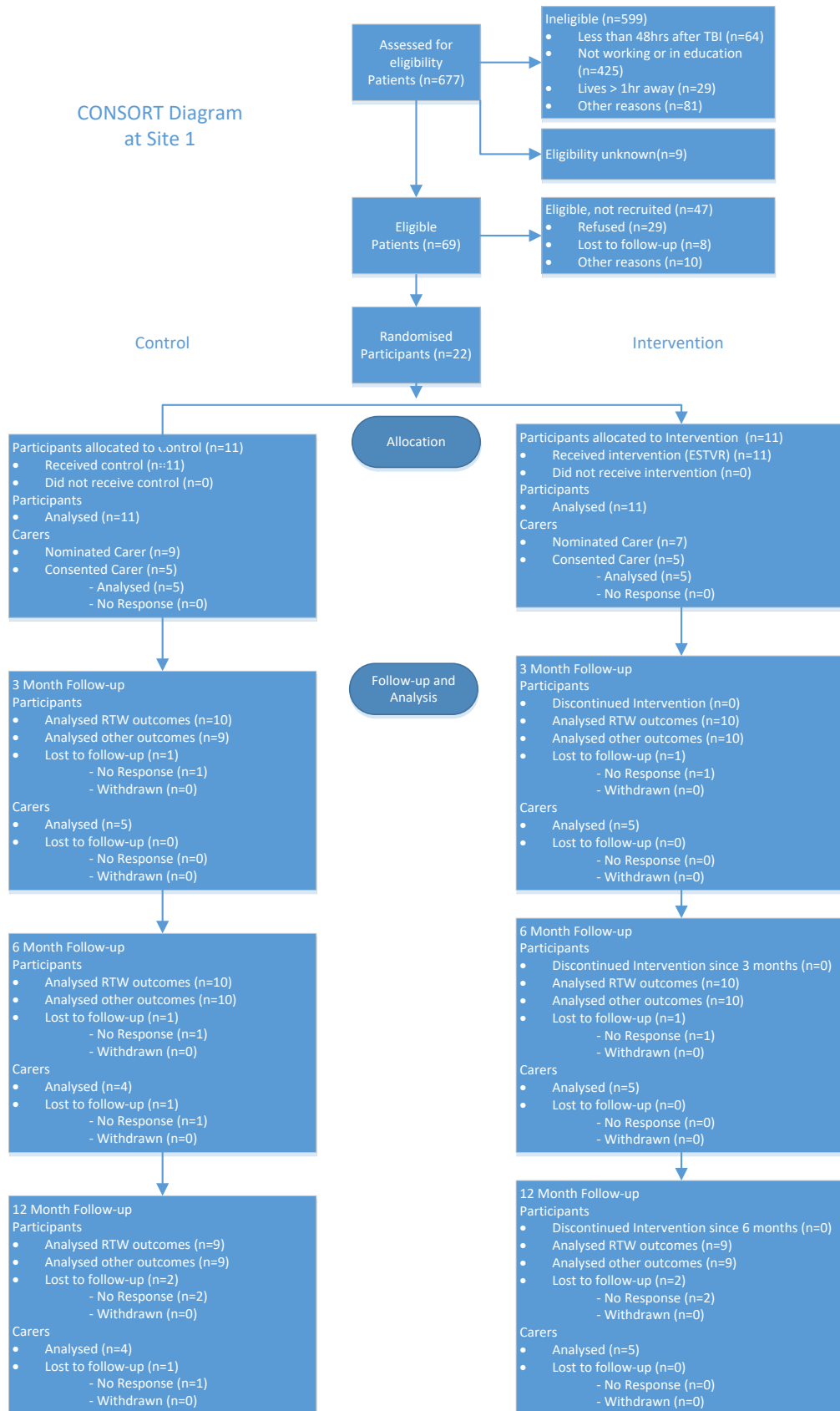


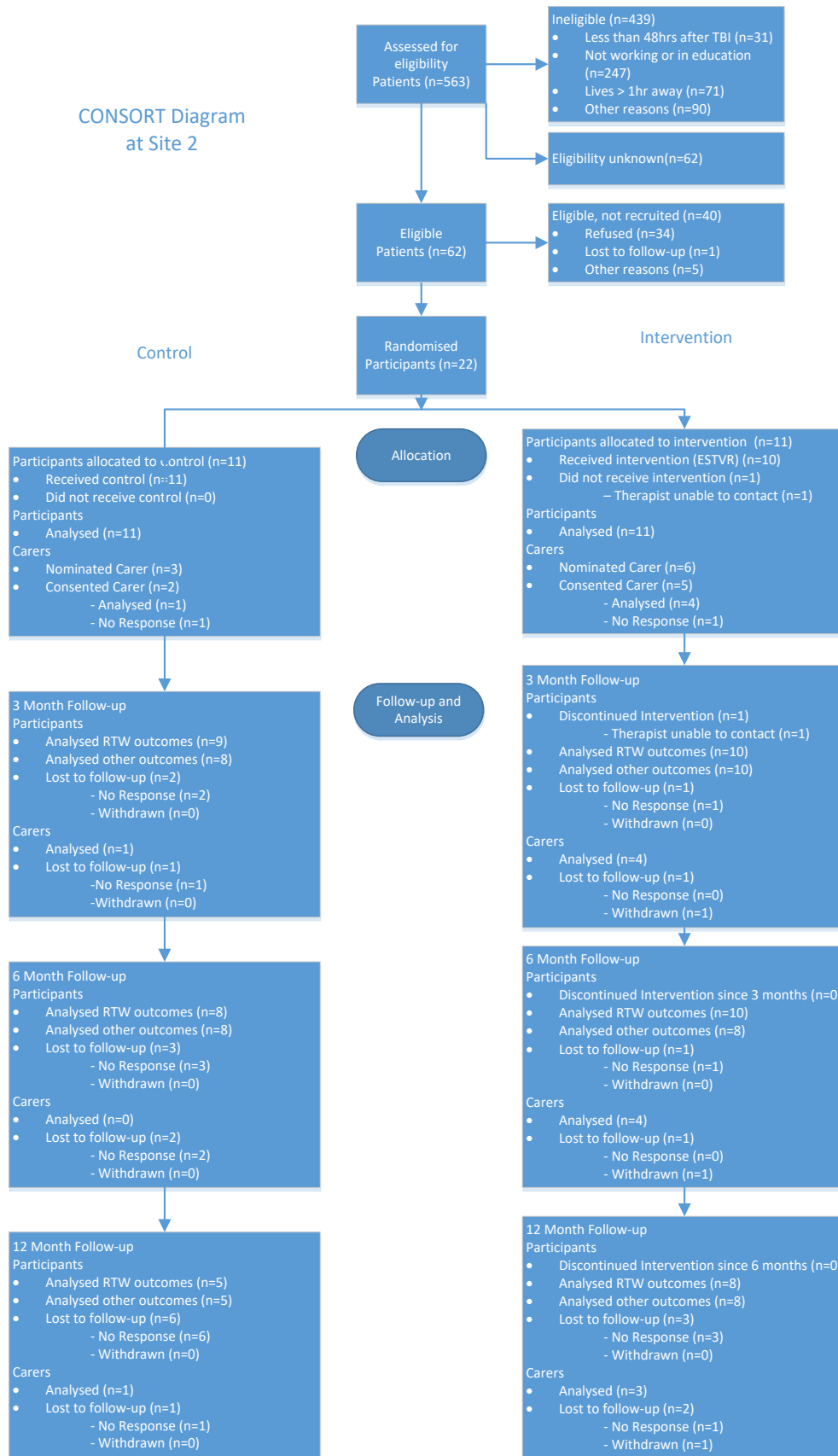
# Feasibility Trial Supplementary Tables and Figures

## Notes

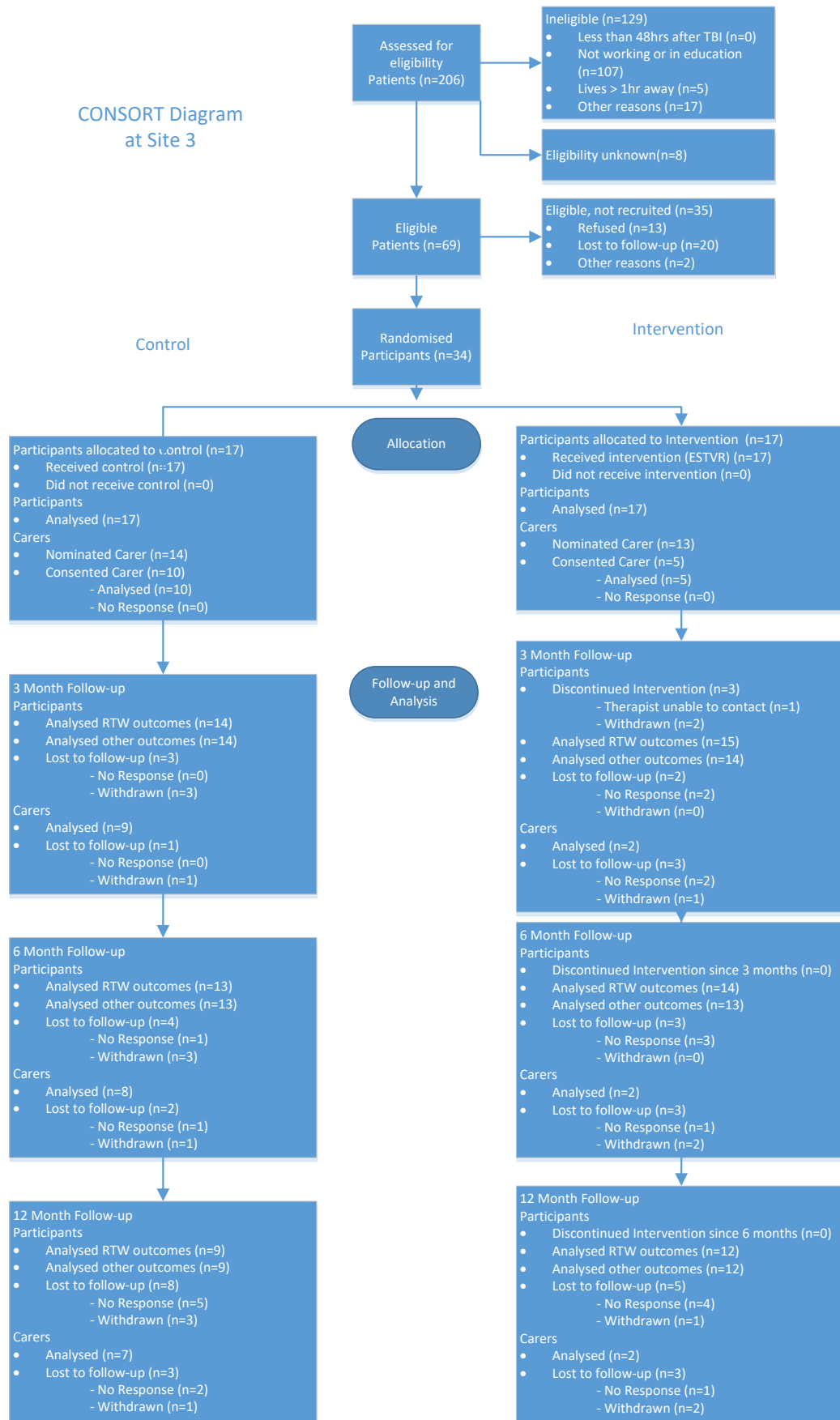
1. For the completeness tables for time points, other than baseline, the data are displayed in two separate tables. The first uses the number of questionnaires returned at that time-point as the denominator and the second used the total number of participants randomised as the denominator.
2. When completion rates are low, a breakdown of responses to individual questions is provided in an additional table. When completion rates are high this table is not produced.
3. Footnotes have been added to tables to indicate if a question or questions had a lower number of potential respondents, for example if it/they were not applicable to a proportion of the respondents.
4. Where necessary, additional text has been added to explain the findings.



**Figure 1: CONSORT diagram showing the flow of patients through screening and consent for TBI participants and carers through the trial at Site 1**



**Figure 1: CONSORT diagram showing the flow of patients through screening and consent for TBI participants and carers through the trial at Site 2**



**Figure 2: CONSORT diagram showing the flow of patients through screening and consent for TBI participants and carers through the trial at Site 3**

**Table 1: Potential participants, screened and recruited, by site and overall\***

	<b>Site 1</b>	<b>Site 2</b>	<b>Site 3</b>	<b>Overall</b>
Screened; n	677	563	206	1446
Ineligible; of screened	599 (88.5%, 85.8%-90.8%)	439 (78.0%, 74.3%-81.3%)	129 (62.6%, 55.6%-69.2%)	1167 (80.7%, 78.6%-82.7%)
Eligibility unknown; of screened	9 (1.3%, 0.6%-2.5%)	62 (11.0%, 8.5%-13.9%)	8 (3.9%, 1.7%-7.5%)	79 (5.5%, 4.3%-6.8%)
Eligible; n (% , 95%CI) of screened	69 (10.2%, 8.0%-12.7%)	62 (11.0%, 8.5%-13.9%)	69 (33.5%, 27.1%-40.4%)	200 (13.8%, 12.1%-15.7%)
Recruited; n (% , 95%CI) of eligible	22 (31.9%, 21.2%-44.2%)	22 (35.5%, 23.7%-48.7%)	34 (49.3%, 37.0%-61.6%)	78 (39%, 32.2%-46.1%)

\* Frequencies and percentages will also be included in the CONSORT diagram (Figure 1); frequencies for different reasons for ineligibility and frequencies for different reasons for non-recruitment will also be included in the CONSORT diagram (Figure 1).

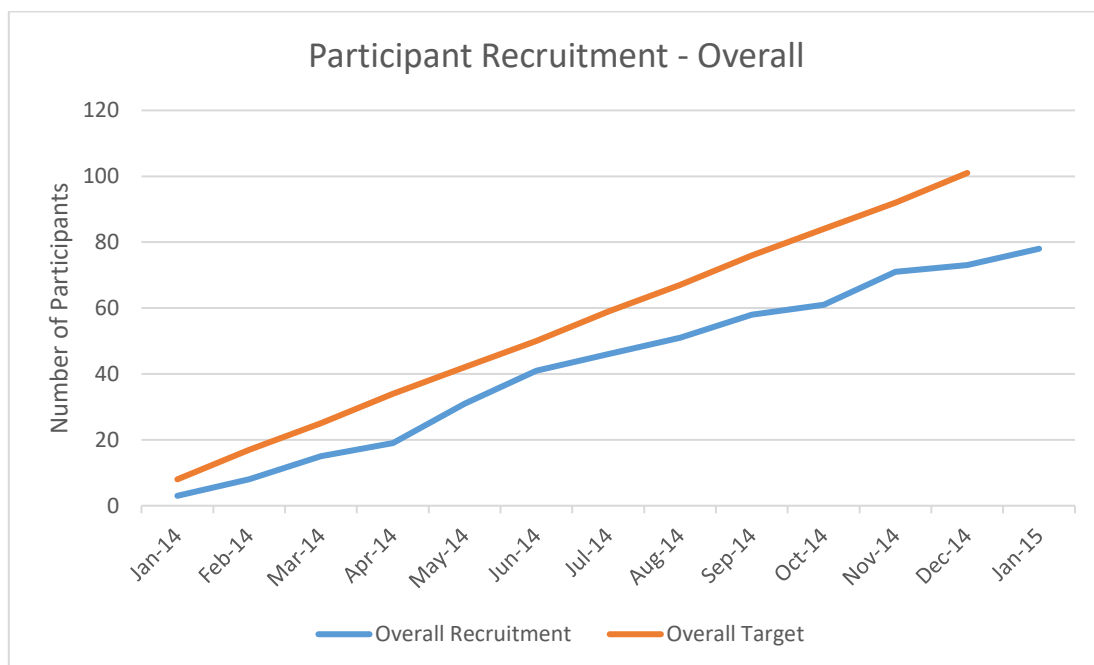
**Table 2: Carer recruitment, by site and overall**

	<b>Site 1</b>	<b>Site 2</b>	<b>Site 3</b>	<b>Overall</b>
TBI Participants; n	22	22	34	78
Carers nominated; n (% , 95%CI) of TBI participants	16 (72.7%, 49.8%-89.3%)	9 (40.9%, 20.7%-63.6%)	27 (79.4%, 62.1%-91.3%)	52 (66.7%, 55.1%-76.9%)
Carers recruited; n (% , 95%CI) of carers nominated	10 (62.5%, 35.4%-84.8%)	7 (77.8%, 40.0%-97.2%)	15 (55.6%, 35.3%-74.5%)	32 (61.5%, 47.0%-74.7%)

**Table 3: Recruitment of TBI participants, by site and overall; data are cumulative number recruited**

Month and Year	Site 1	Site 2	Site 3	Overall	Target (Overall)*
January 2014	1	2	0	3	8
February 2014	2	6	0	8	17
March 2014	2	9	4	15	25
April 2014	4	9	6	19	34
May 2014	7	14	10	31	42
June 2014	10	17	14	41	50
July 2014	11	18	17	46	59
August 2014	11	19	21	51	67
September 2014	13	20	25	58	76
October 2014	14	20	27	61	84
November 2014	19	22	30	71	92
December 2014	20	22	31	73	101
January 2015	22	22	34	78	102

\*target recruitment of 2.8 TBI participants per site per month



**Figure 3: Participant recruitment overall, against time**

**Table 4: Reasons for refusal in 51 potential participants who volunteered a reason**

<b>Reason for refusal</b>	<b>Frequency</b>
Feels it is too much for them	16
Feels it would be of no benefit	9
Does not feel help needed	9
Already back at work	8
Not interested	7
Not feasible	2
Total	51

**Table 5: Time between injury onset and recruitment in 78 randomised participants and between injury, recruitment and intervention commencing in ESTVR participants**

<b>Time period</b>	<b>Intervention</b> (n=38)	<b>Overall</b> (n=78)
Injury Date to Baseline Questionnaire Completion (Days), Median (IQR)	22 (10-39)	22 (8-36.3)
Injury date to first intervention (Days) Median (IQR)	29.5 (24.8) 7- 97	

**IQR**, interquartile range

**Table 6: Completion of TBI participant questionnaires, by intervention arm and overall. Figures are numbers (percentages) of participants.**

<b>Follow-up time-point</b>	<b>Control</b>	<b>Intervention</b>	<b>Overall</b>
Baseline	39 (100%, 95%CI 91.0%-100%)	39 (100%, 95%CI 91.0%-100%)	78 (100%, 95%CI 95.3%-100%)
3 Months	31 (79.5%, 95%CI 63.5%-90.7%)	34 (87.2%, 95%CI 72.6%-95.7%)	65 (83.3%, 95%CI 73.2%-90.8%)
6 Months	31 (79.5%, 95%CI 63.5%-90.7%)	31 (79.5%, 95%CI 63.5%-90.7%)	62 (79.5%, 95%CI 68.8%-87.8%)
12 Months	23 (59.0%, 95%CI 42.1%-74.4%)	29 (74.4%, 95%CI 57.9%-87.0%)	52 (66.7%, 95%CI 55.1%-76.9%)

**Table 7: Completion of TBI participant questionnaires; by site, planned mode of completion and overall. Figures are numbers (percentages) of participants.**

<b>Follow-up time-point</b>	<b>Site 1</b> (n <sub>1</sub> =22)	<b>Site 2</b> (n <sub>2</sub> =22)	<b>Postal</b> <b>(Site 1 + Site 2)</b> (n <sub>1</sub> + n <sub>2</sub> =44)	<b>Site 3 / Face-to-face</b> (n <sub>3</sub> =34)	<b>Overall</b> (n=78)
Baseline	22 (100%, 95%CI 84.6%-100%)	22 (100%, 95%CI 84.6%-100%)		34 (100%, 95%CI 89.7%-100%)	78 (100%, 95%CI 95.3%-100%)
3 Months	19 (86.4%, 95%CI 65.1%-97.1%)	18 (81.8%, 95%CI 59.7%-94.8%)	37 (84.1%, 95%CI 69.9%-93.4%)	28 (82.4%, 95%CI 65.5%-93.2%)	65 (83.3%, 95%CI 73.2%-90.8%)
6 Months	20 (90.9%, 95%CI 70.8%-98.9%)	16 (72.7%, 95%CI 49.8%-89.3%)	36 (81.8%, 95%CI 67.3%-91.8%)	26 (76.5%, 95%CI 58.8%-89.3%)	62 (79.5%, 95%CI 68.8%-87.8%)
12 Months	18 (81.8%, 95%CI 59.7%-94.8%)	13 (59.1%, 95%CI 36.4%-79.3%)	31 (70.5%, 95%CI 54.8%-83.2%)	21 (61.8%, 95%CI 43.6%-77.8%)	52 (66.7%, 95%CI 55.1%-76.9%)

**Table 8: Mode of collection of return to work and other outcomes; by site and overall**

<b>Follow-up time-point</b>	<b>Actual mode of data collection</b>	<b>Planned mode of data collection</b>	
		<b>Postal self-report</b> <b>(Site 1 and Site 2 sites)</b> (n <sub>1</sub> +n <sub>2</sub> =44)	<b>Face-to-face interview (Site 3 site)</b> (n <sub>3</sub> =34)
3 months	Postal self-report	37 (84%)	2 (6%)
	Face-to-face interview	0 (0%)	27 (79%)*
	Telephone interview	0 (0%)	0 (0%)
	<b>Overall</b>	<b>39 (89%, 95%CI 75%-96%)</b>	<b>29 (85%, 95%CI 69%-95%)</b>
6 months	Postal self-report	35 (%)	1 (3%)
	Face-to-face interview	0 (0%)	25 (74%)*
	Telephone interview	2 (%)*	1 (3%)
	<b>Overall</b>	<b>38 (86%, 95%CI 73%-95%)</b>	<b>27 (79%, 95%CI 62%-91%)</b>
12 months	Postal self-report	31 (70%)	1 (3%)
	Face-to-face interview	0 (0%)	16 (47%)
	Telephone interview	0 (0%)	4 (12%)
	<b>Overall</b>	<b>31 (70%, 95%CI 55%-83%)</b>	<b>21 (62%, 95%CI 55%-77%)</b>

\*include cases where only key primary data was obtained by telephone or by extraction from subsequent questionnaires



**Table 9: Number of attempted contacts to collect outcome data at 3 months, 6 months and 12 months, by planned mode of completion and overall. Figures are median (IQR) [Range] unless otherwise stated**

3 months	Postal (Site 1 + Site 2) (n <sub>1</sub> +n <sub>2</sub> =44)	Site 3 / Face-to-face (n <sub>3</sub> =34)	Overall (n=78)
Number (%) of participants to be contacted following non-response to initial request for questionnaire completion	33 (75%)	34 (100%)	67 (86%)
Unsuccessful phone calls (of those to be contacted only)	2 (1-3) [0 to 9]	1 (0-2) [0 to 24]	1 (0-3) [0 to 24]
Phone calls successful to participant (of those to be contacted only)	1 (0-2) [0 to 3]	1 (1-1) [0 to 7]	1 (1-2) [0 to 7]
Phone call successful to other (of those to be contacted only)	0 (0-0) [0 to 3]	0 (0-1) [0 to 3]	0 (0-1) [0 to 3]
Phone call unobtainable (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 8]	0 (0-0) [0 to 8]
Email (of those to be contacted only)	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]
Questionnaire resent by post (of those to be contacted only)	0 (0-1) [0 to 2]	0 (0-0) [0 to 1]	0 (0-1) [0 to 2]
Reminder text sent (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]
Other (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]
Total contact attempts	4 (3-6) [1 to 10]	3 (1-8) [1 to 33]	4 (1-7) [1 to 33]

6 months	Postal (Site 1 + Site 2) (n <sub>1</sub> +n <sub>2</sub> =44)	Site 3 / Face-to-face (n <sub>3</sub> =31)	Overall (n=75)
Number (%) of participants to be contacted following non-response to initial request for questionnaire completion	33 (75%)	31 (100%)	64 (85%)
Unsuccessful phone calls (of those to be contacted only)	3 (1-4) [0 to 10]	2 (0-5) [0 to 18]	2.5 (1-4) [0 to 18]
Phone calls successful to participant (of those to be contacted only)	1 (0-1) [0 to 5]	1 (1-1) [0 to 21]	1 (0-1) [0 to 21]
Phone call successful to other (of those to be contacted only)	0 (0-0) [0 to 3]	0 (0-0) [0 to 12]	0 (0-0) [0 to 12]
Phone call unobtainable (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]
Email (of those to be contacted only)	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]
Questionnaire resent by post (of those to be contacted only)	0 (0-0) [0 to 3]	0 (0-0) [0 to 2]	0 (0-0) [0 to 3]
Reminder text sent (of those to be contacted only)	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]
Other (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]
Total contact attempts	5 (2-6) [1 to 16]	5 (2,10) [1 to 22]	5 (2-7) [1 to 22]

12 months	Postal (Site 1 + Site 2) (n <sub>1</sub> +n <sub>2</sub> =44)	Site 3 / Face-to-face (n <sub>3</sub> =31)	Overall (n=75)
Number (%) of participants to be contacted following non-response to initial request for questionnaire completion	34 (77%)	27 (87%)	61 (81%)
Unsuccessful phone calls (of those to be contacted only)	2 (1-3) [0 to 5]	3 (1-8) [0 to 15]	3 (1-4) [0 to 15]
Phone calls successful to participant (of those to be contacted only)	0 (0-1) [0 to 2]	1 (1-1) [0 to 8]	1 (0-1) [0 to 8]
Phone call successful to other (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]
Phone call unobtainable (of those to be contacted only)	0 (0-0) [0 to 2]	0 (0-0) [0 to 8]	0 (0-0) [0 to 8]
Email (of those to be contacted only)	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]
Questionnaire resent by post (of those to be contacted only)	2 (1-2) [0 to 3]	0 (0-0) [0 to 1]	1 (0-2) [0 to 3]
Reminder text sent (of those to be contacted only)	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]
Other (of those to be contacted only)	0 (0-0) [0 to 2]	0 (0-0) [0 to 0]	0 (0-0) [0 to 2]
Total contact attempts	5 (2-6) [1 to 8]	5 (2-10) [1 to 16]	5 (2-7) [1 to 16]

**Table 10: Number of attempted contacts to collect outcome data at 3 months, 6 months and 12 months, by completion/non-completion of questionnaire. Figures are median (IQR) [Range] unless otherwise stated**

	3 months		6 months		12 months	
	Completed (n <sub>c</sub> =65)	Not Completed (n <sub>n</sub> =13)	Completed (n <sub>c</sub> =62)	Not Completed (n <sub>n</sub> =13)	Completed (n <sub>c</sub> =52)	Not Completed (n <sub>n</sub> =23)
Number (%) of participants to be contacted following non-response to initial request for questionnaire completion	54 (83%)	13 (100%)	51 (82%)	13 (100%)	42 (81%)	19 (83%)
Unsuccessful phone calls (of those to be contacted only)	1 (0-3) [0 to 16]	2 (1-9) [0 to 24]	2 (0-4) [0 to 18]	5 (4-8) [0 to 17]	2 (1-3) [0 to 12]	4 (3-5) [0 to 15]
Phone calls successful to participant (of those to be contacted only)	1 (1-1) [0 to 4]	1 (0-3) [0 to 7]	1 (0-1) [0 to 5]	1 (0-1) [0 to 21]	1 (0-1) [0 to 2]	0 (0-0) [0 to 8]
Phone call successful to other (of those to be contacted only)	0 (0-0) [0 to 3]	0 (0-1) [0 to 3]	0 (0-0) [0 to 5]	0 (0-1) [0 to 12]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]
Phone call unobtainable (of those to be contacted only)	0 (0-0) [0 to 8]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 8]
Email (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]
Questionnaire resent by post (of those to be contacted only)	0 (0-0) [0 to 2]	0 (0-1) [0 to 2]	0 (0-0) [0 to 3]	0 (0-0) [0 to 2]	0 (0-1) [0 to 3]	1 (0-2) [0 to 2]
Reminder text sent (of those to be contacted)	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]

only)						
Other (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 2]	0 (0-0) [0 to 1]
Total contact attempts	3 (1-5) [1 to 18]	7 (5-10) [1 to 33]	3 (2-6) [1 to 21]	8 (5-13) [4 to 22]	4 (2-6) [1 to 14]	6 (5-8) [1 to 16]

**Table 11: Number of attempted contacts to collect outcome data at 3 months, 6 months and 12 months, by collection/non-collection of return to work (RTW) status. Figures are median (IQR) [Range] unless otherwise stated.**

	3 months		6 months		12 months	
	Collection of RTW status (n <sub>c</sub> =68)	Non- collection of RTW status (n <sub>n</sub> =10)	Collection of RTW status (n <sub>c</sub> =65)	Non- collection of RTW status (n <sub>n</sub> =10)	Collection of RTW status (n <sub>c</sub> =52)	Non-collection of RTW status (n <sub>n</sub> =23)
Number (%) of participants to be contacted following non-response to initial request for questionnaire completion	57 (84%)	10 (100%)	54 (83%)	10 (100%)	42 (81%)	19 (83%)
Unsuccessful phone calls (of those to be contacted only)	1 (0-3) [0 to 16]	2 (1-9) [0 to 24]	2 (0-4) [0 to 18]	6 (4-9) [2 to 17]	2 (1-3) [0 to 12]	4 (3-5) [0 to 15]
Phone calls successful to participant (of those to be contacted only)	1 (1-1) [0 to 4]	1.5 (0-4) [0 to 7]	1 (0-1) [0 to 21]	0.5 (0-1) [0 to 2]	1 (0-1) [0 to 2]	0 (0-0) [0 to 8]
Phone call successful to other (of those to be contacted only)	0 (0-0) [0 to 3]	0.5 (0-1) [0 to 2]	0 (0-0) [0 to 5]	0 (0-0) [0 to 12]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]
Phone call unobtainable (of those to be contacted only)	0 (0-0) [0 to 8]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 8]
Email (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]
Questionnaire resent by post (of those to be contacted only)	0 (0-0) [0 to 2]	0 (0-1) [0 to 2]	0 (0-0) [0 to 3]	0 (0-1) [0 to 2]	0 (0-1) [0 to 3]	1 (0-2) [0 to 2]
Reminder text sent (of those to be contacted)	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]

only)						
Other (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 2]	0 (0-0) [0 to 1]
Total contact attempts	3 (1-6) [1 to 18]	7.5 (5-10) [1 to 33]	3.5 (2-6) [1 to 22]	7.5 (5-13) [4 to 20]	4 (2-6) [1 to 14]	6 (5-8) [1 to 16]

**Table 12: Number of attempted contacts to collect outcome data at 3 months, 6 months and 12 months, by intervention arm**

	3 months		6 months		12 months	
	Control (n <sub>a</sub> =39)	Intervention (n <sub>b</sub> =39)	Control (n <sub>a</sub> =36)	Intervention (n <sub>b</sub> =39)	Control (n <sub>a</sub> =36)	Intervention (n <sub>b</sub> =39)
Number (%) of participants to be contacted following non-response to initial request for questionnaire completion	34 (87%)	33 (85%)	33 (92%)	31 (79%)	31 (86%)	30 (77%)
Unsuccessful phone calls (of those to be contacted only)	1 (0-2) [0 to 6]	1 (0-3) [0 to 24]	3 (1-5) [0 to 18]	2 (0-4) [0 to 17]	3 (1-5) [0 to 15]	3 (1-4) [0 to 12]
Phone calls successful to participant (of those to be contacted only)	1 (1-2) [0 to 5]	1 (0-1) [0 to 7]	1 (0-1) [0 to 5]	1 (0-1) [0 to 21]	0 (0-1) [0 to 8]	1 (0-1) [0 to 2]
Phone call successful to other (of those to be contacted only)	0 (0-1) [0 to 3]	0 (0-0) [0 to 3]	0 (0-0) [0 to 12]	0 (0-1) [0 to 5]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]
Phone call unobtainable (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 8]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]	0 (0-0) [0 to 5]	0 (0-0) [0 to 8]
Email (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 1]
Questionnaire resent by post (of those to be contacted only)	0 (0-1) [0 to 2]	0 (0-0) [0 to 2]	0 (0-0) [0 to 3]	0 (0-0) [0 to 2]	1 (0-2) [0 to 2]	1 (0-2) [0 to 3]
Reminder text sent (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]	0 (0-0) [0 to 0]
Other (of those to be contacted only)	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 1]	0 (0-0) [0 to 2]	0 (0-0) [0 to 1]
Total contact attempts	3.5 (2-6) [1 to 11]	4 (1-7) [1 to 33]	5 (2-7) [1 to 21]	5 (3-6) [1 to 22]	4 (2-7) [1 to 16]	5 (2-7) [1 to 14]



**Table 13: Median (IQR) difference between time due and time completed (in days) for TBI participant questionnaires at follow-up; by planned mode of completion and overall**

<b>Follow-up time-point</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Face-to-face (Site 3)</b>	<b>Overall</b>
3 Months ( $n_1+n_2=37$ $n_3=28$ )	20 (10-51.5)	24.5 (14-40.3)	23 (11-48)
6 Months ( $n_1+n_2=36$ $n_3=26$ )	20 (2-59.5)	30.5 (13.8-67.3)	23.5 (7-61.3)
12 Months ( $n_1+n_2=31$ $n_3=21$ )	21 (3-46)	12 (10.5-34)	18.5 (8.3-43.8)

**Table 14: Completion of Return to Work questions for participants who returned questionnaires or provided primary data, grouped by question, by planned mode of completion and overall (the table shows frequency (%))**

<b>Follow-up time-point</b>	<b>Question and (Question number in Section 2)</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	Currently not working due to TBI (Q4a)**		34 (100%)	78 (100%)
3 Months	Currently not working due to TBI (Q4a)**	37 (100%)	28 (100%)	65 (100%)
6 Months	Currently not working due to TBI (Q4a)**	36 (100%)	26 (100%)	62 (100%)
12 Months	Currently not working due to TBI (Q4a)**	31 (100%)	21 (100%)	52 (100%)
Baseline	Currently participant feels they cannot work due to TBI (Q4b)		34 (100%)	78 (100%)
3 Months	Currently participant feels they cannot work due to TBI (Q4b)	37 (100%)	28 (100%)	65 (100%)
6 Months	Currently participant feels they cannot work due to TBI (Q4b)	36 (100%)	26 (100%)	62 (100%)
12 Months	Currently participant feels they cannot work due to TBI (Q4b)	31 (100%)	21 (100%)	52 (100%)
Baseline	Participant feels they will never work due to TBI (Q4c)		33 (97%)	77 (99%)
3 Months	Participant feels they will never work due to TBI (Q4c)	37 (100%)	28 (100%)	65 (100%)
6 Months	Participant feels they will never work due to TBI (Q4c)	36 (100%)	26 (100%)	62 (100%)
12 Months	Participant feels they will never work due to TBI (Q4c)	31 (100%)	21 (100%)	52 (100%)
Baseline	Currently employed/self-employed (paid or unpaid) or in education (Q7a)		34 (100%)	78 (100%)

3 Months	Currently employed/self-employed (paid or unpaid) or in education (Q7a)†	39 (100%)	29 (100%)	68 (100%)
6 Months	Currently employed/self-employed (paid or unpaid) or in education (Q7a) (n <sub>1</sub> =20, n <sub>2</sub> =18, n <sub>3</sub> =24, n=62) †	38 (100%)	24 (100%)	62 (100%)
12 Months	Currently employed/self-employed (paid or unpaid) or in education (Q7a) (n <sub>1</sub> =18, n <sub>2</sub> =13, n <sub>1+2</sub> =31, n <sub>3</sub> =18, n=49)	31 (100%)	18 (100%)	49 (100%)
Baseline	Currently working (paid or unpaid) (Q7b) (n <sub>1</sub> =21, n <sub>2</sub> =21, n <sub>1+2</sub> =42, n <sub>3</sub> =28, n=70)		28 (100%)	70 (100%)
3 Months	Currently working (paid or unpaid) (Q7b) † (n <sub>1</sub> =18, n <sub>2</sub> =17, n <sub>3</sub> =21, n=56)	35 (100%)	21 (100%)	56 (100%)
6 Months	Currently working (paid or unpaid) (Q7b) (n <sub>1</sub> =19, n <sub>2</sub> =15, n <sub>3</sub> =19, n=53)†	34 (100%)	19 (100%)	53 (100%)
12 Months	Currently working (paid or unpaid) (Q7b) (n <sub>1</sub> =15, n <sub>2</sub> =11, n <sub>1+2</sub> =26, n <sub>3</sub> =13, n=39)	26 (100%)	13 (100%)	39 (100%)
Baseline	Has participant retired from their job? (Q27)		34 (100%)	78 (100%)
3 Months	Has participant retired from their job? (Q27)	37 (100%)	28 (100%)	65 (100%)
6 Months	Has participant retired from their job? (Q27)	35 (97%)	26 (100%)	61 (98%)

12 Months	Has participant retired from their job? (Q27)	30 (97%)	21 (100%)	51 (98%)
Baseline	Reason retired (Q28)* (n <sub>1</sub> =0, n <sub>2</sub> =0, n <sub>3</sub> =0, n=0)		0	0
3 Months	Reason retired (Q28)* (n <sub>1</sub> =0, n <sub>2</sub> =0, n <sub>3</sub> =1, n=1)	0	1 (100%)	1 (100%)
6 Months	Reason retired (Q28)* (n <sub>1</sub> =0, n <sub>2</sub> =0, n <sub>3</sub> =0, n=0)	0	0	0
12 Months	Reason retired (Q28)* (n <sub>1</sub> =1, n <sub>2</sub> =1, n <sub>3</sub> =0, n=2)	2 (100%)	0	2 (100%)
Baseline	Average hours worked per week (Q9a)* (n <sub>1</sub> =2, n <sub>2</sub> =5, n <sub>3</sub> =1, n=8)		1 (100%)	8 (100%)
3 Months	Average hours worked per week (Q9a)* (n <sub>1</sub> =14, n <sub>2</sub> =13, n <sub>3</sub> =11, n=38)	26 (96%)	11 (100%)	37 (97%)
6 Months	Average hours worked per week (Q9a)* (n <sub>1</sub> =15, n <sub>2</sub> =12, n <sub>3</sub> =14, n=41)	26 (96%)	14 (100%)	40 (98%)
12 Months	Average hours worked per week (Q9a)* (n <sub>1</sub> =15, n <sub>2</sub> =11, n <sub>3</sub> =13, n=39)	24 (92%)	13 (100%)	37 (95%)
Baseline	Average hours of course per week (Q11)* (n <sub>1</sub> =1, n <sub>2</sub> =1, n <sub>3</sub> =2, n=5)		6 (100%)	8 (100%)
3 Months	Average hours of course per week (Q11)* (n <sub>1</sub> =1, n <sub>2</sub> =2, n <sub>3</sub> =3, n=6)	3 (100%)	2 (100%)	5 (100%)
6 Months	Average hours of course per week (Q11)* (n <sub>1</sub> =1, n <sub>2</sub> =1, n <sub>3</sub> =2, n=4)	2 (100%)	2 (100%)	4 (100%)
12 Months	Average hours of course per week (Q11)*	1 (100%)	3 (100%)	4 (100%)

	(n <sub>1</sub> =1,n <sub>2</sub> =0, n <sub>3</sub> =3,n=4)			
Baseline	Reason left work/education or changed job/course (Q23)* (n <sub>1</sub> =0, n <sub>2</sub> =0, n <sub>3</sub> =1, n=1)		1 (100%)	1 (100%)
3 Months	Reason left work/education or changed job/course (Q23)* (n <sub>1</sub> =1, n <sub>2</sub> =4, n <sub>3</sub> =7, n=12)	5 (100%)	7 (100%)	12 (100%)
6 Months	Reason left work/education or changed job/course (Q23)* (n <sub>1</sub> =2, n <sub>2</sub> =3, n <sub>3</sub> =4, n=9)	4 (80%)	4 (100%)	8 (89%)
12 Months	Reason left work/education or changed job/course (Q23)* (n <sub>1</sub> =2,n <sub>2</sub> =4, n <sub>3</sub> =4,n=10)	6 (100%)	4 (100%)	10 (100%)
Baseline	Description of current work status (Q8)* (n <sub>1</sub> =2, n <sub>2</sub> =5, n <sub>3</sub> =1, n=8)		1 (100%)	8 (100%)
3 Months	Description of current work status (Q8)* (n <sub>1</sub> =14, n <sub>2</sub> =13, n <sub>3</sub> =11, n=38)	27 (100%)	11 (100%)	38 (100%)
6 Months	Description of current work status (Q8)* (n <sub>1</sub> =15, n <sub>2</sub> =12, n <sub>3</sub> =14, n=41 )	27 (100%)	14 (100%)	41 (100%)
12 Months	Description of current work status (Q8)* (n <sub>1</sub> =15,n <sub>2</sub> =11, n <sub>3</sub> =13,n=39)	26 (100%)	13 (100%)	39 (100%)
Baseline	Description of current education status (Q10)* (n <sub>1</sub> =1, n <sub>2</sub> =2, n <sub>3</sub> =3, n=6)		3 (100%)	6 (100%)
3 Months	Description of current education status (Q10)* (n <sub>1</sub> =1, n <sub>2</sub> =2, n <sub>3</sub> =3, n=6)	3 (100%)	2 (100%)	5 (100%)
6 Months	Description of current education status (Q10)*	2 (100%)	2 (100%)	4 (100%)

	(n <sub>1</sub> =1, n <sub>2</sub> =1, n <sub>3</sub> =2, n=4)			
12 Months	Description of current education status (Q10)* (n <sub>1</sub> =1, n <sub>2</sub> =0, n <sub>3</sub> =3, n=4)	1 (100%)	3 (100%)	4 (100%)

\*supplementary questions which were not applicable to all participants. The numbers of participants the questions applied to are shown in brackets.

\*\*these questions were answered, but were inconsistent with other replies

† includes participants with key primary data only

**Table 15: Completion of TBI Work Status from Return to Work questions for participants who returned questionnaires or provided primary data, by site and overall (the table shows frequency (%) of those with valid status)**

<b>Follow-up time-point</b>	<b>Variable</b>	<b>Site 1</b>	<b>Site 2</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	Work Status	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	Work Status	20 (100%)	19 (100%)	39 (100%)	29 (100%)	68 (100%)
6 Months	Work Status	20 (100%)	18 (100%)	38 (100%)	27 (100%)	65 (100%)
12 Months	Work Status	18 (100%)	13 (100%)	31 (100%)	21 (100%)	52 (100%)

**Table 16: Completion of TBI Work Status from Return to Work questions for all participants randomised, by site and overall (the table shows frequency (%) of those with valid status and includes those whose key primary data were obtained by telephone or by extraction from subsequent questionnaires)**

<b>Follow-up time-point</b>	<b>Variable</b>	<b>Site 1 (n<sub>1</sub>=22)</b>	<b>Site 2 (n<sub>2</sub>=22)</b>	<b>Postal (Site 1 + Site 2) (n<sub>1</sub> + n<sub>2</sub> =44)</b>	<b>Site 3 / Face-to-face (n<sub>3</sub>=34)</b>	<b>Overall (n=78)</b>
Baseline	Work Status	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	Work Status	20 (91%)	19 (86%)	39 (89%)	29 (85%)	68 (87%)
6 Months	Work Status	20 (91%)	18 (82%)	38 (86%)	27 (79%)	65 (83%)
12 Months	Work Status	18 (82%)	13 (59%)	31 (70%)	21 (62%)	52 (67%)

**Table 17: Completion of participant demographic questions and specific clinical measures at baseline, by site and overall**

<b>Questions</b>	<b>Site 1</b> (n <sub>1</sub> =22)	<b>Site 2</b> (n <sub>2</sub> =22)	<b>Site 3</b> (n <sub>3</sub> =34)	<b>Overall</b> (n=78)
General Demographics*	22 (100%)	22 (100%)	34 (100%)	78 (100%)
Categorised Lowest GCS score	21 (95%)	21 (95%)	31 (91%)	73 (94%)
Experienced Post Traumatic Amnesia	22 (100%)	21 (95%)	34 (100%)	77 (99%)
Duration of post traumatic amnesia (hours) (n <sub>1</sub> =21,n <sub>2</sub> =14,n <sub>3</sub> =26,n=61)†	20 (95%)	13 (93%)	22 (85%)	55 (90%)
Unconscious after injury	20 (91%)	22 (100%)	33 (97%)	75 (96%)
Duration of unconsciousness after injury (hours) (n <sub>1</sub> =16,n <sub>2</sub> =16,n <sub>3</sub> =27,n=59)§	10 (63%)	12 (75%)	19 (70%)	41 (69%)
Income before injury	21 (95%)	22 (100%)	34 (100%)	77 (99%)

\*the questions answered by all participants were Sex, Marital Status, Live Alone or with Others, Highest Education Level, Ethnic Group, Occupation (those studying not working were not assigned a Standard Occupational Code) and Cause of Injury. Other calculated information where details for all participants was received were Age and Number of Days in Hospital.

†based on those who reported they had experienced Post Traumatic Amnesia

§ based on those who reported they had been unconscious



**Table 18: Completion of EQ-5D-3L used to present EQ-5D-3L health profile for participants who returned questionnaires, by site and overall (the table shows frequency (%) of those with valid scores)**

<b>Follow-up time-point</b>	<b>Site 1</b>	<b>Site 2</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)
6 Months	20 (100%)	16 (100%)	36 (100%)	26 (100%)	62 (100%)
12 Months	18 (100%)	13 (100%)	31 (100%)	20 (95%)	51 (98%)

**Table 19: Completion of EQ-5D-3L used to present EQ-5D-3L health profile, for all participants randomised, by site and overall (the table shows frequency (%) of those with valid scores).**

<b>Follow-up time-point</b>	<b>Site 1 (n<sub>1</sub>=22)</b>	<b>Site 2 (n<sub>2</sub>=22)</b>	<b>Postal (Site 1 + Site 2) (n<sub>1</sub> + n<sub>2</sub>=44)</b>	<b>Site 3 / Face-to-face (n<sub>3</sub>=34)</b>	<b>Overall (n=78)</b>
Baseline	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	19 (86%)	18 (82%)	37 (84%)	28 (82%)	65 (83%)
6 Months	20 (91%)	16 (73%)	36 (82%)	26 (76%)	62 (79%)
12 Months	18 (82%)	13 (59%)	31 (70%)	20 (59%)	51 (65%)

**Table 20: Completion of EQ-5D Visual Analogue Scale (VAS) for participants who returned questionnaires, by site and overall (the table shows frequency (%))**

<b>Follow-up time-point</b>	<b>Site 1</b>	<b>Site 2</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)
6 Months	20 (100%)	16 (100%)	36 (100%)	26 (100%)	62 (100%)
12 Months	18 (100%)	13 (100%)	31 (100%)	21 (100%)	52 (100%)

**Table 21: Completion of EQ-5D Visual Analogue Scale (VAS) for all participants randomised, by site and overall; (the table shows frequency (%))**

<b>Follow-up time-point</b>	<b>Site 1 (n<sub>1</sub>=22)</b>	<b>Site 2 (n<sub>2</sub>=22)</b>	<b>Postal (Site 1 + Site 2) (n<sub>1</sub> + n<sub>2</sub>=44)</b>	<b>Site 3 / Face-to-face (n<sub>3</sub>=34)</b>	<b>Overall (n=78)</b>
Baseline	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	19 (86%)	18 (82%)	37 (84%)	28 (82%)	65 (83%)
6 Months	20 (91%)	16 (73%)	36 (82%)	26 (76%)	62 (79%)
12 Months	18 (82%)	13 (59%)	31 (70%)	21 (62%)	52 (67%)

**Table 22: Completion of Nottingham Extended Activities Daily Living (NEADL) sub-scales for participants who returned questionnaires, by site and overall; (the table shows frequency (%) of those with valid totals for the sub-scale)**

<b>Follow-up time-point</b>	<b>Sub-scale</b>	<b>Site 1</b>	<b>Site 2</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	Mobility	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Kitchen	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Domestic	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Leisure	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Total	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	Mobility	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)
	Kitchen	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)
	Domestic	19 (100%)	17 (94%)	36 (97%)	28 (100%)	64 (98%)
	Leisure	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)
	Total	19 (100%)	17 (94%)	36 (97%)	28 (100%)	64 (98%)
6 Months	Mobility	19 (95%)	16 (100%)	35 (97%)	26 (100%)	61 (98%)
	Kitchen	19 (95%)	16 (100%)	35 (97%)	26 (100%)	61 (98%)
	Domestic	19 (95%)	16 (100%)	35 (97%)	26 (100%)	61 (98%)
	Leisure	19 (95%)	16 (100%)	35 (97%)	26 (100%)	61 (98%)
	Total	19 (95%)	16 (100%)	35 (97%)	26 (100%)	61 (98%)
12 Months	Mobility	17 (94%)	13 (100%)	30 (97%)	21 (100%)	51 (98%)
	Kitchen	17 (94%)	13 (100%)	30 (97%)	21 (100%)	51 (98%)
	Domestic	17 (94%)	13 (100%)	30 (97%)	21 (100%)	51 (98%)
	Leisure	17 (94%)	13 (100%)	30 (97%)	21 (100%)	51 (98%)
	Total	17 (94%)	13 (100%)	30 (97%)	21 (100%)	51 (98%)

**Table 23: Completion of Nottingham Extended Activities Daily Living (NEADL) sub-scales for all participants randomised, by site and overall; (the table shows frequency (%) of those with valid totals for the sub-scale)**

<b>Follow-up time-point</b>	<b>Sub-scale</b>	<b>Site 1 (n<sub>1</sub>=22)</b>	<b>Site 2 (n<sub>2</sub>=22)</b>	<b>Postal (Site 1 + Site 2) (n<sub>1</sub> + n<sub>2</sub>=44)</b>	<b>Site 3 / Face-to- face (n<sub>3</sub>=34)</b>	<b>Overall (n=78)</b>
Baseline	Mobility	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Kitchen	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Domestic	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Leisure	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Total	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	Mobility	19 (86%)	18 (81%)	37 (84%)	28 (82%)	65 (83%)
	Kitchen	19 (86%)	18 (81%)	37 (84%)	28 (82%)	65 (83%)
	Domestic	19 (86%)	17 (77%)	36 (82%)	28 (82%)	64 (82%)
	Leisure	19 (86%)	18 (81%)	37 (84%)	28 (82%)	65 (83%)
	Total	19 (86%)	17 (77%)	36 (82%)	28 (82%)	64 (82%)
6 Months	Mobility	19 (86%)	16 (73%)	35 (80%)	26 (76%)	61 (78%)
	Kitchen	19 (86%)	16 (73%)	35 (80%)	26 (76%)	61 (78%)
	Domestic	19 (86%)	16 (73%)	35 (80%)	26 (76%)	61 (78%)
	Leisure	19 (86%)	16 (73%)	35 (80%)	26 (76%)	61 (78%)
	Total	19 (86%)	16 (73%)	35 (80%)	26 (76%)	61 (78%)
12 Months	Mobility	17 (77%)	13 (59%)	30 (68%)	21 (62%)	51 (65%)
	Kitchen	17 (77%)	13 (59%)	30 (68%)	21 (62%)	51 (65%)
	Domestic	17 (77%)	13 (59%)	30 (68%)	21 (62%)	51 (65%)
	Leisure	17 (77%)	13 (59%)	30 (68%)	21 (62%)	51 (65%)
	Total	17 (77%)	13 (59%)	30 (68%)	21 (62%)	51 (65%)

**Table 24: Completion of Community Integration Questionnaire (CIQ) sub-scales for participants who returned questionnaires, by site and overall (the table shows frequency (%) of those with valid totals for the sub-scale)**

<b>Follow-up time-point</b>	<b>Sub-scale</b>	<b>Site 1</b>	<b>Site 2</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	Home	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Leisure	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Productivity	21 (95%)	22 (100%)		33 (97%)	76 (97%)
	Total	21 (95%)	22 (100%)		33 (97%)	76 (97%)
3 Months	Home	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)
	Leisure	19 (100%)	18 (100%)	37 (100%)	27 (96%)	64 (98%)
	Productivity	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)
	Total	19 (100%)	18 (100%)	37 (100%)	27 (96%)	64 (98%)
6 Months	Home	19 (95%)	16 (100%)	35 (97%)	26 (100%)	61 (98%)
	Leisure	19 (95%)	15 (94%)	34 (94%)	26 (100%)	60 (97%)
	Productivity	18 (90%)	15 (94%)	33 (92%)	26 (100%)	59 (95%)
	Total	18 (90%)	14 (88%)	32 (89%)	26 (100%)	58 (94%)
12 Months	Home	17 (94%)	13 (100%)	30 (97%)	21 (100%)	51 (98%)
	Leisure	17 (94%)	13 (100%)	30 (97%)	21 (100%)	51 (98%)
	Productivity	16 (89%)	13 (100%)	29 (94%)	21 (100%)	50 (96%)
	Total	16 (89%)	13 (100%)	29 (94%)	21 (100%)	50 (96%)

**Table 25: Completion of Community Integration Questionnaire (CIQ) sub-scales for all participants randomised, by site and overall; (the table shows frequency (%) of those with valid totals for the sub-scale)**

<b>Follow-up time-point</b>	<b>Sub-scale</b>	<b>Site 1 (n<sub>1</sub>=22)</b>	<b>Site 2 (n<sub>2</sub>=22)</b>	<b>Postal (Site 1 + Site 2) (n<sub>1</sub> + n<sub>2</sub> =44)</b>	<b>Site 3 / Face-to- face (n<sub>3</sub>=34)</b>	<b>Overall (n=78)</b>
Baseline	Home	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Leisure	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Productivity	21 (95%)	22 (100%)		33 (97%)	76 (97%)
	Total	21 (95%)	22 (100%)		33 (97%)	76 (97%)
3 Months	Home	19 (86%)	18 (82%)	37 (84%)	28 (82%)	65 (83%)
	Leisure	19 (86%)	18 (82%)	37 (84%)	27 (79%)	64 (82%)
	Productivity	19 (86%)	18 (82%)	37 (84%)	28 (82%)	65 (83%)
	Total	19 (86%)	18 (82%)	37 (84%)	27 (79%)	64 (82%)
6 Months	Home	19 (86%)	16 (73%)	35 (80%)	26 (76%)	61 (78%)
	Leisure	19 (86%)	15 (68%)	34 (77%)	26 (76%)	60 (77%)
	Productivity	18 (82%)	15 (68%)	33 (75%)	26 (76%)	59 (76%)
	Total	18 (82%)	14 (64%)	32 (73%)	26 (76%)	58 (74%)
12 Months	Home	17 (77%)	13 (59%)	30 (68%)	21 (62%)	51 (65%)
	Leisure	17 (77%)	13 (59%)	30 (68%)	21 (62%)	51 (65%)
	Productivity	16 (73%)	13 (59%)	29 (66%)	21 (62%)	50 (64%)
	Total	16 (73%)	13 (59%)	29 (66%)	21 (62%)	50 (64%)

**Table 26: Completion of Hospital Anxiety and Depression Scale (HADS) sub-scales for participants who returned questionnaires, by site and overall (the table shows frequency (%) of those with valid totals for the sub-scale)**

<b>Follow-up time-point</b>	<b>Sub-scale</b>	<b>Site 1</b>	<b>Site 2</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	Anxiety	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Depression	22 (100%)	22 (100%)		33 (97%)	77 (99%)
3 Months	Anxiety	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)
	Depression	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)
6 Months	Anxiety	19 (95%)	16 (100%)	35 (97%)	26 (100%)	61 (98%)
	Depression	19 (95%)	16 (100%)	35 (97%)	26 (100%)	61 (98%)
12 Months	Anxiety	17(94%)	13(100%)	30(97%)	21(100%)	51(98%)
	Depression	17(94%)	13(100%)	30(97%)	21(100%)	51(98%)

**Table 27: Completion of Hospital Anxiety and Depression Scale (HADS) sub-scales for all participants randomised, by site and overall; (the table shows frequency (%) of those with valid totals for the sub-scale)**

<b>Follow-up time-point</b>	<b>Sub-scale</b>	<b>Site 1 (n<sub>1</sub>=22)</b>	<b>Site 2 (n<sub>2</sub>=22)</b>	<b>Postal (Site 1 + Site 2) (n<sub>1</sub> + n<sub>2</sub> =44)</b>	<b>Site 3 / Face-to- face (n<sub>3</sub>=34)</b>	<b>Overall (n=78)</b>
Baseline	Anxiety	22 (100%)	22 (100%)		34 (100%)	78 (100%)
	Depression	22 (100%)	22 (100%)		33 (97%)	77 (99%)
3 Months	Anxiety	19 (86%)	18 (81%)	37 (84%)	28 (82%)	65 (83%)
	Depression	19 (86%)	18 (81%)	37 (84%)	28 (82%)	65 (83%)
6 Months	Anxiety	19 (86%)	16 (73%)	35 (80%)	26 (76%)	61 (78%)
	Depression	19 (86%)	16 (73%)	35 (80%)	26 (76%)	61 (78%)
12 Months	Anxiety	17(77%)	13(59%)	30(68%)	21(62%)	51(65%)
	Depression	17(77%)	13(59%)	30(68%)	21(62%)	51(65%)



**Table 28: Completion of Work Productivity and Activity Impairment Questionnaire V2 (WPAI:GH) sub-scales for participants who reported that they are in work, unless otherwise stated, by site and overall (the table shows frequency (%) of those with valid totals for the sub-scale)**

<b>Follow-up time-point</b>	<b>Sub-scale</b>	<b>Site 1</b>	<b>Site 2</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	Percent work time missed due to health	3 (75%)	9 (100%)	12 (92%)	3 (100%)	15 (94%)
	Percent impairment while working due to health	1 (25%)	8 (89%)	9 (69%)	3 (100%)	12 (75%)
	Percent overall work impairment due to health	1 (25%)	8 (89%)	9 (69%)	3 (100%)	12 (75%)
	Percent activity impairment due to health* (n <sub>1</sub> =22, n <sub>2</sub> =22, n <sub>3</sub> =34, n=78)	22 (100%)	22 (100%)	44 (100%)	34 (100%)	78 (100%)
3 Months	Percent work time missed due to health	12 (92%)	10 (83%)	22 (88%)	10 (100%)	32 (91%)
	Percent impairment while working due to health	13 (100%)	11 (92%)	24 (96%)	10 (100%)	34 (97%)
	Percent overall work impairment due to health	12 (92%)	10 (83%)	22 (88%)	10 (100%)	32 (91%)
	Percent activity impairment due to health* (n <sub>1</sub> =19, n <sub>2</sub> =18, n <sub>3</sub> =28, n=65)	19 (100%)	18 (100%)	37 (100%)	28 (100%)	65 (100%)

6 Months	Percent work time missed due to health	13 (93%)	9 (82%)	22 (88%)	12 (92%)	34 (89%)
	Percent impairment while working due to health	13 (93%)	10 (91%)	23 (92%)	12 (92%)	35 (92%)
	Percent overall work impairment due to health	13 (93%)	9 (82%)	22 (88%)	12 (92%)	34 (89%)
	Percent activity impairment due to health* (n <sub>1</sub> =20, n <sub>2</sub> =16, n <sub>3</sub> =26, n=62)	18 (90%)	15 (94%)	33 (92%)	26 (100%)	59 (95%)
12 Months	Percent work time missed due to health	14 (100%)	9 (82%)	23 (92%)	13 (100%)	36 (95%)
	Percent impairment while working due to health	14 (100%)	10 (91%)	24 (96%)	13 (100%)	37 (97%)
	Percent overall work impairment due to health	14 (100%)	9 (82%)	23 (92%)	13 (100%)	36 (95%)
	Percent activity impairment due to health* (n <sub>1</sub> =18, n <sub>2</sub> =13, n <sub>3</sub> =21, n=52)	17 (94%)	12 (92%)	29 (94%)	21 (100%)	50 (96%)

\*this question based on all participants who returned the questionnaire

**Table 29: Completion of Self-Efficacy question from Work Ability Index for participants who returned questionnaires, by site and overall; (the table shows frequency (%) of those with valid replies)**

<b>Follow-up time-point</b>	<b>Site 1</b>	<b>Site 2</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	18 (95%)	18 (100%)	36 (97%)	28 (100%)	64 (98%)
6 Months	19 (95%)	15 (94%)	34 (94%)	26 (100%)	60 (97%)
12 Months	17(94%)	13(100%)	30(97%)	21(100%)	51(98%)

**Table 30: Completion of Self-Efficacy question from Work Ability Index for all participants randomised, by site and overall; (the table shows frequency (%) of those with valid replies)**

<b>Follow-up time-point</b>	<b>Site 1 (n<sub>1</sub>=22)</b>	<b>Site 2 (n<sub>2</sub>=22)</b>	<b>Postal (Site 1 + Site 2) (n<sub>1</sub> + n<sub>2</sub> =44)</b>	<b>Site 3 / Face-to-face (n<sub>3</sub>=34)</b>	<b>Overall (n=78)</b>
Baseline	22 (100%)	22 (100%)		34 (100%)	78 (100%)
3 Months	18 (82%)	18 (82%)	36 (82%)	28 (82%)	64 (82%)
6 Months	19 (86%)	15 (68%)	34 (77%)	26 (76%)	60 (77%)
12 Months	17(77%)	13(59%)	30(68%)	21(62%)	51(65%)

**Table 31: Completion of Glasgow Outcome Scale (GOS)\* for participants who returned questionnaires, by site and overall; (the table shows frequency (%) of those with valid replies)**

<b>Follow-up time-point</b>	<b>Site 1</b> (n <sub>1</sub> =18)	<b>Site 2</b> (n <sub>2</sub> =13)	<b>Postal (Site 1 + Site 2)</b> (n <sub>1</sub> + n <sub>2</sub> =31)	<b>Site 3 / Face-to-face</b> (n <sub>3</sub> =21)	<b>Overall</b> (n=52)
12 Months	18 (100%)	13 (100%)	31 (100%)	21 (100%)	52 (100%)

\*This variable collected from other responses on the questionnaire.

**Table 32: Completion of Glasgow Outcome Scale (GOS)\* for all participants randomised, by site and overall; (the table shows frequency (%) of those with valid replies)**

<b>Follow-up time-point</b>	<b>Site 1</b> (n <sub>1</sub> =22)	<b>Site 2</b> (n <sub>2</sub> =22)	<b>Postal (Site 1 + Site 2)</b> (n <sub>1</sub> + n <sub>2</sub> =44)	<b>Site 3 / Face-to-face</b> (n <sub>3</sub> =34)	<b>Overall</b> (n=78)
12 Months	18 (82%)	13 (59%)	31 (70%)	21 (62%)	52 (67%)

\*This variable collected from other responses on the questionnaire.

**Table 33: Completion of carer questionnaires, by intervention arm and overall; (the table shows frequency (%))**

<b>Follow-up time-point</b>	<b>Control (n=17)</b>	<b>Intervention (n=15)</b>	<b>Overall (n=32)</b>
Baseline	16 (94.1%, 95%CI 71.3%-99.9%)	14 (93.3%, 95%CI 68.1%-99.8%)	30 (93.8%, 95%CI 79.2%-99.2%)
3 Months	15 (88.2%, 95%CI 63.6%-98.5%)	11 (73.3%, 95%CI 44.9%-92.2%)	26 (81.3%, 95%CI 63.6%-92.8%)
6 Months	12 (70.6%, 95%CI 44.0%-89.7%)	11 (73.3%, 95%CI 44.9%-92.2%)	23 (71.9%, 95%CI 53.3%-86.3%)
12 Months	12 (70.6%, 95%CI 44.0%-89.7%)	10 (66.7%, 95%CI 38.4%-88.2%)	22 (68.8%, 95%CI 50.0%-83.9%)

**Table 34: Completion of carer questionnaires, by site and overall; (the table shows frequency (%))**

<b>Follow-up time-point</b>	<b>Site 1 (n<sub>1</sub>=10)</b>	<b>Site 2 (n<sub>2</sub>=7)</b>	<b>Postal (Site 1 + Site 2) (n<sub>1</sub>+n<sub>2</sub>=17)</b>	<b>Site 3 / Face-to-face (n<sub>3</sub>=15)</b>	<b>Overall (n=32)</b>
Baseline	10 (100%, 95%CI 69.2%-100%)	5 (71.4%, 95%CI 29.0% to 96.3%)		15 (100%, 95%CI 78.2%-100%)	30 (93.8%, 95%CI 79.2%-99.2%)
3 Months	10 (100%, 95%CI 69.2%-100%),	5 (71.4%, 95%CI 29.0% to 96.3%)	15 (88.2%, 95%CI 63.6%-98.5%)	11 (73.3%, 95%CI 44.9%-92.2%)	26 (81.3%, 95%CI 63.6%-92.8%)
6 Months	9 (90%, 95%CI 55.5%-99.7%)	4 (57.1%, 95%CI 18.4%-90.1%)	13 (76.5%, 95%CI 50.1%-93.2%)	10 (66.7%, 95%CI 38.4%-88.2%)	23 (71.9%, 95%CI 53.3%-86.3%)
12 Months	9 (90%, 95%CI 55.5%-99.7%)	4 (57.1%, 95%CI 18.4%-90.1%)	13 (76.5%, 95%CI 50.1%-93.2%)	9 (60.0%, 95%CI 32.3%-83.7%)	22 (68.8%, 95%CI 50.0%-83.9%)

**Table 35: Completion of Carer Strain Index (CSI) for participants who returned questionnaires, by site and overall; (the table shows frequency (%) of those with valid totals for the sub-scale)**

<b>Follow-up time-point</b>	<b>Sub-scales</b>	<b>Site 1</b>	<b>Site 2</b>	<b>Postal (Site 1 + Site 2)</b>	<b>Site 3 / Face-to-face</b>	<b>Overall</b>
Baseline	CSI Total	10 (100%)	5 (100%)		15 (100%)	30 (100%)
3 Months	CSI Total	10 (100%)	5 (100%)	15 (100%)	11 (100%)	26 (100%)
6 Months	CSI Total	9 (100%)	4 (100%)	13 (100%)	10 (100%)	23 (100%)
12 Months	CSI Total	8 (89%)	4 (100%)	12 (92%)	9 (100%)	21 (95%)

**Table 36: Completion of Carer Strain Index (CSI) for all participants randomised, by site and overall; (the table shows frequency (%) of those with valid totals for the sub-scale)**

<b>Follow-up time-point</b>	<b>Sub-scales</b>	<b>Site 1 (n<sub>1</sub>=10)</b>	<b>Site 2 (n<sub>2</sub>=7)</b>	<b>Postal (Site 1 + Site 2) (n<sub>1</sub>+n<sub>2</sub>=17)</b>	<b>Site 3 / Face-to-face (n<sub>3</sub>=15)</b>	<b>Overall (n=32)</b>
Baseline	CSI Total	10 (100%)	5 (71%)		15 (100%)	30 (94%)
3 Months	CSI Total	10 (100%)	5 (71%)	15 (88%)	11 (73%)	26 (81%)
6 Months	CSI Total	9 (90%)	4 (57%)	13 (76%)	10 (67%)	23 (72%)
12 Months	CSI Total	8 (80%)	4 (57%)	12 (71%)	9 (60%)	21 (66%)

**Table 37: Demographics for TBI participants, by site and overall; (data are frequency (%) unless otherwise stated)**

<b>Characteristic</b>	<b>Site 1 (n<sub>1</sub>=22)</b>	<b>Site 2 (n<sub>2</sub>=22)</b>	<b>Site 3 (n<sub>3</sub>=34)</b>	<b>Overall (n=78)</b>
<b>Sex</b>				
Male	16 (73%)	17 (77%)	33 (97%)	66 (85%)
Female	6 (27%)	5 (23%)	1 (3%)	12 (15%)
<b>Age Median [IQR]</b>	49 (41-53.3)	35 (23.8-49)	36 (23.8-49)	42 (27-49)
<b>Age Mean [SD]</b>	46.2 (10.7)	36.1 (11)	37 (15)	39.3 (13.4)
<b>Marital Status</b>				
Married or living with a partner	15 (68%)	10 (46%)	16 (47%)	41 (53%)
In a long-term relationship but not co-habiting	2 (9%)	2 (9%)	7 (21%)	11 (14%)
Single	3 (14%)	10 (46%)	9 (27%)	22 (28%)
Divorced or separated	2 (9%)	0 (0%)	2 (6%)	4 (5%)
Widow/widower	0	0	0	0
<b>Live Alone or with Others</b>				
Live Alone	3 (14%)	5 (23%)	5 (15%)	13 (17%)
With family / spouse or significant other	19 (86%)	17 (77%)	29 (85%)	65 (83%)
<b>Highest Education Level</b>				
Degree, higher degree or equivalent qualification	10 (46%)	11 (50%)	6 (18%)	27 (35%)
Higher education qualification	1 (5%)	5 (23%)	7 (21%)	13 (17%)

GCE, A-level or equivalent qualification	3 (14%)	2 (9%)	2 (6%)	7 (9%)
GCSE grades A* - C or equivalent	5 (23%)	2 (9%)	10 (29%)	17 (22%)
Other qualifications	0 (0%)	0 (0%)	4 (12%)	4 (5%)
No qualifications	3 (14%)	2 (9%)	5 (15%)	10 (13%)
<b>Ethnic Group</b>				
White	20 (91%)	19 (86%)	30 (88%)	69 (88%)
Black - Caribbean	0 (0%)	1 (5%)	2 (6%)	3 (4%)
Asian	2 (10%)	1 (5%)	1 (3%)	4 (5%)
Other*	0 (0%)	1 (5%)	1 (3%)	2 (3%)
<b>Occupational Grouping**</b> (n <sub>1</sub> =21,n <sub>2</sub> =20,n <sub>3</sub> =27,n=68)				
Managers, directors and senior officials	2 (10%)	3 (15%)	3 (11%)	8 (12%)
Professional occupations	3 (14%)	4 (20%)	4 (15%)	11 (16%)
Associate professional and technical occupations	4 (19%)	3 (15%)	1 (4%)	8 (12%)
Administrative and secretarial occupations	3 (14%)	2 (10%)	1 (4%)	6 (9%)
Skilled trades occupations	5 (24%)	2 (10%)	9 (33%)	16 (24%)
Caring, leisure and other service occupations	1 (5%)	0 (0%)	0 (0%)	1 (2%)
Sales and customer service occupations	0 (0%)	1 (5%)	1 (4%)	2 (3%)



Process, plant and machine operatives	1 (5%)	0 (0%)	5 (19%)	6 (9%)
Elementary occupations	2 (10%)	5 (25%)	3 (11%)	10 (15%)
<b>Number of Days in hospital Median [IQR]</b>	6.5 (3.8-9)	4.5 (6-27)	11 (6-27)	9 (4-14.3)
<b>Number of Days in hospital Mean [SD]</b>	8.1 (7)	9 (8.9)	20.4 (22.2)	13.7 (16.8)
<b>Cause of Injury</b>				
Fall	9 (41%)	8 (36%)	13 (38%)	30 (39%)
Road Traffic Accident	9 (41%)	9 (41%)	13 (38%)	31 (40%)
Assault	1 (5%)	5 (23%)	7 (21%)	13 (17%)
Other ‡	3 (14%)	0 (0%)	1 (3%)	4 (5%)
<b>Categorised Lowest GCS score</b> (n <sub>1</sub> =21,n <sub>2</sub> =21,n <sub>3</sub> =31)				
Severe (<=8)	3 (14%)	5 (24%)	11 (36%)	19 (26%)
Moderate (9 to 12)	2 (10%)	6 (29%)	5 (16%)	13 (18%)
Minor (13 to 15)	16 (76%)	10 (48%)	15 (48%)	41 (56%)
<b>Experienced Post Traumatic Amnesia</b> (n <sub>1</sub> =22,n <sub>2</sub> =21,n <sub>3</sub> =34)				
No	1 (5%)	7 (33%)	8 (24%)	16 (21%)
Yes	21 (96%)	14 (67%)	26 (77%)	61 (79%)
<b>Duration of post traumatic amnesia (hours), Median (IQR)</b>	15 (1.3-120) [0.3-240]	72 (24-132) [1-240]	72 (24-132) [0.1-336]	48 (5-120) [0.1-336]

[Range] § (n1=20,n2=13,n3=22)				
<b>Unconscious after injury</b> (n1=20,n2=22,n3=33)				
No	4 (20%)	6 (27%)	6 (18%)	16 (21%)
Yes	16 (80%)	16 (73%)	27 (82%)	59 (79%)
<b>Duration of unconsciousness after injury</b> (hours), Median (IQR) [Range] † (n1=10,n2=12,n3=19)	0.5 (0.1-3.5) [0.03-72]	0.6 (0.5-216) [0.02-48]	12 (0.5-216) [0.02-840]	1 (0.4-36) [0.02-840]
<b>Injury Date to Baseline Questionnaire Completion</b> (Days), Mean (SD)	27 (14.3)	32.7 (33.7)	20.2 (15.7)	25.6 (22.3)
<b>Injury Date to Baseline Questionnaire Completion</b> (Days), Median (IQR)	23 (17.5-35.5)	23 (5-27.3)	19 (5-27.3)	22 (8-36.3)

‡ other causes of injury football, hit on head by hockey ball, has no idea but thinks he fell – aneurysm, struck on the head by a tree branch.

§ using the values only of those who experienced Post Traumatic Amnesia

† using the values only of those who were Unconscious after the injury

\*\* may be combined into fewer groups if the numbers in cells are low. Those not assigned a SOC code were studying and not working.

**Table 38: Baseline assessment of TBI participants' validated measures scores, by site and overall; (data are frequency (%) unless otherwise stated)**

<b>Measure</b>	<b>Site 1</b> (n <sub>1</sub> =22)	<b>Site 2</b> (n <sub>2</sub> =22)	<b>Site 3</b> (n <sub>3</sub> =34)	<b>Overall</b> (n=78)
<b>EQ-5D-3L – Visual Analogue Score, Mean [SD]</b>	59.8 (18.2)	59.3 (27.5)	48.7 (23.8)	54.8 (23.9)
<b>Nottingham Extended Activities Daily Living (NEADL)</b> (higher scores indicate greater independence)				
NEADL Mobility, Mean [SD] (Valid range 0-6)	4.1 (1.5)	3.1 (2.5)	1.2 (1.9)	2.5 (2.4)
NEADL Kitchen, Mean [SD] (Valid range 0-5)	4.2 (1.2)	2.9 (1.9)	1.9 (1.3)	2.8 (1.8)
NEADL Domestic, Mean [SD] (Valid range 0-5)	2.5 (2.1)	2.1 (2.5)	0.5 (1.2)	1.5 (2.1)
NEADL Leisure, Mean [SD] (Valid range 0-6)	2.9 (1.3)	2.6 (1.6)	2.4 (0.9)	2.6 (1.3)
NEADL Total Score, Mean [SD] (Valid Range 0-22)	13.6 (4.8)	10.7 (8)	6 (4.4)	9.5 (6.5)
<b>Self-Efficacy single question from Work Ability Index Mean [SD]</b> (Valid Range 0-10)	4.2 (3.6)	6 (3.1)	4.7 (2.9)	4.9 (3.2)
<b>Community Integration Questionnaire (CIQ)</b>				
CIQ Home Integration, Mean [SD]	3.8 (2.3)	6.1 (3)	3.9 (2.9)	4.5 (2.9)

(Valid range 0-10 )				
CIQ Social Integration, Mean [SD] (Valid range 0-12)	6.6 (3)	5.8 (2.5)	7.8 (2.2)	6.9 (2.7)
CIQ Social Productivity, Mean [SD] (Valid range 0-7)	4 (1.9)	4.9 (1.4)	5.5 (1.3)	4.9 (1.6)
CIQ Total Score, Mean [SD] (Valid range 0-29)	14.7 (5)	16.8 (4.5)	17.1 (4.9)	16.3 (4.9)
<b>Work Productivity and Activity Impairment Questionnaire V2 (WPAI:GH)</b>				
WPAI:GH Percent work time missed due to health Mean [SD] (n <sub>1</sub> =3,n <sub>2</sub> =9,n <sub>3</sub> =3)*	72.7 (47.2)	55.5 (46.5)	51.6 (49)	58.2 (44.2)
WPAI:GH Percent impairment while working due to health Mean [SD] (n <sub>1</sub> =1,n <sub>2</sub> =8,n <sub>3</sub> =3)*	Only ONE participant	61.3 (35.6)	73.3 (30.6)	59.2 (36.8)
WPAI:GH Percent overall work impairment due to health Mean [SD] (n <sub>1</sub> =3,n <sub>2</sub> =9,n <sub>3</sub> =3)*	72.7 (47.2)	73.4 (29.5)	79.8 (34.5)	74.6 (31.5)
WPAI:GH Percent activity impairment due to health Mean [SD]	64.1 (30.3)	62.7 (35.2)	47.4 (29)	56.4 (31.8)
<b>Hospital Anxiety and Depression Scale (HADS)</b>				
<b>HADS Anxiety</b>				
Normal (0-7)	18 (82%)	15 (68%)	17 (50%)	50 (64%)

Borderline abnormal (8-10)	1 (5%)	4 (18%)	10 (29%)	15 (19%)
Abnormal (11-21)	3 (14%)	3 (14%)	7 (21%)	13 (17%)
<b>HADS Depression</b> (n <sub>1</sub> =22,n <sub>2</sub> =22,n <sub>3</sub> =33)				
Normal (0-7)	15 (68%)	14 (64%)	19 (58%)	48 (62%)
Borderline abnormal (8-10)	5 (23%)	7 (32%)	6 (18%)	18 (23%)
Abnormal (11-21)	2 (9%)	1 (5%)	8 (24%)	11 (14%)
<b>EQ-5D-3L</b>				
<b>EQ-5D-3L - Mobility</b>				
No Problems	10 (46%)	13 (59%)	10 (29%)	33 (42%)
Some Problems	12 (55%)	9 (41%)	16 (47%)	37 (47%)
Confined To Bed	0 (0%)	0 (0%)	8 (24%)	8 (10%)
<b>EQ-5D-3L - Self-Care</b>				
No Problems	17 (77%)	17 (77%)	19 (56%)	53 (68%)
Some Problems	5 (23%)	5 (23%)	11 (32%)	21 (27%)
Unable To Wash Or Dress	0 (0%)	0 (0%)	4 (12%)	4 (5%)
<b>EQ-5D-3L - Usual Activities</b>				
No Problems	1 (5%)	4 (18%)	4 (12%)	9 (12%)
Some Problems	15 (68%)	9 (41%)	9 (27%)	33 (42%)
Unable To Do Usual Activities	6 (27%)	9 (41%)	21 (62%)	36 (46%)
<b>EQ-5D-3L - Pain / Discomfort</b>				
No Pain Or Discomfort	2 (9%)	6 (27%)	13 (38%)	21 (27%)

Moderate Pain Or Discomfort	19 (86%)	14 (64%)	18 (53%)	51 (65%)
Extreme Pain Or Discomfort	1 (5%)	2 (9%)	3 (9%)	6 (8%)
<b>EQ-5D-3L - Anxiety / Depression</b>				
Not Anxious Or Depressed	12 (55%)	14 (64%)	22 (65%)	48 (62%)
Moderately Anxious Or Depressed	10 (46%)	4 (18%)	10 (29%)	24 (31%)
Extremely Anxious Or Depressed	0 (0%)	4 (18%)	2 (6%)	6 (8%)
<b>EQ-5D-3L - Health Compared to Previous 12 Months</b>				
Better	0 (0%)	0 (0%)	1 (3%)	1 (1%)
Much The Same	2 (9%)	4 (18%)	8 (24%)	14 (18%)
Worse	20 (91%)	18 (82%)	25 (74%)	63 (81%)

\*from those who answered Yes to the WPAI screening question “Are you currently employed (working for pay)?” (n<sub>1</sub>=4,n<sub>2</sub>=9,n<sub>3</sub>=3)

**Table 39: TBI participants’ work/study status on the day before injury, collected at baseline, by intervention arm and overall; data are frequency (%)**

	<b>Control</b> (n <sub>a</sub> =39)	<b>Intervention</b> (n <sub>b</sub> =39)	<b>Overall</b> (n=78)
Working	35 (90%)	34 (87%)	69 (89%)
On Sick Leave	0 (0%)	2 (5%)	2 (3%)
Student	6 (15%)	4 (10%)	10 (13%)
Homemaker / Housewife	1 (3%)	0 (0%)	1 (1%)

- Site 1, Site 2 and Site 3 each had 1 participant was working and a student, Site 2 had 1 participant who was working and a homemaker/housewife.

Table 40: TBI participants' back to work questions at baseline, by intervention arm and overall; data are frequency (%)

Question	Control (n <sub>a</sub> =)	Intervention (n <sub>b</sub> =)	Overall (n=)
<b>Currently Working / Studying – Baseline (Sec 2 Q7)</b>			
Yes	39 (100%)	39 (100%)	78 (100%)
No	0 (0%)	0 (0%)	0 (0%)
<b>Currently Working Or Off Sick – Baseline (Sec 2 Q7)</b>			
No - Working But Off Sick	27 (69%)	35 (90%)	62 (79%)
Yes – Working	6 (15%)	2 (5%)	8 (10%)
Not Applicable (studying but not working)	6 (15%)	2 (5%)	8 (10%)
<b>Not Working Due To Injury – Baseline (Sec 2 Q4a)</b>			
No/Disagree	15 (39%)	8 (21%)	23 (30%)
Yes/Agree	24 (62%)	31 (80%)	55 (71%)
<b>Cannot Work Due To Injury – Baseline (Sec 2 Q4b)</b>			
Disagree	19 (49%)	13 (33%)	32 (41%)
Agree	20 (51%)	26 (67%)	46 (59%)
<b>Never Be Able To Work Due To Injury – Baseline (Sec 2 Q4c)</b> (n <sub>a</sub> =39,n <sub>b</sub> =38,n=77)			

Disagree	36 (92%)	36 (95%)	72 (94%)
Agree	3 (8%)	2 (5%)	5 (7%)
<b>Retired Since Injury – Baseline (Sec 2 Q27)</b>			
No	39 (100%)	39 (100%)	78 (100%)
Yes	0 (0%)	0 (0%)	0 (0%)
<b>Income per annum (n<sub>a</sub>=39,n<sub>b</sub>=38,n=77)</b>			
Less Than £10,000 (Less than £833 per month)	7 (18%)	9 (24%)	16 (21%)
£10,000 to £19,999 (£833 to £1,667 per month)	9 (23%)	10 (26%)	19 (25%)
£20,000 to £29,999 (£1,668 to £2,500 per month)	5 (13%)	6 (16%)	11 (14%)
£30,000 to £39,999 (£2,501 to £3,333 per month)	8 (21%)	6 (16%)	14 (18%)
£40,000 to £49,999 (£3,334 to £4,167 per month)	4 (10%)	3 (8%)	7 (9%)
£50,000 or more (£4,168 or more)	6 (15%)	4 (11%)	10 (13%)



**Table 41: TBI participants' back to work questions at 3 Months including those participants for whom only primary data was collected, by intervention arm and overall; data are frequency (%)**

<b>Question</b>	<b>Control (n<sub>a</sub>=33)</b>	<b>Intervention (n<sub>b</sub>=35)</b>	<b>Overall (n=68)</b>
<b>Currently Working / Studying – 3 Months (Sec 2 Q7)</b>			
No †	3 (9%)	6 (17%)	9 (13%)
Yes	30 (91%)	29 (83%)	59 (87%)
<b>Currently Working Or Off Sick – 3 Months (Sec 2 Q7)</b>			
No - Working But Off Sick	6 (18%)	12 (34%)	18 (26%)
Yes – Working	22 (67%)	17 (49%)	39 (57%)
Not Applicable ‡	5 (15%)	6 (17%)	11 (16%)
<b>Not Working Due To Injury – 3 Months (Sec 2 Q4a) (n<sub>a</sub>=31,n<sub>b</sub>=34,n=65)</b>			
No/Disagree	23 (74%)	20 (59%)	43 (66%)
Yes/Agree	8 (26%)	14 (41%)	22 (34%)
<b>Cannot Work Due To Injury – 3 Months (Sec 2 Q4b) (n<sub>a</sub>=31,n<sub>b</sub>=34,n=65)</b>			
Disagree	27 (87%)	23 (68%)	50 (77%)
Agree	4 (13%)	11 (32%)	15 (23%)
<b>Never Be Able To Work Due To Injury – 3 Months (Sec 2 Q4c) (n<sub>a</sub>=31,n<sub>b</sub>=34,n=65)</b>			
Disagree	31 (100%)	33 (97%)	64 (99%)

Agree	0 (0%)	1 (3%)	1 (2%)
<b>Retired Since Injury - 3 Month (Sec 2 Q27)</b> (n <sub>a</sub> =31,n <sub>b</sub> =34,n=65)			
No	30 (97%)	34 (100%)	64 (99%)
Yes – retired not due to injury	1 (3%)	0 (0%)	1 (2%)
<b>Income per month</b> (n <sub>a</sub> =31,n <sub>b</sub> =32,n=63)			
Less than £800	7 (23%)	10 (31%)	17 (27%)
£800 to £1,600	12 (39%)	10 (31%)	22 (35%)
£1,601 to £2,500	7 (23%)	5 (16%)	12 (19%)
£2,501 to £3,250	1 (3%)	3 (9%)	4 (6%)
£3,251 to £4,150	1 (3%)	2 (6%)	3 (5%)
More than £4,150	3 (10%)	2 (6%)	5 (8%)
<b>Competitively employed or studying</b>			
Yes	23 (70%)	18 (51%)	41 (60%)
No	10 (30%)	17 (49%)	27 (40%)
<b>In Purposeful Occupation or Studying</b>			
Yes	24 (73%)	18 (51%)	42 (62%)
No	9 (27%)	17 (49%)	26 (38%)

† 9 participants planning to return to work, 2 participants not planning to return to work.

‡ 3 participants studying, 8 participants not working

**Table 42: TBI participants' back to work outcomes at 6 months including those participants for whom only primary data was collected, by intervention arm and overall; data are frequency (%)**

<b>Question</b>	<b>Control (n<sub>a</sub>=31)</b>	<b>Intervention (n<sub>b</sub>=34)</b>	<b>Overall (n=65)</b>
<b>Currently Working / Studying – 6 Months (Sec 2 Q7)</b>			
No †	4 (13%)	3 (9%)	7 (11%)
Yes	26 (84%)	29 (85%)	55 (85%)
Not Applicable**	1 (3%)	2 (6%)	3 (5%)
<b>Currently Working Or Off Sick – 6 Months (Sec 2 Q7)</b>			
No - Working But Off Sick	5 (16%)	4 (12%)	9 (14%)
Yes – Working	20 (65%)	24 (71%)	44 (68%)
Not Applicable ‡	6 (19%)	6 (18%)	12 (18%)
<b>Not Working Due To Injury – 6 Months (Sec 2 Q4a) (n<sub>a</sub>=31,n<sub>b</sub>=31,n=62)</b>			
No/Disagree	21 (68%)	21 (68%)	42 (68%)
Yes/Agree	10 (32%)	10 (32%)	20 (32%)
<b>Cannot Work Due To Injury – 6 Months (Sec 2 Q4b) (n<sub>a</sub>=31,n<sub>b</sub>=31,n=62)</b>			
Disagree	27 (87%)	23 (74%)	50 (81%)
Agree	4 (13%)	8 (26%)	12 (19%)

<b>Never Be Able To Work Due To Injury – 6 Months (Sec 2 Q4c)</b> (n <sub>a</sub> =31,n <sub>b</sub> =31,n=62)			
Disagree	31 (100%)	28 (90%)	59 (95%)
Agree	0 (0%)	3 (10%)	3 (5%)
<b>Retired Since Injury - 6 Month (Sec 2 Q27)</b> (n <sub>a</sub> =31,n <sub>b</sub> =30,n=61)			
No	30 (97%)	30 (100%)	60 (98%)
Yes – retired not due to injury*	1 (3%)	0 (0%)	1 (2%)
<b>Income per month</b> (n <sub>a</sub> =31,n <sub>b</sub> =29,n=60)			
Less than £800	9 (29%)	9 (31%)	18 (30%)
£800 to £1,600	11 (36%)	8 (28%)	19 (32%)
£1,601 to £2,500	6 (19%)	6 (21%)	12 (20%)
£2,501 to £3,250	1 (3%)	3 (10%)	4 (7%)
£3,251 to £4,150	2 (7%)	0 (0%)	2 (3%)
More than £4,150	2 (7%)	3 (10%)	5 (8%)
<b>Competitively employed or studying</b>			
Yes	21 (68%)	24 (71%)	45 (69%)
No	10 (32%)	10 (29%)	20 (31%)
<b>In Purposeful Occupation or Studying</b>			

Yes	21 (68%)	25 (74%)	46 (71%)
No	10 (32%)	9 (27%)	19 (29%)

\*participant retired by 3 month follow up

†participants planning to return to work, 3 to a different job/course, 3 to same job/course, 1 unemployed but actively looking for work.

\*\*participants not planning to return to work

‡3 participants not planning to return to work, 7 participants planning to return to work, 2 participants studying

**Table 43: TBI participants' back to Work Questions at 12 Months, by intervention arm and overall; data are frequency (%)**

Question	Control (n <sub>a</sub> =23)	Intervention (n <sub>b</sub> =29)	Overall (n=52)
<b>Currently Working / Studying – 12 Months (Sec 2 Q7)</b>			
No †	2 (9%)	6 (21%)	8 (15%)
Yes	21 (91%)	20 (69%)	41 (79%)
Not Applicable **	0 (0%)	3 (10%)	3 (6%)
<b>Currently Working Or Off Sick – 12 Months (Sec 2 Q7)</b>			
No - Working But Off Sick	0 (0%)	0 (0%)	0 (0%)
Yes – Working	19 (83%)	20 (69%)	39 (75%)
Not Applicable ‡	4 (17%)	9 (31%)	13 (25%)
<b>Not Working Due To Injury – 12 Months (Sec 2 Q4a)</b>			

No/Disagree	19 (83%)	20 (69%)	39 (75%)
Yes/Agree	4 (17%)	9 (31%)	13 (25%)
<b>Cannot Work Due To Injury – 12 Months (Sec 2 Q4b)</b>			
Disagree	22 (96%)	23 (79%)	45 (87%)
Agree	1 (4%)	6 (21%)	7 (14%)
<b>Never Be Able To Work Due To Injury – 12 Months (Sec 2 Q4c)</b>			
Disagree	22 (96%)	27 (93%)	49 (94%)
Agree	1 (4%)	2 (7%)	3 (6%)
<b>Retired Since Injury - 12 Month (Sec 2 Q27)</b>			
No	23 (100%)	26 (93%)	49 (96%)
Yes**	0 (0%)	2 (7%)	2 (4%)
<b>Work Status</b>			
Same Employer, Same Job	13 (57%)	15 (52%)	28 (54%)
Same Employer, Different Job	3 (13%)	0 (0%)	3 (6%)
New Employer, Same Job	1 (4%)	0 (0%)	1 (2%)
New Employer, Different Job	0 (0%)	2 (7%)	2 (4%)
Self-employed	2 (9%)	2 (7%)	4 (8%)
Voluntary Work	0 (0%)	1 (3%)	1 (2%)
Not Applicable	4 (17%)	9 (31%)	13 (25%)

<b>Education Status</b>			
Same College, Same Course	2 (9%)	1 (3%)	3 (6%)
Different College, Different Course	1 (4%)	0 (0%)	1 (2%)
Not Applicable	20 (87%)	28 (97%)	48 (92%)
<b>Income per month</b> (n <sub>a</sub> =23,n <sub>b</sub> =26,n=49)			
Less than £800	5 (22%)	8 (31%)	13 (27%)
£800 to £1,600	7 (30%)	6 (23%)	13 (27%)
£1,601 to £2,500	6 (26%)	8 (31%)	14 (29%)
£2,501 to £3,250	1 (4%)	1 (4%)	2 (4%)
£3,251 to £4,150	1 (4%)	2 (8%)	3 (6%)
More than £4,150	3 (13%)	1 (4%)	4 (8%)

† Participants planning to return to work, 2 with different job/course, 3 with same job/course, 2 unemployed and looking for work, 1 other plans.

\*Participants not planning to return to work

‡ Participants not currently working, 3 not planning to return to work, 8 planning to return to work and 2 studying

\*\*1 participant retired due to injury, 1 retired not due to injury

Table 44: Correlation between outcome measures at 12 months.

Factor	HADS Anxiety score	HADS Depression score	NEADL total score	CIQ total score	Self-efficacy	Percent work time missed due to health	Percent impairment while working due to health	Percent overall work impairment due to health	Percent activity impairment due to health
<b>HADS Anxiety score</b>									
<b>HADS Depression score</b>	0.69								
<b>NEADL total score</b>	-0.52	-0.30							
<b>CIQ total score</b>	-0.10	-0.23	0.54						
<b>Self-efficacy</b>	-0.46	-0.66	0.29	0.10					
<b>Percent work time missed due to health</b>	0.12	0.15	0.00	0.01	0.07				
<b>Percent impairment while working due to health</b>	0.50	0.39	-0.45	-0.17	-0.56	0.29			
<b>Percent overall work impairment due to health</b>	0.48	0.39	-0.39	-0.14	-0.47	0.55	0.96		
<b>Percent activity impairment due to health</b>	0.62	0.42	-0.65	-0.15	-0.56	0.18	0.84	0.79	



**Table 45: TBI participants' outcome measures at 3 months, by intervention arm and overall (data are frequency (%) unless otherwise stated)**

<b>Measure</b>	<b>Control (n<sub>a</sub>=31)</b>	<b>Intervention (n<sub>b</sub>=34)</b>	<b>Overall (n=65)</b>	<b>Mean Difference (95% CI)</b>
<b>EQ-5D-3L – Visual Analogue Score</b> <b>Mean [SD]</b> (n <sub>a</sub> =31, n <sub>b</sub> =32, n=63)	69.4 (20.5)	73.9 (17.3)	71.7 (18.9)	7.0 (-1.9 to 15.9)
<b>Nottingham Extended Activities Daily Living (NEADL)</b> (higher scores indicate greater independence)				
NEADL Mobility, Mean [SD] (Valid range 0-6)	5.3 (1.4)	5.4 (1.2)	5.4 (1.3)	0.2 (-0.5 to 0.8)
NEADL Kitchen, Mean [SD] (Valid range 0-5)	4.7 (0.8)	4.9 (0.3)	4.8 (0.6)	0.2 (-0.1 to 0.5)
NEADL Domestic, Mean [SD] (Valid range 0-5) (n <sub>a</sub> =31, n <sub>b</sub> =33, n=64)	4.0 (1.4)	4.2 (1.4)	4.1 (1.4)	0.1 (-0.5 to 0.7)
NEADL Leisure, Mean [SD] (Valid range 0-6)	4.3 (1.2)	4.4 (1.4)	4.4 (1.3)	0.2 (-0.4 to 0.8)
NEADL Total Score, Mean [SD] (Valid Range 0-22) (n <sub>a</sub> =31, n <sub>b</sub> =33, n=64)	18.3 (3.7)	18.9 (3.3)	18.6 (3.5)	0.7 (-1.0 to 2.3)
<b>Community Integration Questionnaire (CIQ)</b>				
CIQ Home Integration, Mean [SD] (Valid range 0-10)	4.5 (2.6)	4.9 (3.1)	4.7 (2.9)	0.4 (-0.8 to 1.6)
CIQ Social Integration, Mean [SD] (Valid range 0-12)	8.8 (1.6)	8.0 (2.2)	8.4 (2.0)	-0.6 (-1.6 to 0.4)
CIQ Social Productivity, Mean [SD] (Valid range 0-7)	5.3 (1.6)	4.2 (2.1)	4.8 (1.9)	-0.9 (-1.8 to 0.0)
CIQ Total Score, Mean [SD] (Valid range 0-29)	18.5 (4.1)	17.3 (5.4)	17.9 (4.8)	0.3 (0.0 to 0.5)
<b>Self-Efficacy single question from Work Ability Index</b> <b>Mean [SD]</b> (Valid Range 0-10) (n <sub>a</sub> =31, n <sub>b</sub> =33, n=64)	6.6 (3.1)	6.8 (3.1)	6.7 (3.1)	0.2 (-1.3 to 1.7)
<b>Work Productivity and Activity Impairment</b>				

<b>Questionnaire V2 (WPAI)</b>				
<b>Measure</b>	<b>Control</b> (n <sub>a</sub> =31)	<b>Intervention</b> (n <sub>b</sub> =34)	<b>Overall</b> (n=65)	<b>Odds ratio</b> (95% CI)
Percent work time missed due to health, Mean [SD] (n <sub>a</sub> =18,n <sub>b</sub> =14,n=32)*	22.0 (28.9)	19.3 (33.2)	20.8 (30.4)	14.9 (-39.7 to 69.5)
Percent impairment while working due to health, Mean [SD] (n <sub>a</sub> =20,n <sub>b</sub> =14,n=34)*	30.0 (27.7)	12.9 (13.3)	22.9 (24.2)	4.4 (-27.7 to 36.6)
Percent overall work impairment due to health, Mean [SD] (n <sub>a</sub> =18,n <sub>b</sub> =14,n=32)*	41.9 (35.4)	26.1 (34.2)	35.0 (35.2)	-0.6 (-61.6 to 60.3)
Percent activity impairment due to health, Mean [SD]	41.9 (30.7)	27.9 (28.4)	34.6 (30.1)	-15.6 (-29.0 to -2.2)
<b>EQ-5D-3L</b>				
<b>EQ-5D-3L – Mobility †</b>				1.86 (0.60 to 5.80)
No Problems	22 (71%)	20 (59%)	42 (65%)	
Some Problems	9 (29%)	14 (41%)	23 (35%)	
Confined To Bed	0 (0%)	0 (0%)	0 (0%)	
<b>EQ-5D-3L - Self-Care †</b>				
No Problems	30 (97%)	29 (85%)	59 (91%)	
Some Problems	1 (3%)	5 (15%)	6 (9%)	
Unable To Wash Or Dress	0 (0%)	0 (0%)	0 (0%)	
<b>EQ-5D-3L - Usual Activities</b>				
No Problems	13 (42%)	15 (44%)	28 (43%)	
Some Problems	15 (48%)	14 (41%)	29 (45%)	
Unable To Do Usual Activities	3 (10%)	5 (15%)	8 (12%)	
<b>EQ-5D-3L - Pain / Discomfort †</b>				
No Pain Or Discomfort	10 (32%)	14 (41%)	24 (37%)	
Moderate Pain Or Discomfort	17 (55%)	18 (53%)	35 (54%)	
Extreme Pain Or Discomfort	4 (13%)	2 (6%)	6 (9%)	
<b>EQ-5D-3L - Anxiety / Depression</b>				
Not Anxious Or Depressed	15 (48%)	18 (53%)	33 (51%)	
Moderately Anxious Or Depressed	12 (39%)	14 (41%)	26 (40%)	

Extremely Anxious Or Depressed	4 (13%)	2 (6%)	6 (9%)	
<b>EQ-5D-3L - Health Compared to Previous 12 Months †</b>				0.75 (0.29 to 1.96)
Better	4 (13%)	7 (21%)	11 (17%)	
Much The Same	12 (39%)	10 (29%)	22 (34%)	
Worse	15 (48%)	17 (50%)	32 (49%)	
<b>Hospital Anxiety and Depression Scale (HADS)</b>				
<b>HADS Anxiety</b>				0.60 (0.21 to 1.70)
Normal (0-7)	19 (61%)	24 (71%)	43 (66%)	
Borderline abnormal (8-10)	3 (10%)	3 (9%)	6 (9%)	
Abnormal (11-21)	9 (29%)	7 (21%)	16 (25%)	
<b>HADS Depression</b>				1.09 (0.33 to 3.55)
Normal (0-7)	23 (74%)	26 (77%)	49 (75%)	
Borderline abnormal (8-10)	7 (23%)	5 (15%)	12 (19%)	
Abnormal (11-21)	1 (3%)	3 (9%)	4 (6%)	

\* answered only by those in employment ( $n_a=20, n_b=15, n=35$ ) – baseline adjustment means effects are based only those who were working at both baseline and follow-up

† Dichotomised to achieve convergence

**Table 46: TBI participants' outcome measures at 6 Months, by intervention arm and overall**

<b>Measure</b>	<b>Control (n<sub>a</sub>=31)</b>	<b>Intervention (n<sub>b</sub>=31)</b>	<b>Overall (n=62)</b>	<b>Mean Difference (95% CI)</b>
<b>EQ-5D-3L – Visual Analogue Score Mean [SD]</b>	74.6 (16.4)	70.1 (25.5)	72.3 (21.4)	-3.7 (-14.2 to 6.7)
<b>Nottingham Extended Activities Daily Living (NEADL)</b> (higher scores indicate greater independence) (n <sub>a</sub> =31,n <sub>b</sub> =30,n=61)				
NEADL Mobility, Mean [SD] (Valid range 0-6)	5.5 (0.7)	5.7 (0.5)	5.6 (0.6)	0.3 (0.0 to 0.6)
NEADL Kitchen, Mean [SD] (Valid range 0-5)	4.7 (0.8)	4.9 (0.3)	4.8 (0.6)	0.2 (-0.1 to 0.5)
NEADL Domestic, Mean [SD] (Valid range 0-5)	4.1 (1.4)	3.9 (1.5)	4.0 (1.5)	-0.2 (-0.9 to 0.5)
NEADL Leisure, Mean [SD] (Valid range 0-6)	4.5 (1.4)	4.4 (1.6)	4.4 (1.5)	0.0 (-0.8 to 0.8)
NEADL Total Score, Mean [SD] (Valid Range 0-22)	18.8 (3.5)	19.0 (2.8)	18.9 (3.1)	0.3 (-1.2 to 1.8)
<b>Community Integration Questionnaire (CIQ)</b>				
CIQ Home Integration, Mean [SD] (Valid range 0-10) (n <sub>a</sub> =31,n <sub>b</sub> =30,n=61)	4.6 (2.4)	5.0 (3.0)	4.8 (2.7)	0.4 (-0.8 to 1.5)
CIQ Social Integration, Mean [SD] (Valid range 0-12) (n <sub>a</sub> =31,n <sub>b</sub> =30,n=61)	8.8 (2.1)	7.6 (2.9)	8.2 (2.6)	-1.1 (-2.4 to 0.2)
CIQ Social Productivity, Mean [SD] (Valid range 0-7) (n <sub>a</sub> =30,n <sub>b</sub> =29,n=59)	5.2 (1.8)	4.9 (1.9)	5.1 (1.8)	-0.1 (-1.1 to 0.9)
CIQ Total Score, Mean [SD] (Valid range 0-29) (n <sub>a</sub> =30,n <sub>b</sub> =29,n=59)	18.3 (4.5)	17.4 (6.0)	17.9 (5.3)	-0.8 (-3.5 to 1.9)
<b>Self-Efficacy single question from Work Ability Index Mean [SD]</b> (Valid Range 0-10)	6.6 (3.4)	6.8 (3.2)	6.7 (3.3)	0.2 (-1.5 to 1.9)

(n <sub>a</sub> =30,n <sub>b</sub> =30,n=60)				
<b>Work Productivity and Activity Impairment Questionnaire V2 (WPAI)</b>				
Percent work time missed due to health, Mean [SD] (n <sub>a</sub> =17,n <sub>b</sub> =17,n=34)*	10.9 (25.7)	7.1 (18.1)	9.0 (22.0)	11.1 (-23.3 to 45.5)
Percent impairment while working due to health, Mean [SD] (n <sub>a</sub> =16,n <sub>b</sub> =19,n=35)*	17.5 (21.1)	16.8 (26.3)	17.1 (23.7)	48.1 (-45.7 to 142.0)
Percent overall work impairment due to health, Mean [SD] (n <sub>a</sub> =17,n <sub>b</sub> =17,n=34)*	25.5 (29.7)	21.4 (32.3)	23.5 (30.6)	43.7 (-27.8 to 115.3)
Percent activity impairment due to health, Mean [SD]	26.6 (27.3)	31.3 (30.5)	29.0 (28.8)	3.8 (-10.9 to 18.5)
<b>Measure</b>	<b>Control</b> (n <sub>a</sub> =31)	<b>Intervention</b> (n <sub>b</sub> =31)	<b>Overall</b> (n=62)	<b>Odds ratio</b> (95% CI)
<b>EQ-5D-3L</b>				
<b>EQ-5D-3L – Mobility †</b>				0.73 (0.23 to 2.32)
No Problems	22 (71%)	24 (77%)	46 (74%)	
Some Problems	9 (29%)	7 (23%)	16 (26%)	
Confined To Bed	0 (0%)	0 (0%)	0 (0%)	
<b>EQ-5D-3L - Self-Care †</b>				2.80 (0.50 to 15.73)
No Problems	29 (94%)	26 (84%)	55 (89%)	
Some Problems	2 (7%)	5 (16%)	7 (11%)	
Unable To Wash Or Dress	0 (0%)	0 (0%)	0 (0%)	
<b>EQ-5D-3L - Usual Activities †</b>				0.78 (0.28 to 2.12)
No Problems	13 (42%)	15 (48%)	28 (45%)	
Some Problems	15 (48%)	13 (42%)	28 (45%)	
Unable To Do Usual Activities	3 (10%)	3 (10%)	6 (10%)	
<b>EQ-5D-3L - Pain / Discomfort †</b>				0.83 (0.30 to 2.28)
No Pain Or Discomfort	15 (48%)	16 (52%)	31 (50%)	
Moderate Pain Or Discomfort	16 (52%)	12 (39%)	28 (45%)	
Extreme Pain Or Discomfort	0 (0%)	3 (10%)	3 (5%)	

<b>EQ-5D-3L - Anxiety / Depression</b>				0.64 (0.22 to 1.86)
Not Anxious Or Depressed	15 (48%)	19 (61%)	34 (55%)	
Moderately Anxious Or Depressed	14 (45%)	9 (29%)	23 (37%)	
Extremely Anxious Or Depressed	2 (7%)	3 (10%)	5 (8%)	
<b>EQ-5D-3L - Health Compared to Previous 12 Months</b>				2.43 (0.92 to 6.43)
Better	8 (26%)	5 (16%)	13 (21%)	
Much The Same	13 (42%)	8 (26%)	21 (34%)	
Worse	10 (32%)	18 (58%)	28 (45%)	
<b>Hospital Anxiety and Depression Scale (HADS)</b>				
<b>HADS Anxiety</b> (n <sub>a</sub> =31,n <sub>b</sub> =32,n=61)				0.65 (0.21 to 2.01)
Normal (0-7)	20 (65%)	20 (67%)	40 (66%)	
Borderline abnormal (8-10)	2 (7%)	5 (17%)	7 (12%)	
Abnormal (11-21)	9 (29%)	5 (17%)	14 (23%)	
<b>HADS Depression</b> (n <sub>a</sub> =31,n <sub>b</sub> =32,n=61)				1.10 (0.34 to 3.53)
Normal (0-7)	23 (74%)	22 (73%)	45 (74%)	
Borderline abnormal (8-10)	7 (23%)	5 (17%)	12 (20%)	
Abnormal (11-21)	1 (3%)	3 (10%)	4 (7%)	

\* answered only by those in employment (n<sub>a</sub>=18,n<sub>b</sub>=20,n=38) – baseline adjustment means effects are based only those who were working at both baseline and follow-up

† Dichotomised to achieve convergence

**Table 47: TBI participants' outcome measures at 12 months, by intervention arm and overall (data are frequency (%) unless otherwise stated)**

<b>Measure</b>	<b>Control (n<sub>a</sub>=23)</b>	<b>Intervention (n<sub>b</sub>=29)</b>	<b>Overall (n=52)</b>	<b>Mean Difference (95% CI)</b>
<b>EQ-5D-3L – Visual Analogue Score Mean [SD]</b>	79.8 (16.2)	77.1 (17.8)	78.3 (17)	-0.7 (-10.2 to 8.8)
<b>Nottingham Extended Activities Daily Living (NEADL)</b> (higher scores indicate greater independence) (n <sub>a</sub> =23,n <sub>b</sub> =28,n=51)				
<b>NEADL Mobility Mean [SD]</b> (Valid range 0-6)	5.6 (0.7)	5.8 (0.4)	5.7 (0.6)	0.2 (-0.1 to 0.6)
<b>NEADL Kitchen Mean [SD]</b> (Valid range 0-5)	4.8 (0.4)	4.9 (0.3)	4.9 (0.3)	0.2 (0.0 to 0.4)
<b>NEADL Domestic Mean [SD]</b> (Valid range 0-5)	4.2 (1.2)	4.0 (1.8)	4.1 (1.5)	0.0 (-0.9 to 0.8)
<b>NEADL Leisure Mean [SD]</b> (Valid range 0-6)	5.0 (1.1)	4.8 (1.4)	4.9 (1.3)	-0.1 (-0.8 to 0.6)
<b>NEADL Total Score Mean [SD]</b> (Valid Range 0-22)	19.6 (2.6)	19.6 (3.2)	19.6 (2.9)	0.4 (-1.2 to 2.0)
<b>Community Integration Questionnaire (CIQ)</b>				
CIQ Home Integration, Mean [SD] (Valid range 0-10) (n <sub>a</sub> =23,n <sub>b</sub> =28,n=51)	4.3 (2.5)	4.9 (3.0)	4.7 (2.7)	0.4 (-0.8 to 1.7)
CIQ Social Integration, Mean [SD] (Valid range 0-12) (n <sub>a</sub> =23,n <sub>b</sub> =28,n=51)	9.0 (2.1)	8.0 (2.8)	8.5 (2.5)	-0.9 (-2.3 to 0.5)
CIQ Social Productivity, Mean [SD] (Valid range 0-7) (n <sub>a</sub> =22,n <sub>b</sub> =28,n=50)	5.7 (1.3)	4.8 (2.2)	5.2 (1.9)	-0.7 (-1.8 to 0.4)
CIQ Total Score, Mean [SD] (Valid range 0-29)	19.3 (4.0)	17.7 (6.0)	18.5 (5.2)	-1.0 (-4.0 to 1.9)

(n <sub>a</sub> =22,n <sub>b</sub> =28,n=50)				
<b>Self-Efficacy single question from Work Ability Index</b>				
<b>Mean [SD]</b> (Valid Range 0-10) (n <sub>a</sub> =23,n <sub>b</sub> =28,n=51)	8.2 (1.8)	7.2 (3)	7.7 (2.5)	-0.8 (-2.3 to 0.6)
<b>Work Productivity and Activity Impairment Questionnaire V2 (WPAI)</b>				
Percent work time missed due to health, Mean [SD] (n <sub>a</sub> =19,n <sub>b</sub> =17,n=36)*	6.3 (14.8)	0.7 (3.0)	3.7 (11.2)	-12.9 (-45.4 to 19.6)
Percent impairment while working due to health, Mean [SD] (n <sub>a</sub> =19,n <sub>b</sub> =18,n=37)*	19.5 (20.4)	13.3 (15.3)	16.5 (18.1)	14.4 (-13.6 to 42.4)
Percent overall work impairment due to health, Mean [SD] (n <sub>a</sub> =19,n <sub>b</sub> =17,n=36)*	23.2 (25.6)	14.8 (15.5)	19.2 (21.5)	-3.3 (-52.1 to 45.6)
Percent activity impairment due to health, Mean [SD]	21.8 (24.2)	22.5 (23.5)	22.2 (23.6)	-0.5 (-13.6 to 12.6)
<b>Measure</b>	<b>Control</b> (n <sub>a</sub> =23)	<b>Intervention</b> (n <sub>b</sub> =29)	<b>Overall</b> (n=52)	<b>Odds ratio</b> (95% CI)
<b>EQ-5D-3L</b>				
<b>EQ-5D-3L – Mobility †</b>				0.73 (0.18 to 2.96)
No Problems	18 (78%)	24 (83%)	42 (81%)	
Some Problems	5 (22%)	5 (17%)	10 (19%)	
Confined To Bed	0 (0%)	0 (0%)	0 (0%)	
<b>EQ-5D-3L - Self-Care †</b>				2.76 (0.25 to 29.62)
No Problems	22 (96%)	26 (90%)	48 (92%)	
Some Problems	1 (4%)	3 (10%)	4 (8%)	
Unable To Wash Or Dress	0 (0%)	0 (0%)	0 (0%)	
<b>EQ-5D-3L - Usual Activities †</b>				2.47 (0.78 to 7.83)
No Problems	16 (70%)	14 (48%)	30 (58%)	
Some Problems	7 (30%)	12 (41%)	19 (37%)	
Unable To Do Usual Activities	0 (0%)	3 (10%)	3 (6%)	
<b>EQ-5D-3L - Pain / Discomfort †</b>				1.46 (0.47 to 4.46)
No Pain Or Discomfort	14 (61%)	15 (52%)	29 (56%)	



Moderate Pain Or Discomfort	9 (39%)	12 (41%)	21 (40%)	
Extreme Pain Or Discomfort	0 (0%)	2 (7%)	2 (4%)	
<b>EQ-5D-3L - Anxiety / Depression</b> (n <sub>a</sub> =22,n <sub>b</sub> =29,n=51)				0.64 (0.17 to 2.44)
Not Anxious Or Depressed	13 (59%)	21 (72%)	34 (67%)	
Moderately Anxious Or Depressed	8 (36%)	7 (24%)	15 (29%)	
Extremely Anxious Or Depressed	1 (5%)	1 (3%)	2 (4%)	
<b>EQ-5D-3L - Health Compared to Previous 12 Months</b>				1.27 (0.43 to 3.74)
Better	9 (39%)	10 (35%)	19 (37%)	
Much The Same	10 (44%)	13 (45%)	23 (44%)	
Worse	4 (17%)	6 (21%)	10 (19%)	
<b>Hospital Anxiety and Depression Scale (HADS)</b>				
<b>HADS Anxiety</b> (n <sub>a</sub> =23,n <sub>b</sub> =28,n=51)				0.77 (0.22 to 2.66)
Normal (0-7)	16 (70%)	19 (68%)	35 (69%)	
Borderline abnormal (8-10)	4 (17%)	8 (29%)	12 (24%)	
Abnormal (11-21)	3 (13%)	1 (4%)	4 (8%)	
<b>HADS Depression</b> (n <sub>a</sub> =23,n <sub>b</sub> =28,n=51)				1.13 (0.27 to 4.76)
Normal (0-7)	19 (83%)	22 (79%)	41 (80%)	
Borderline abnormal (8-10)	2 (9%)	2 (7%)	4 (8%)	
Abnormal (11-21)	2 (9%)	4 (14%)	6 (12%)	
<b>Glasgow Outcome Score (GOS)†</b>				
Dead	0 (0%)	0 (0%)	0 (0%)	
Vegetative State	0 (0%)	0 (0%)	0 (0%)	
Severely Disabled	0 (0%)	0 (0%)	0 (0%)	
Moderately Disabled	7 (30%)	10 (35%)	17 (33%)	
Good Recovery	16 (70%)	19 (66%)	35 (67%)	

\* only answered by those in employment (n<sub>a</sub>=19,n<sub>b</sub>=19,n=38) – baseline adjustment means effects are based only those who were working at both baseline and follow-up

† Dichotomised to achieve convergence

‡ This variable created from other responses on the questionnaire.

**Table 48: TBI carers' demographics and validated measures scores at baseline, by site and overall (data are frequency (%) unless otherwise stated)**

	<b>Site 1</b> (n <sub>1</sub> =10)	<b>Site 2</b> (n <sub>2</sub> =7)	<b>Site 3</b> (n <sub>3</sub> =15)	<b>Overall</b> (n=32)
<b>Sex</b>				
Male	1 (10%)	2 (29%)	1 (7%)	4 (13%)
Female	9 (90%)	5 (71%)	14 (93%)	28 (88%)
<b>Age, Mean (SD)</b> (n <sub>1</sub> =10,n <sub>2</sub> =5,n <sub>3</sub> =15)	51.4 (13.1)	37.2 (17.4)	47.1 (13.3)	46.9 (14.3)
<b>Age, Median (IQR)</b> (n <sub>1</sub> =10,n <sub>2</sub> =5,n <sub>3</sub> =15)	47.5 (41.5,56)	31 (24,53.5)	46 (41,51)	45.5 (40,53.8)
<b>Relationship to participant</b>				
Spouse	6 (60%)	2 (29%)	7 (47%)	15 (47%)
Partner	2 (20%)	4 (57%)	2 (13%)	8 (25%)
Parent	2 (20%)	1 (14%)	6 (40%)	9 (28%)
Sibling	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Friend	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Other	0 (0%)	0 (0%)	0 (0%)	0 (0%)
<b>Carer Strain Index, Mean (SD)</b> (n <sub>1</sub> =10,n <sub>2</sub> =5,n <sub>3</sub> =15)	3.8 (3.6)	7.2 (1.5)	6.47 (3.8)	5.7 (3.6)
<b>Carer Strain Index, Median (IQR)</b> (n <sub>1</sub> =10,n <sub>2</sub> =5,n <sub>3</sub> =15)	3 (0.8-7.3)	7 (6-8.5)	6 (3-9)	6 (2-9)
<b>Carer Strain Index – Categorical</b> (n <sub>1</sub> =10,n <sub>2</sub> =5,n <sub>3</sub> =15)				
All Sub-scales are 0	2 (20%)	0 (0%)	2 (13%)	4 (13%)
1 to 6 Sub-scales are positive	5 (50%)	1 (20%)	6 (40%)	12 (40%)
7 or more Sub-scales are positive	3 (30%)	4 (80%)	7 (47%)	14 (47%)

**Table 49: TBI carers' validated measures scores at 3 months, by intervention arm and overall; data are frequency (%) unless otherwise stated**

Measure	Control (n <sub>a</sub> =15)	Intervention (n <sub>b</sub> =11)	Overall (n=26)	Mean Difference (95% CI)
Carer Strain Index, Mean (SD)	5.1 (3.5)	4.0 (2.6)	4.7 (3.2)	-0.3 (-2.0 to 1.4)
Carer Strain Index, Median (IQR)	4 (3 to 9)	5 (2 to 5)	4.5 (2.8 to 7)	
Measure	Control (n <sub>a</sub> =15)	Intervention (n <sub>b</sub> =11)	Overall (n=26)	Odds Ratio (95% CI)
Carer Strain Index – Categorised *				-
All Sub-scales are 0	2 (13%)	2 (18%)	4 (15%)	
1 to 6 Sub-scales are positive	8 (53%)	7 (64%)	15 (58%)	
7 or more Sub-scales are positive	5 (33%)	2 (18%)	7 (27%)	

\* Non-convergence of logistic regression model due to sparse categories

**Table 50: TBI carers' validated measures scores at 6 months, by intervention arm and overall**

Measure	Control (n <sub>a</sub> =12)	Intervention (n <sub>b</sub> =11)	Overall (n=23)	Mean Difference / Odds Ratio (95%CI)
Carer Strain Index, Mean (SD)	3.7 (3.2)	1.7 (1.7)	2.7 (2.7)	-1.3 (-3.3 to 0.7)
Carer Strain Index, Median (IQR)	2.5 (1-6.5)	1 (0-3)	2 (1-4)	
Measure	Control (n <sub>a</sub> =12)	Intervention (n <sub>b</sub> =11)	Overall (n=23)	Odds Ratio (95% CI)
Carer Strain Index – Categorised *				-
All Sub-scales are 0	1 (8%)	4 (36%)	5 (22%)	
1 to 6 Sub-scales are positive	8 (67%)	7 (64%)	15 (65%)	
7 or more Sub-scales are positive	3 (25%)	0 (0%)	3 (13%)	

\* Non-convergence of logistic regression model due to sparse categories

**Table 51: TBI carers' validated measures scores at 12 months, by intervention arm and overall**

Measure	Control (n <sub>a</sub> =12)	Intervention (n <sub>b</sub> =10)	Overall (n=22)	Mean Difference / Odds Ratio (95% CI)
<b>Carer Strain Index, Mean (SD)</b> (n <sub>a</sub> =12,n <sub>b</sub> =9,n=21)	3.4 (3)	0.7 (1.3)	2.2 (2.8)	-2.4 (-4.4 to 0.3)
<b>Carer Strain Index, Median (IQR)</b> (n <sub>a</sub> =12,n <sub>b</sub> =9,n=21)	2.5 (1-6)	0 (0-1.5)	1 (0-4)	
Measure	Control (n <sub>a</sub> =12)	Intervention (n <sub>b</sub> =10)	Overall (n=22)	Odds Ratio (95% CI)
<b>Carer Strain Index – Categorised *</b> (n <sub>a</sub> =12,n <sub>b</sub> =9,n=21)				-
All Sub-scales are 0	2 (17%)	7 (78%)	9 (43%)	
1 to 6 Sub-scales are positive	8 (67%)	2 (22%)	10 (48%)	
7 or more Sub-scales are positive	2 (17%)	0 (0%)	2 (10%)	

\* Non-convergence of logistic regression model due to sparse categories

**Table 52: Safety Data, by arm and overall; data are frequency (explanations given as required)**

Category	Control	Intervention	Overall
Death	0	0	0
Accidental injury resulting from non-compliance with equipment or work place adaptations recommended by the FRESH VR Occupational Therapists	0	0	0
Work accident resulting in injury requiring hospital treatment	0	0	0
Incident of aggression of the participant towards the researcher, staff or others	0	1	1*
Attempted suicide	0	0	0

\* verbal (not physical) aggression from a participant in response to being told that he couldn't drive and needed to inform the DVLA.

Note: The adverse event reported above related to an individual who received the intervention.