

Appendix 1. SARC-F Questionnaire

Component	Question	Score
<i>Strength</i>	<i>How much difficulty do you have in lifting and carrying 10 pounds?</i>	None = 0 Some = 1 A lot or unable = 2
	Seberapa sulit Anda dalam mengangkat dan membawa beban seberat 5 kg?	Tidak ada kesulitan = 0 Cukup sulit = 1 Sangat sulit atau tidak mampu = 2
<i>Assistance in walking</i>	<i>How much difficulty do you have walking across a room?</i>	None = 0 Some = 1 A lot, use aids, or unable = 2
	Seberapa sulit Anda berjalan melintasi ruangan?	Tidak ada kesulitan = 0 Cukup sulit = 1 Sangat sulit, perlu bantuan, atau tidak mampu = 2)
<i>Rise from a chair</i>	<i>How much difficulty do you have transferring from a chair or bed?</i>	None = 0 Some = 1 A lot or unable without help = 2
	Seberapa sulit Anda bangkit dan berpindah dari kursi atau tempat tidur?	Tidak ada kesulitan = 0 Cukup sulit = 1 Sangat sulit atau tidak mampu jika tanpa bantuan = 2
<i>Climb stairs</i>	<i>How much difficulty do you have climbing a flight of 10 stairs?</i>	None = 0 Some = 1 A lot or unable = 2
	Seberapa sulit Anda menaiki 10 anak tangga?	Tidak ada kesulitan = 0 Cukup sulit = 1 Sangat sulit atau tidak mampu = 2
<i>Falls</i>	<i>How many times have you fallen in the past year?</i>	None = 0 1-3 falls = 1 4 or more falls = 2
	Berapa kali Anda terjatuh dalam satu tahun terakhir?	Tidak pernah = 0 1-3 kali = 1 4 kali atau lebih = 2

Appendix 2.

Diagnostic Accuracy of Calf Circumference Cut-Off Points

Cut-off points	Sensitivity	Specificity	PPV	NPV	LR+	LR-	AUC
Male							
<33 cm	52.9	86.2	69.2	75.8	3.83	0.55	0.70
<34 cm	64.7	79.3	64.7	79.3	3.13	0.45	0.72
<35 cm	70.6	72.4	60	80.8	2.56	0.41	0.72
<36 cm	76.5	65.5	56.5	82.6	2.22	0.36	0.71
Female							
<28 cm	57.1	95.6	66.7	95.6	19.03	0.44	0.77
<29 cm	71.4	95.5	62.5	97	15.87	0.30	0.84
<30 cm	85.7	88.1	42.9	98.3	7.20	0.16	0.87
<31 cm	100	80.6	35	100	5.16	0	0.90

Diagnostic Accuracy of Thigh Circumference Cut-Off Points

Cut-off points	Sensitivity	Specificity	PPV	NPV	LR+	LR-	AUC
Male							
<49 cm	64.7	89.7	78.6	81.3	6.25	0.39	0.77
<50 cm	64.7	79.3	64.7	79.3	3.13	0.45	0.72
<51 cm	64.7	72.4	57.9	77.8	2.34	0.49	0.69
<52 cm	70.6	72.4	60.0	80.8	2.56	0.41	0.72
Female							
<43 cm	71.4	95.5	62.5	97	15.87	0.30	0.84
<44 cm	85.7	94	60	98.4	14.28	0.15	0.90
<45 cm	100	88.1	46.7	100	8.40	0	0.94