-month patient reported quality of life outcomes by treatment group (n=388)**

| | Treatment group | | | |
|---|---|---|---|---|
| | Intervention | | Control | |
| Outcome | n | Mean (SD) | n | Mean (SD) |
| DEMQOL score | 191 | 93.3 (13.0) | 197 | 91.9 (14.6) |
| PHQ-9 (total score) | 186 | 3.4 (4.2) | 193 | 3.6 (4.8) |
| GAD-7 (total score) | 185 | 2.4 (3.5) | 192 | 2.4 (3.8) |
| EQ-5D-5L (crosswalk value index) | 190 | 0.78 (0.21) | 195 | 0.78 (0.22) |
| EQ-5D VAS | 188 | 74.6 (18.3) | 193 | 72.1 (18.0) |
| GSE (total score) | 178 | 30.1 (5.5) | 185 | 29.5 (5.8) |
| Diener's Flourishing scale | 169 | 46.0 (6.3) | 177 | 45.1 (7.1) |
| SMAS | 171 | 124.8 (20.2) | 176 | 123.7 (18.1) |
| IADL (total score) | 181 | 5.2 (1.8) | 190 | 5.2 (1.9) |

DEMQOL is measured on a scale from 28 to 112, higher scores represent higher health related Qol.
PHQ-9 is measured on a scale from 0 to 27, with higher scores indicating more severe depressive symptoms. GAD-7 is measured on a scale from 0 to 21, higher scores represent increasing severity of anxiety. EQ-5D-5L score is measured on a scale from –0.224 to 1.00 (full health). EQ-5D VAS is measured on a scale from 0 (worst imaginable health state) to 100 (best imaginable health state). GSE is measured on a scale from 10 to 40, higher scores indicate more self-efficacy. Diener's Flourishing scale is measured from 0 to 56, higher scores represent more psychological resources and strengths. SMAS is measured on a scale from 30 to 175, higher score indicates greater self-management ability. IADL is measured on a scale from 0 to 8, higher scores represent lower level of dependence.

**Table 5: Comparison of mean 12-month secondary participant quality of life outcomes by treatment group (n=356)**

| | Treatment group | | | |
|---|---|---|---|---|
| | Intervention | | Control | |
| Outcome | n | Mean (SD) | n | Mean (SD) |
| DEMQOL (total score) | 172 | 92.3 (14.3) | 180 | 91.7 (13.9) |
| EQ-5D-5L (crosswalk value index) | 170 | 0.79 (0.22) | 178 | 0.78 (0.22) |
| EQ-5D VAS | 173 | 70.8 (19.1) | 177 | 70.9 (19.1) |

DEMQOL is measured on a scale from 28 to 112, higher scores represent higher health-related quality of life. EQ-5D-5L score is measured on a scale from –0.224 to 1.00 (full health). EQ-5D VAS is measured on a scale from 0 (worst imaginable health state) to 100 (best imaginable health state). A positive mean difference implies the intervention group had the better health-related quality of life.

**Table 6: Serious adverse events by treatment group (n=480)**

| Serious Adverse Events | Intervention (n=241) | Control (n=239) | All (n=480) |
|---|---|---|---|
| Number of participants who experienced≥1 SAE | 40 | 35 | 75 |
| Number of all SAEs (including repeated events) | 61 | 39 | 100 |
| Occurred | | | |
| Before randomisation | 3 (5%) | 1 (3%) | 4 (4%) |
| After randomisation | 58 (95%) | 38 (97%) | 96 (96%) |
| Seriousness | | | |
| Death | 10 (16%) | 5 (13%) | 15 (15%) |
| Life threatening | 3 (5%) | 2 (5%) | 5 (5%) |
| Inpatient hospitalisation | 45 (74%) | 31 (79%) | 76 (76%) |
| Prolongs hospitalisation | 1 (2%) | 0 (0%) | 1 (1%) |
| Persistent or significant disability/incapacity | 2 (3%) | 1 (3%) | 3 (3%) |
| Intensity* | | | |
| Mild | 6 (10%) | 5 (13%) | 11 (11%) |
| Moderate | 35 (57%) | 25 (64%) | 60 (60%) |
| Severe | 17 (28%) | 9 (23%) | 26 (26%) |
| Relationship to intervention | | | |
| Unlikely | 13 (21%) | 5 (13%) | 18 (18%) |
| Unrelated | 48 (79%) | 34 (87%) | 82 (82%) |

Two SAEs were recorded on participants who withdrew before randomisation and are not included in the table. * Information on the intensity of three SAEs was not available due to: 1) inability to access patient medical records after withdrawal, 2) PI not being able to assess intensity based on available data, 3) data being missing.