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| **Supplementary Table S1: List of validated questionnaires applied in the study** |
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| **Questionnaires** | **Definition** | **Reference** | **Utilization** |
| CASP-12  | Control, Autonomy, Self-realization and Pleasure-12: Measures **quality of life** – individuals with lower scores depict lower quality of life  | T.-Y. Wu et al., 2013 | Health outcome  |
| CES-D  | Center for Epidemiologic Studies Depression Scale: (only 2 questions related to exhaustion utilized) Measures **exhaustion –** ascertained when participants reported having at least 3 days of symptoms in a week following the questions: “How often in the last week did you feel that (a) everything I did was an effort (b) I could not get going  | Kop, Appels, De Leon, & Bar, 1996; W. Zhang, Nilles, Johnson, & Margolick, 2015 | Frailty assessment  |
| DASS-21  | Depression Anxiety Stress Scales-21: Measures **depression, anxiety and stress** – each condition consisted of 7 related components. Each component scored from 0-3 with higher scores indicating greater severity. For depression: scores 0-4 are normal, 5-6 mild, 7-10 moderate, >11 severe; for anxiety: scores 0-3 are normal, 4-5 mild, 6-7 moderate and >8 severe while for stress: scores 0-7 are normal, 8-9 mild, 10-12 moderate and >13 severe  | Kaur, Tee, Ariaratnam, Krishnapillai, & China, 2013 | Risk factors  |
| IADL  | Lawton & Brody’s Instrumental Activities of Daily Living: Measures **functional ability** – individuals requiring assistance to perform at least one of seven activities including using telephone, shopping, preparing food, doing housework, travelling, taking medicine and managing money were considered to have functional disability  | Ng, Niti, Chiam, & Kua, 2006 | Health outcome |
| IPAQ (short version)  | International Physical Activity Questionnaire: Measures **physical activity –** total calculated scores lower than 600 MET-minutes per week indicated **low physical activity**. Scores were calculated based on the formula below: WalkingMET-minutes/week = 3.3 x walking minutes x walking days Moderate Met-minutes/week = 4.0 x moderate-intensity activity minutes x moderate days Vigorous MET-minute/week = 8.0 x vigorous-intensity activity minutes x vigorous intensity days  | IPAQ Research Committee, 2005 | Frailty assessment  |
| LSNS-6  | Lubben Social Network Scale-6: Measures **social support** – individuals having total scores below 12 out of 30 was considered experiencing social isolation  | Loke, Lim, Someya, Hamid, & Nudin, 2016 | Risk factors  |
| MNA  | Mini Nutrition Assessment: Measures **nutritional status** – categorized as normal (scores 12 – 14), at risk of malnutrition (scores 8 – 11) and malnourished (scores 0 – 7).  | Anand & Puri, 2014; Shahar & Hussain, 2007 | Risk factors  |