

Supplementary material: A (questionnaire in english)

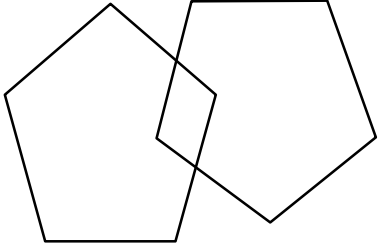
Section 1. Demographic characteristics			
No	Questions	Options/Response	Remarks
1.	How old are you? (in years)		
2.	What is your gender?	a) Male b) Female	
3.	What is your marital status?	a) Married b) Unmarried c) Separated/Divorced d) Widow/Widower	
4.	What is your residence?	a) Urban b) Rural	
5.	What city/district are you from?		
6.	What is the highest level of education you have completed?	a) None or primary education b) Up to class 8 c) Class 9-12 d) Graduation/post-graduation	
7.	Which category indicates your net monthly household income?	a) <20,000 BDT b) 20000-40000 BDT c) 40000-60000 BDT d) >60000 BDT	
8.	Overall, how healthy would you say your lifestyle is?	a) Healthy b) Not healthy/not unhealthy c) Unhealthy	
9.	What chronic disorders do you have?		
10.	Smoking History	a) Never smoker b) Current smoker c) Former smoker	
11.	How would you describe your sleep time?	a) Normal b) Short period c) Long period	
12.	Are you involved in any social activities?	a) Social evenings organized for officers b) Field trips/road trips with spouse or children c) Sports club/Gym d) Community gardening e) Any voluntary activities f) None of the above	
13.	How often do you visit your relatives or friend's house?	a) Almost daily b) 2-4 times a week c) About once a week d) About once a month e) Once every few months f) Never or almost never	

Section 2. Frailty assessment		
Criterion	Frailty Status	Answers
Shrinking (weight loss)	1. Self-reported: “Compared with last year, has your weight changed?” (Responses: Lost weight=1, Other=0) 2. Then, measure the current weight and height. (BMI <18.5 kg/m ²)	1. 2.
Weakness	Grip strength: Dominant hand, Hand grip dynamometer (2/3 times) Sum all scores then divided that.	
Physical Endurance/energy	Self-reported: “Over the past two weeks, how often have you felt tired or had little energy?” (Option a&b will count as frailty cut point) a) Everyday b) Every week c) Once d) Not at all	
Slow walking speed	Self-reported: “How would you describe your usual walking pace?” (Response: Slow=1, Other=0)	1. 2.
Low physical activity	Self-reported (Option a&b will count as frailty cut point) a) Hardly ever/never b) 1-3 times per month c) 1-2 times per week d) ≥3 times per week	
Status: Frail: ≥3 criteria present; Pre-Frail: 1 or 2 criteria present; Robust: 0 criteria present.		

Section 3: Mini-mental State Examination (MMSE)

Instruction: Scoring 0=wrong; 1= correct

Questions	Participants answer	Participant’s score		Participants total score	Remarks
		Correct (1)	Wrong (0)		
Orientation of Time					
1. What is the month?	1.				
2. What time of day is it now?	2.				
3. Can you tell me what weekday it is today?	3.				
4. What date is today?	4.				
5. What is the season?	5.				
Orientation of Place					
1. What is the name of this area/village?	1.				
2. What is the name of this city?	2.				
3. What is the name of this district?	3.				
4. What is the name of this country?	4.				
5. Where are we now?	5.				
Registration					
I am going to name 3 objects. After I have said them, I want you to repeat them back to me. Remember what they are because I will ask you to name them again in a few minutes: Mango, Flower, Fish	1. 2. 3.				
Attention and Calculation					
A man has 20 taka for rickshaw fare. Every day, he spends 3 taka for rickshaw fare. After spending the first day’s rickshaw fare, he will be left with 17 taka. How much money will be left after the next day’s rickshaw fare, and the next day’s fare . . .’ and so on, five times.	1. 2. 3. 4. 5.				
(For Literate Participant ask this question) I am going to tell you a word, you will tell me that from backwards, the word is, “HA JA BA RA LA”	1. 2. 3. 4. 5.				
Recall					

What are the 3 objects I asked you to remember a few moments ago?	1. 2. 3.				
Naming					
Show the participant two simple objects and ask to name them.					
1. What is it called? (Clock)	1.				
2. What is it called? (Pencil)	2.				
Repetition					
Repeat the phrase: “Neither this nor that.”	If he/she can tell it correctly, it will count as (Score 1)				
Visual command					
“Place your index finger of right hand on your nose and then on your left ear.”	If he/she can follow each step it will count as a correct answer. (Score 1)				
Three step tasks					
The participant is asked to follow the interviewer’s instruction: “Take the paper in your right hand. Fold the paper in half. Put the paper on the floor’.” (The interviewer will give the participant a piece of blank paper.)	1. Took in the right hand				
	2. Fold the paper half				
	3. Put it on the floor				
Sentence					
The participant is asked the question: “If you did not know my name, how would you find out my name?”	If the response is meaningful (e.g., I would ask you), it would be scored correct. (Score 1)				
(For Literate Participant ask this question) Ask the participant to write a complete sentence in Bangla. (The investigator will give the participant a blank piece of paper).	For writing a meaningful complete sentence (Score 1)				
Copying a figure					
“Please copy this picture.” (The investigator gives the participant a blank piece of paper and asks him/her to draw the symbol below. All 10 angles must be present and two must intersect.) 	For the correct picture (Score 1)				
Total Score Count:					

Investigator’s Name & Date:.....