

Supplementary Table 3. Comparison of questionnaires results among groups

	Baseline															
	4 wk				8 wk				12 wk							
	Control	P	NMES	NMES + P	Control	P	NMES	NMES + P	Control	P	NMES	NMES + P				
MET (min/wk)	1,837 ± 3,070	906 ± 1,037	2,980 ± 3,696	1,184 ± 1,079	2,182 ± 4,490	943 ± 830	3,651 ± 5,078	1,266 ± 1,164	1,925 ± 4,040	980 ± 812	2,764 ± 2,914	1,245 ± 1,165	1,660 ± 3,879	604 ± 505	3,406 ± 3,307	1,429 ± 1,531
K-PASE	53.3 ± 49.7	63.2 ± 59.6	90.0 ± 66.8	80.1 ± 72.3	66.1 ± 89.7	64.8 ± 47.3	113.1 ± 109.0	73.1 ± 33.2	84.5 ± 77.9	68.3 ± 59.1	95.4 ± 85.5	86.4 ± 67.6	78.1 ± 114.6	67.6 ± 53.1	119.4 ± 107.8	79.4 ± 69.4
GDS	7.5 ± 2.5	6.6 ± 4.1	7.9 ± 5.0	8.5 ± 3.5	8.2 ± 3.3	6.9 ± 3.6	7.6 ± 3.6	7.9 ± 4.3	8.0 ± 3.6	7.5 ± 4.6	7.6 ± 4.2	7.7 ± 3.9	8.4 ± 3.4	7.4 ± 3.6	7.7 ± 3.9	7.3 ± 4.6
KFES	93.0 ± 14.9	87.0 ± 22.9	87.9 ± 22.6	96.9 ± 9.5	90.7 ± 20.0	84.4 ± 28.6	93.3 ± 19.9	96.9 ± 9.8	90.0 ± 18.7	83.4 ± 26.7	93.5 ± 19.9	97.5 ± 8.2	91.3 ± 16.6	87.2 ± 22.7	94.0 ± 21.6	95.3 ± 12.2

Data are expressed as mean ± standard deviation.

C, control; GDS, geriatric depression scale; KFES, Korean version of Falls Efficacy Scale; K-PASE, Korean version of the Physical Activity Scale for the Elderly; MET, metabolic equivalent of task; NMES, neuromuscular electrical stimulation; NMES + P, neuromuscular electrical stimulation combined with protein supplementation; P, protein supplementation.