SUPPLEMENTARY MATERIALS

Table S1. One-year longitudinal changes in sarcopenia in the satisfied and non-satisfied groups

	Satisfied group			Non-satisfied group			p-value[b)]	Effect size
	Baseline	**At 1 year**	**p-value[a)]**	**Baseline**	**At 1 year**	**p-value[a)]**		
Total		(n=74)			(n=27)		Interaction	η_p^2
SMI (kg/m^2)	6.29±1.07	6.24±1.12	0.211	6.54±1.00	6.31±1.07	0.005*	0.039*	0.043
Handgrip strength (kg)	21.8±7.9	21.2±8.2	0.097	22.5±9.2	22.5±9.7	0.966	0.514	0.005
Male		(n=39)			(n=16)		Interaction	η_p^2
SMI (kg/m^2)	6.91±0.92	6.82±0.99	0.085	6.80±0.90	6.64±1.02	0.078	0.623	0.005
Handgrip strength (kg)	27.2±6.5	26.7±7.0	0.403	26.2±9.9	26.2±10.5	0.951	0.851	0.001
Female		(n=35)			(n=11)		Interaction	η_p^2
SMI (kg/m^2)	5.60±0.77	5.59±0.89	0.929	6.16±1.07	5.84±0.99	0.031*	0.021*	0.117
Handgrip strength (kg)	15.9±4.3	15.2±4.4	0.038*	17.4±5.3	17.4±5.9	1.000	0.413	0.016

Variables are reported as mean±standard deviation.

SMI, skeletal muscle mass index.

*p<0.05 (the significance threshold was set at 5%).

[a)]Paired t-test, [b)]interaction effect between time and group in a two-way repeated-measures analysis of covariance adjusted for age.