



Figure 1. PRISMA flow diagram showing identification, selection and inclusion of studies from databases, registers and other sources.

Table 1. Summary characteristics of 129 included studies.¹⁻¹²⁹

Study	Design	Enrolment began	Country	Population frailty	enrolled	Interventions	Controls	Living at home	IADL	PADL	PADL & IADL	Hospitalisation	Homecare	Care-home placement	Cost	Cost effectiveness	Health status	Depression	Loneliness	Falls	Mortality	Funding	
Alegria 2019 ^{1, 130, 131}	RCT	2015	USA	P	307	exrc & psyc	ac	-	-	-	■	-	-	-	-	-	○	○	-	-	◆	NC	
Arthanat 2019 ^{2, 132, 133}	RCT	> 2005	USA	U	97	comm	ac	-	-	-	-	-	-	-	-	-	-	-	-	-	-	○	NC
Auvinen 2020 ^{3, 134-136}	RCT	2015	FIN	F	512	hmcr & med	hmcr	-	◆	◆	-	■	-	-	-	-	■	■	-	-	-	◆	NC
Balaban 1988 ⁴	RCT	1981	USA	F	198	mfa-(w/med)	ac	-	-	◆	-	■	-	○	-	-	■	■	-	-	-	■	NC
Barenfeld 2018 ^{5, 137-140}	RCT	2012	SWE	all	131	educ	ac	-	-	-	-	-	-	-	-	-	○	○	-	-	○	◆	NC
Bernabei 1998 ^{6, 141, 142}	RCT	1995	ITA	F	200	hmcr & mfar(w/med)	hmcr	-	◆	◆	-	■	■	■	■	-	-	◆	-	-	-	◆	NC
Bleijenberg 2016 ^{7, 143-151}	cRCT	2010	NLD	P,F	m:39; 3092	rsk-mfa-; rsk-mfa-	ac	-	-	◆	■	■	-	○	■	○	■	◆	-	-	-	◆	NC
Blom 2016 ^{8, 150, 152, 153}	cRCT	2009	NLD	all	m:59; 1379	mfa-(w/med+slfm)	ac	◆	◆	◆	■	■	■	◆	■	■	◆	◆	■	-	-	◆	NC
Borrows 2013 ⁹	RCT	2008	GBR	U	36	aids	mfa-	-	-	■	-	-	-	-	-	-	■	-	-	-	-	◆	NC
Botjes 2013 ^{10, 154, 155}	RCT	2011	NLD	U	218	mfa-	ac	-	-	-	○	-	-	-	-	-	○	-	○	-	-	-	NC
Bouman 2008 ^{11, 156-160}	RCT	2002	NLD	P,F	330	mfar(w/med)	ac	-	◆	◆	○	◆	■	■	■	■	◆	◆	■	-	-	◆	NC
Brettschneider 2015 ^{12, 161-164}	RCT	2007	DEU	F	336	mfar(w/med)	ac	-	◆	◆	-	-	-	■	■	■	◆	○	-	■	-	◆	NC
Cameron 2013 ^{13, 165-174}	RCT	2008	AUS	F	241	exrc & mfar(w/med+slfm)	ac	-	-	◆	-	◆	-	■	■	■	◆	◆	-	■	-	◆	NC
Carpenter 1990 ¹⁴	RCT	< 2006	GBR	all	539	rsk-m+fa-	ac	◆	-	-	-	■	-	◆	-	-	-	-	-	■	■	-	NC
Cesari 2014 ^{15, 175-180}	RCT	> 2005	FRA	U	?	mfar(w/med)	ac	-	-	-	○	-	-	-	-	-	○	○	-	-	-	-	NC
Challis 2004 ^{16, 181}	RCT	1998	GBR	F	256	mfar(w/med)	mfar	◆	-	■	-	■	-	■	■	-	-	■	-	-	-	■	NC
Clark 1997 ^{17, 182-186}	RCT	1994	USA	R,P	361	eng & educ	ac	-	◆	◆	-	-	-	-	■	■	-	◆	-	-	-	○	Mx
Clark 2012 ^{18, 187-192}	RCT	2004	USA	U	460	eng & educ	ac	-	-	-	-	-	-	-	■	■	■	■	-	-	-	■	NC
Coleman 1999 ¹⁹	cRCT	< 2006	USA	F	m:9; 169	educ & mfar(w/med+slfm)	ac	-	-	-	-	■	-	-	■	-	○	■	-	■	-	◆	NC

Study	Design	Enrolment began	Country	Population frailty	enrolled	Interventions	Controls	Living at home	IADL	PADL	PADL & IADL	Hospitalisation	Homecare	Care-home placement	Cost	Cost effectiveness	Health status	Depression	Loneliness	Falls	Mortality	Funding		
Counsell 2007 ^{20, 193-197}	cRCT	2002	USA	U	m:164; 951	educ & mfar(w/med+slfm)	ac	-	■	■	-	■	-	-	■	-	■	■	-	-	◆	NC		
Cutchin 2009 ^{21, 198}	RCT	2008	USA	U	110	mfar	ac	-	-	-	■	○	-	○	-	-	■	◆	-	-	-	NC		
Dalby 2000 ^{22, 199}	RCT	< 2006	CAN	F	142	mfar(w/med)	ac	◆	-	-	-	■	-	■	-	-	-	-	-	-	-	◆	NC	
de Craen 2006 ^{23, 200-202}	RCT	2000	NLD	all	402	mfa-	ac	-	-	-	■	-	○	-	-	-	-	○	■	-	-	◆	NC	
Dorresteijn 2016 ^{24, 203-206}	RCT	2009	NLD	U	389	ADL	ac	-	◆	◆	■	-	-	-	■	■	■	○	-	■	-	◆	NC	
Dupuy 2017 ^{25, 207}	RCT	> 2005	FRA	P,F	32	hmcr & aids & comm	hmcr	-	?	-	■	-	-	-	-	-	-	-	-	-	-	-	NC	
Fabacher 1994 ²⁶	RCT	< 2006	USA	all	254	mfar(w/med)	ac	◆	◆	◆	-	■	-	◆	-	-	-	○	-	■	-	◆	NC	
Fairhall 2015 ^{27, 208, 209}	RCT	2013	AUS	P	230	mfar(w/med)	ac	-	-	○	○	○	-	○	-	-	○	○	-	○	○	○	NC	
Faul 2009 ^{28, 210}	RCT	?	USA	R,P	81	educ & exerc & mfar(w/med+slfm); exerc & mfa-(w/med+slfm)		-	○	-	-	-	-	-	-	-	○	○	-	-	-	NC		
Fernandez-Barres 2017 ^{29, 211, 212}	RCT	2010	ESP	F	173	hmcr & ntr	hmcr	◆	-	◆	-	-	-	◆	-	-	-	◆	-	-	-	◆	NC	
Fischer 2009 ^{30, 213}	RCT	2004	DEU	all	4224	eng & mfa-(w/slfm)	ac	◆	-	-	-	■	-	◆	○	-	-	-	-	-	-	■	?	
Ford 1971 ^{31, 214}	RCT	1963	USA	P,F	300	mfar(w/med)	ac	◆	-	○	-	■	-	◆	-	-	-	-	-	-	-	■	NC	
Fox 1997 ³²	RCT	1994	USA	all	237	mfar(w/med+slfm)	mfar(w/med)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	NC	
Fristedt 2019 ^{33, 215}	RCT	2015	SWE	F	62	hmcr & mfar(w/med)	hmcr	-	-	○	-	■	○	-	○	-	-	-	-	-	-	-	◆	NC
Gene Huguet 2018 ³⁴	RCT	2016	ESP	P	200	med & ntr & exerc	ac	-	◆	◆	-	-	-	-	-	-	-	-	-	-	-	-	NC	
Gill 2002 ^{35, 216-219}	RCT	< 2006	USA	P,F	188	ADL & exerc	ac	-	■	■	-	-	-	○	○	-	-	-	-	■	-	◆	NC	
Giné-Garriga 2020 ^{36, 220-230}	RCT	2016	EEE	R	1360	exerc	ac	-	-	-	-	-	-	-	-	-	○	○	○	○	-	-	NC	
Gitlin 2006 ^{37, 231-241}	RCT	2003	USA	P,F	319	ADL & aids & exerc	ac	-	◆	◆	-	-	-	○	■	■	-	○	-	-	-	◆	NC	
Grimmer 2013 ^{38, 242}	RCT	2014	AUS	U	?	mfa-	ac	-	-	?	-	○	-	-	-	-	○	-	-	○	-	?		
Gustafson 2021 ^{39, 243, 244}	RCT	2013	USA	all	390	aids & educ & comm	ac	-	-	-	■	○	-	○	○	○	■	◆	○	○	○	Mx		
Gustafsson 2013 ^{40, 137, 245-252}	RCT	2007	SWE	all	491	educ & mfa-; educ	ac	-	-	-	-	-	-	-	-	○	○	○	-	○	-	◆	NC	

Appendix A: Included studies and reports for Risk-of-bias assessment using RoB2 was complex and time-consuming. Community-based complex interventions to sustain independence in older people, stratified by frailty: a systematic review and network meta-analysis (NIHR128862; CRD42019162195).

Study	Design	Enrolment began	Country	Population frailty	enrolled	Interventions	Controls	Living at home	IADL	PADL	PADL & IADL	Hospitalisation	Homecare	Care-home placement	Cost	Cost effectiveness	Health status	Depression	Loneliness	Falls	Mortality	Funding	
Hall 1992 ⁴¹	RCT	1986	CAN	F	167	hmcr & mfar(w/slfm)	hmcr & mfar	◆	-	-	-	-	-	◆	-	-	-	-	○	-	◆	?	
Harari 2008 ⁴² 253-267	RCT	2000	GBR	all	2503	mfar(w/med)	ac	◆	-	-	-	◆	-	◆	-	-	○	○	-	○	◆	NC	
Hattori 2019 ⁴³ , 268	RCT	2018	JPN	P,F	375	educ & mfar(w/slfm)	mfar	-	○	-	-	■	-	-	-	-	○	○	-	-	■	NC	
Hay 1998 ⁴⁴ , 269	RCT	< 2006	CAN	U	619	mfa-	ac; ac	◆	-	-	■	○	-	◆	■	-	-	-	-	-	◆	NC	
Hebert 2001 ⁴⁵	RCT	< 2006	CAN	P,F	503	mfar(w/med)	ac	◆	-	-	■	-	-	◆	-	-	-	-	-	-	◆	NC	
Henderson 2005 ⁴⁶ , 270	cRCT	2002	AUS	R	m:16; 167	mfar	ac	◆	◆	◆	-	◆	-	◆	-	-	■	◆	-	■	◆	NC	
Hendriksen 1984 ⁴⁷ , 271-273	RCT	1980	DNK	all	600	mfar	ac	-	-	-	-	◆	-	■	-	-	-	-	-	-	◆	NC	
Hogg 2009 ⁴⁸ , 274-278	RCT	2004	CAN	U	241	mfar(w/med)	ac	-	■	-	-	■	-	-	■	■	■	-	-	-	◆	NC	
Holland 2005 ⁴⁹ , 279, 280	RCT	2001	USA	U	504	educ & excr & mfar(w/slfm)	ac	-	-	?	-	○	-	-	-	-	○	■	-	-	◆	NC	
Howel 2019 ⁵⁰ , 281-283	RCT	2011	GBR	all	755	wlfr	ac	-	-	-	-	-	■	○	■	■	■	■	■	-	-	◆	NC
Imhof 2012 ⁵¹ , 151	RCT	2008	CHE	all	461	mfar	ac	◆	○	-	○	■	○	◆	-	-	-	?	-	○	■	NC	
Jing 2018 ⁵²	RCT	2016	CHN	F	80	psyc; excr & psyc		-	-	-	■	-	-	-	-	-	■	■	■	-	■	?	
Jitapunkul 1998 ⁵³	RCT	1993	THA	U	160	rsk-mfa-	ac	-	◆	◆	-	■	-	-	-	-	-	-	-	■	■	NC	
Kerse 2014 ⁵⁴ , 284-288	cRCT	2008	NZL	P,F	m:60; 3893	rsk-mfa-	ac	◆	■	-	■	○	■	◆	-	-	-	■	-	-	◆	NC	
King 2012 ⁵⁵ , 289-291	cRCT	2006	NZL	P,F	m:21; 186	hmcr & ADL & mfar(w/slfm)	hmcr	◆	◆	◆	-	■	■	■	-	-	■	■	-	■	■	NC	
Kono 2016 ⁵⁶ , 292, 293	RCT	2011	JPN	P	360	mfar(w/med)	mfar	◆	■	◆	-	◆	-	◆	■	-	-	◆	-	■	◆	NC	
Kono 2004 ⁵⁷	RCT	2000	JPN	P,F	119	mfar	ac	◆	○	○	-	-	-	◆	-	-	-	○	-	-	◆	NC	
Kono 2012 ⁵⁸ , 294-296	RCT	2008	JPN	P	323	mfar	mfar	■	■	■	-	-	-	■	■	-	-	■	-	-	■	NC	
Kukkonen-Harjula 2017 ⁵⁹ , 297-301	RCT	2014	FIN	P,F	300	ADL & ntr & excr	ac	◆	○	-	-	■	■	◆	■	■	○	○	-	○	◆	NC	
Lambotte 2018 ⁶⁰ , 302-309	RCT	2017	BEL	P,F	871	mfar	ac	-	-	?	-	○	-	○	-	-	-	-	-	-	-	NC	
Leung 2004 ⁶¹ , 310	RCT	2000	HKG	all	260	mfar(w/med)	ac	-	-	-	?	■	-	○	○	-	-	-	-	-	○	?	

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Study	Design	Enrolment began	Country	Population frailty	enrolled	Interventions	Controls	Living at home	IADL	PADL	PADL & IADL	Hospitalisation	Homecare	Care-home placement	Cost	Cost effectiveness	Health status	Depression	Loneliness	Falls	Mortality	Funding
Leveille 1998 ^{62, 311, 312}	RCT	1995	USA	U	201	educ & exerc & mfar(w/med+slfm)	ac	-	-	■	-	◆	-	-	■	-	-	■	-	-	◆	NC
Lewin 2013 ^{63, 313-315}	RCT	2005	AUS	F	750	hmcr & educ & mfar	hmcr	◆	?	?	-	■	■	◆	■	-	-	-	-	-	◆	NC
Liddle 1996 ⁶⁴	RCT	< 2006	AUS	U	105	aids & mfar	ac	◆	-	■	-	○	○	◆	-	-	○	-	-	-	■	NC
Liimatta 2019 ^{65, 316-318}	RCT	2013	FIN	R,P	422	exerc & mfa-(w/med)	ac	-	-	-	-	■	■	■	■	■	■	-	-	-	◆	NC
Loh 2015 ^{66, 319, 320}	cRCT	2014	MYS	U	m:8; 256	ntr & exerc	ac	-	-	-	-	-	-	-	-	-	-	○	-	-	-	NC
Lood 2015 ⁶⁷	RCT	2012	SWE	R,P	40	educ	ac	-	-	-	-	-	-	-	-	-	○	○	?	-	-	NC
Mann J 2021 ^{68, 321-325}	cRCT	2018	AUS	all	m:14; 92	mfa-(w/med)	ac	-	-	○	-	■	-	-	-	○	○	-	-	-	-	NC
Mann WC 1999 ⁶⁹	RCT	< 2006	USA	F	104	hmcr & aids	hmcr	-	◆	-	-	■	-	■	■	-	-	-	-	-	◆	NC
Markle-Reid 2006 ^{70, 326, 327}	RCT	2001	CAN	F	288	hmcr & mfar(w/med+slfm)	hmcr & mfar	-	-	-	-	-	-	-	■	-	○	■	-	-	○	NC
Melis 2008 ^{71, 328-334}	RCT	2003	NLD	F	155	mfar(w/med)	ac	-	-	-	■	■	-	■	■	■	-	■	-	-	■	NC
Meng 2005 ^{72, 335-341}	RCT	1998	USA	F	1786	educ & vchr & mfar(w/med+slfm); educ & mfar(w/med+slfm); vchr	ac	-	■	■	-	○	-	-	-	-	■	-	-	-	◆	NC
Messens 2014 ^{73, 342, 343}	RCT	2011	EEE	P,F	208	aids & cgn & comm & mntr-mfa-	ac	-	-	-	-	○	-	○	-	-	-	○	-	-	○	NC
Metzelthin 2013 ^{74, 150, 344-349}	cRCT	2009	NLD	F	m:12; 346	educ & mfar(w/med+slfm)	ac	◆	◆	◆	■	■	■	◆	■	■	■	◆	-	○	◆	NC
Moll van Charante 2016 ^{75, 350-360}	cRCT	2006	NLD	all	m:116; 3526	educ & mfar(w/slfm)	ac	-	-	-	■	■	-	-	-	-	-	■	-	-	■	NC
Monteserin Nadal 2008 ^{76, 361}	RCT	2004	ESP	all	620	educ & rsk-mfa-	ac	◆	◆	◆	-	-	■	◆	-	-	-	○	-	■	◆	NC
Morey 2006 ^{77, 362, 363}	RCT	< 2006	USA	all	179	exerc; exerc	exerc	-	-	?	-	-	-	-	-	-	○	-	-	○	-	NC
Morey 2009 ^{78, 364-367}	RCT	2004	USA	U	400	exerc	ac	-	-	-	■	○	-	-	○	-	○	-	-	○	◆	NC
Morgan 2019 ^{79, 368-370}	RCT	2014	GBR	P	51	exerc	ac	-	◆	-	-	■	-	-	-	-	■	■	-	-	■	NC
Newbury 2001 ^{80, 371}	RCT	1998	AUS	U	100	mfa-(w/med)	ac	◆	-	◆	-	-	■	◆	-	-	○	◆	-	■	◆	NC
Newcomer 2004 ^{81, 372, 373}	RCT	2001	USA	U	3079	educ & mfar(w/med)	ac	◆	-	-	-	◆	-	◆	■	-	■	-	-	-	◆	Mx

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Ng 2015 ^{82, 374, 375}	RCT	2009	SGP	P,F	246	cg n & ntr & exrc	ac	-	-	-	-	◆	-	○	-	-	-	-	-	■	◆	NC
Parsons J 2012 ^{83, 376, 377}	cRCT	2007	NZL	P,F	m:?: 205	hmcr & mfar(w/slfm)	hmcr & mfa-	-	-	-	-	-	○	-	-	-	■	-	-	-	■	NC
Parsons M 2017 ^{84, 378-381}	RCT	2003	NZL	F	113	hmcr & ADL & mfar(w/slfm)	hmcr & mfa-	◆	◆	■	-	■	-	■	■	■	■	◆	-	■	◆	NC
Parsons M 2012 ^{85, 378-381}	cRCT	2003	NZL	F	m:55; 351	hmcr & mfar	hmcr & mfa-	■	◆	■	-	■	-	■	■	■	■	◆	-	■	◆	NC
Pathy 1992 ⁸⁶	RCT	< 2006	GBR	all	725	rsk-mfa-	ac	-	-	-	○	■	■	■	-	-	■	-	-	-	■	NC
Phelan 2007 ⁸⁷	cRCT	2002	USA	all	m:31; 874	mfar(w/med+slfm)	ac	-	-	-	-	◆	-	-	-	-	○	■	-	-	■	NC
Ploeg 2010 ^{88, 382}	RCT	2004	CAN	P,F	719	educ & mfar(w/med)	ac	◆	-	?	-	■	-	◆	■	-	■	-	-	-	◆	NC
Profener 2016 ^{89, 383-385}	RCT	2007	DEU	F	553	educ & mfar	ac	-	-	-	-	-	-	-	-	-	-	-	-	■	■	NC
Rockwood 2000 ^{90, 386}	RCT	< 2006	CAN	F	182	mfa-(w/med)	ac	■	◆	◆	-	-	-	■	-	-	-	-	-	-	◆	NC
Romera-Liebana 2018 ^{91, 387, 388}	RCT	2013	ESP	P,F	352	cg n & med & ntr & exrc	ac	◆	○	○	-	○	-	◆	-	-	-	-	-	○	◆	NC
Rooijackers 2021 ^{92, 389-393}	cRCT	2017	NLD	F	m:10; 264	hmcr & ADL & mfar(w/slfm)	hmcr	◆	◆	◆	■	-	-	◆	○	○	○	◆	-	■	◆	NC
Rubenstein 2007 ⁹³	RCT	< 2006	USA	F	792	mfar(w/med)	ac	-	◆	◆	-	◆	-	○	-	-	-	◆	-	■	◆	NC
Ryvicker 2011 ^{94, 394}	cRCT	2005	USA	U	m:45; 3290	hmcr & mfar	hmcr & mfar	-	-	-	-	-	-	-	-	-	-	-	-	-	-	NC
Serra-Prat 2017 ^{95, 395}	RCT	2013	ESP	P	172	ntr & exrc	ac	-	-	◆	-	○	-	○	-	-	◆	-	-	■	◆	NC
Shapiro 2002 ⁹⁶	RCT	1998	USA	F	108	hmcr & mfar	ac	◆	-	-	-	-	-	◆	○	-	-	?	-	-	◆	NC
Sherman 2016 ^{97, 396}	cRCT	2006	SWE	all	m:16; 583	mfa-(w/med)	ac	-	-	-	?	-	-	-	-	-	?	-	■	-	-	NC
Siemonsma 2018 ^{98, 397, 398}	RCT	2009	NLD	F	155	ADL	mfa-	-	-	-	■	-	-	-	-	-	■	-	-	○	◆	NC
Stewart 2005 ^{99, 399, 400}	RCT	2000	GBR	P,F	321	mfa-	mfa-	-	-	■	-	-	-	-	■	■	■	-	-	-	■	NC
Stuck 1995 ^{100, 401-405}	RCT	1988	USA	all	414	educ & mfar(w/med)	ac	◆	◆	◆	■	■	-	◆	-	-	○	○	-	○	■	NC
Stuck 2000 ^{101, 406-409}	RCT	1993	CHE	all	791	mfar(w/med)	ac	-	-	○	-	○	-	■	■	-	○	○	-	-	■	NC
Stuck 2015 ^{102, 264-267, 410}	RCT	2000	CHE	R,P	2284	educ & mfar(w/med+slfm)	ac	◆	-	-	-	○	-	◆	○	-	○	○	-	○	■	NC
Suijker 2016 ^{103, 411-416}	cRCT	2010	NLD	F	m:24; 2283	mfar(w/med)	ac	◆	○	○	■	■	-	◆	■	■	■	-	-	■	◆	NC

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Szanton 2011 ^{104, 417, 418}	RCT	2010	USA	P,F	40	ADL & aids & educ & exrc & mfar(w/med+slfm)	ac	◆	◆	◆	-	-	-	◆	-	-	■	-	-	-	■	NC
Szanton 2019 ^{105, 417, 419-428}	RCT	2012	USA	P,F	300	ADL & aids & educ & exrc & mfar(w/med+slfm)	ac	-	◆	◆	-	-	-	-	○	-	◆	◆	-	-	◆	NC
Takahashi 2012 ^{106, 429-435}	RCT	2009	USA	F	205	mntr-mfa-	ac	-	-	◆	-	◆	-	-	○	-	◆	◆	-	-	◆	Mx
Teut 2013 ^{107, 436}	cRCT	2009	DEU	F	m:8; 58	hmcr & hmnt & exrc	hmcr	-	○	◆	-	■	-	-	-	-	-	◆	-	-	◆	Mx
Thiel 2019 ^{108, 437, 438}	RCT	2017	DEU	F	?	exrc & mfar(w/med)	ac	-	-	-	-	○	-	-	-	-	○	○	-	○	-	NC
Thomas 2007 ¹⁰⁹	RCT	2001	CAN	P,F	520	mfar(w/med); mfar(w/med)	ac	-	-	-	-	-	■	◆	-	-	◆	-	-	-	○	?
Tomita 2007 ¹¹⁰	RCT	< 2006	USA	F	124	aids	ac	◆	◆	○	-	○	○	◆	-	-	-	-	-	-	■	NC
Tulloch 1979 ¹¹¹	RCT	1972	GBR	all	339	mfar(w/med)	ac	◆	-	-	-	■	-	◆	-	-	-	-	-	-	■	?
Tuntland 2015 ^{112, 439-441}	RCT	2012	NOR	U	61	hmcr & ADL & aids & mfa-(w/slfm)	hmcr & mfa-	-	-	-	-	-	-	-	■	■	■	-	-	-	■	NC
van der Pols-Vijlbrief 2017 ^{113, 442}	RCT	2013	NLD	F	155	hmcr & ntr & mfar	hmcr	-	-	■	-	-	-	-	■	■	■	-	-	-	■	NC
van Dongen 2020 ^{114, 443-446}	RCT	2016	NLD	all	168	ntr & exrc	ac	-	-	-	-	■	-	-	○	○	■	-	-	-	-	Mx
van Heuvelen 2005 ^{115, 447}	RCT	2001	NLD	P,F	233	exrc & psyc	ac	-	◆	◆	-	-	-	-	-	-	-	◆	-	-	-	NC
van Hout 2010 ^{116, 448, 449}	RCT	2002	NLD	F	658	mfar(w/med)	ac	◆	-	-	■	◆	-	◆	○	-	■	○	-	-	◆	NC
van Leeuwen 2015 ^{117, 450-454}	cRCT	2010	NLD	F	m:35; 1147	mfar(w/med+slfm)	ac	-	○	○	-	○	-	-	○	○	○	○	-	-	○	NC
van Lieshout 2018 ^{118, 455}	RCT	2011	NLD	P,F	710	ADL & med & ntr & sst	ac	-	-	-	-	◆	-	-	-	-	■	-	-	-	-	NC
van Rossum 1993 ^{119, 456, 457}	RCT	1988	NLD	all	580	mfar	ac	-	?	?	-	◆	-	■	■	-	■	-	■	-	◆	NC
Vass 2005 ^{120, 458-478}	cRCT	1999	DNK	all	m:34; 4060	mfar(w/med)	mfar	-	-	-	-	■	○	○	■	■	-	-	-	-	◆	NC
Vetter 1984 ¹²¹	RCT	1980	GBR	all	1148	mfar	ac	-	-	-	○	-	○	-	-	-	-	○	-	-	■	NC
von Bonsdorff 2008 ^{122, 479-484}	RCT	2003	FIN	R	632	exrc	ac	-	■	?	-	○	■	○	-	-	○	○	?	-	■	NC
Wallace 1998 ^{123, 312}	RCT	< 2006	USA	all	100	exrc & mfar	ac	-	-	-	-	-	-	-	-	-	-	■	-	-	-	NC

Study	Design	Enrolment began	Country	Population frailty	enrolled	Interventions	Controls	Living at home	IADL	PADL	PADL & IADL	Hospitalisation	Homecare	Care-home placement	Cost	Cost effectiveness	Health status	Depression	Loneliness	Falls	Mortality	Funding
Walters 2017 ^{124, 485, 486}	RCT	2015	GBR	P	51	mfar(w/slfm)	ac	-	-	◆	-	-	-	-	■	-	■	■	-	■	-	NC
Whitehead 2016 ^{125, 487, 488}	RCT	2014	GBR	F	30	hmcr & ADL & aids & mfa-	hmcr & mfa-	○	■	■	-	■	■	■	○	-	■	-	-	■	■	NC
Williams 1992 ^{126, 489}	RCT	< 2006	GBR	all	470	mfar	mfa-	-	-	-	■	-	-	-	-	-	-	-	-	-	◆	NC
Wolter 2013 ^{127, 490-492}	cRCT	2007	DEU	F	m:69; 920	hmcr & mfar(w/med)	hmcr	◆	◆	■	-	■	-	◆	-	-	■	-	-	-	◆	NC
Wong 2019 ^{128, 493-496}	RCT	2016	HKG	all	540	mfar(w/slfm)	ac	◆	?	○	-	■	-	◆	■	■	■	○	-	-	■	NC
Yamada 2003 ¹²⁹	RCT	1999	JPN	P,F	368	mfar(w/med)	ac	-	○	-	-	○	-	-	-	-	■	-	-	-	◆	NC

Note that some reports provide information about multiple studies and are therefore cited more than once.

RCT: Randomised Controlled Trial; cRCT: cluster RCT.

Countries, territories, or areas of geographical interest, are indicated with ISO 3166-1 alpha-3 codes, except EEE to indicate a study in multiple European countries: AUS, Australia; BEL, Belgium; CAN, Canada; CHE, Switzerland; CHN, China; DEU, Germany; DNK, Denmark; ESP, Spain; FIN, Finland; FRA, France; GBR, United Kingdom; HKG, Hong Kong; ITA, Italy; JPN, Japan; MYS, Malaysia; NLD, Netherlands; NOR, Norway; NZL, New Zealand; SGP, Singapore; SWE, Sweden; THA, Thailand; USA, United States of America.

all: All frailty groups; R: Robust; P: Pre-frail; F: Frail, U, Unclassified.

m indicates the number of clusters assigned for cluster RCTs.

Intervention and control group abbreviations are a combination of the following:- ac: available care; ADL: activities of daily living training; aids: provision of aids and adaptations; cgn: cognitive training; comm: technology for communication and engagement; educ: health education; eng: engagement in meaningful activities; excr: physical exercise; hmcr: formal homecare; hmnt: alternative medicine; med: medication-review; mfa: multifactorial-action; mfar: multifactorial-action and follow-on routine review; mntr-mfa: monitoring, which may trigger multifactorial-action; ntr: nutritional support; psyc: psychological therapy; rsk-mfa: risk screening, which may trigger multifactorial-action; sst: social skills training; vchr: care voucher provision; wlfr: welfare rights advice; w/med: with medication-review; w/slfm: with self-management.

Outcomes:- ◆: included in NMA; ■: included in table; ?: only a bespoke outcome was used; ○: insufficient data to include; -: not reported as being measured.

Funding:- C: Commercial; Mx: Mixed; NC: Non-Commercial; ? Unclear

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