

Supplementary material

Supp.1 Guidelines for implementation of integrated rehabilitation programs

Time period	Sessions	Activity
Week 1	<u>Day 1:</u> Session 1; Fatigue Assessment and Introduction Program (10-15 min)	<ul style="list-style-type: none"> - Fatigue assessment (baseline) was assessed using the PFS-12 scale. - Explains the purpose of the study and describes the summary of the intervention.
	Session 2; Symptom experience (15 min)	<ul style="list-style-type: none"> - Tell and share your experience of fatigue symptoms, perceptions, causes, symptoms, effects, and symptom management individually.
	Session 3; Symptom management strategies (30 min)	<p>The researcher proposed strategies to reduce fatigue symptoms to the participant.</p> <ul style="list-style-type: none"> - The researcher provided a manual for accessing the TB care official account LINE and give handbook for reducing fatigue in pulmonary tuberculosis patients and watch a video clip introducing the program to reduce fatigue through the official TB care account LINE. - The researcher practiced the pulse-checking skills for the participant. To be used to assess the intensity of exercise and target the walking exercise for the participant. (Perform at least 3 times a week, light to moderate intensity and 20-30 min in duration.) - Teach how to record exercise data in the logbook provided by the researcher.
Week 1-6	Session 4; Perform exercises	<ul style="list-style-type: none"> - The participant walked exercise at home according to the instructions received and record walking exercises in the logbook. At the end of

Time period	Sessions	Activity
		each week, the participant took pictures of their exercise records and sent them to the researcher.
	Session 5; Get knowledge information	- The researcher sends infographic knowledge about strategies to reduce fatigue through LINE official account every Monday, Wednesday, and Friday.
	Session 6; Follow-up telephone call to assess the adherence to the program once a week. (5-10 min)	- The researcher made a follow-up telephone call to assess the adherence to the program.
End week 3 and week 6	Session 7; Outcome evaluation	- Participants were assessed for fatigue using the PFS-12 scale via an online google form.

Supp.2

Table: Comparison of the differences in mean fatigue scores within the experimental and control groups at baseline, week 3 and week 6

Source of Variance		Measurement Times			F ^a	Post-hoc ^b
		T 1	T 2	T 3		
Mean Fatigue Scores						
Control Group (N=33)	Mean	5.46	5.54	5.09	1.687	
	SD	1.63	1.92	2.03		
Experimental Group (N=33)	Mean	5.47	4.56	3.52	29.866*	Pre > wk 3 > wk 6*
	SD	1.99	2.01	1.98		

* Significance level at p -value < .001, T1= Baseline, T2= Week 3, T3= Week 6, Pre = Mean fatigue at baseline, wk 3 = Mean fatigue at week 3, wk 6 = Mean fatigue at week 6 ^a = Huynh-Feldt method ^b = Bonferroni

Table: Comparison of differences in mean fatigue scores between the experimental and control groups at baseline, week 3 and week 6

Source of Variance	SS	df	MS	F ^a	Partial Eta Squared
Time	45.645	1.668	27.368	20.964*	0.247
Margin of Error	139.347	106.739	1.305		
Group	35.566	1	35.566	3.922	0.058
Margin of Error	580.426	64	9.069		
Time* Group	21.115	1.668	12.660	9.698*	0.132
Margin of Error	139.347	106.739	1.305		

* significant level at p -value < .001, ^a = Huynh-Feldt method