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| Supplementary Table 1. Cronbach's Reliability Analysis  |
| Items | Correction Item Total Correlation (CITC) | α coefficient | Cronbach α coefficient |
| Sarcopenia | -0.257 | 0.673 | 0.671 |
| Death | 0 | 0.672 |
| Intervention | 0.171 | 0.671 |
| Age | -0.378 | 0.705 |
| Gender | -0.018 | 0.672 |
| Marriage status | -0.071 | 0.672 |
| Illiteracy | -0.118 | 0.672 |
| Coexistence | -0.385 | 0.677 |
| Income | -0.053 | 0.672 |
| Length of hospital stay | 0.071 | 0.671 |
| Intervention complications | -0.162 | 0.672 |
| Hypertension | -0.039 | 0.672 |
| Diabetes | -0.008 | 0.672 |
| Dyslipidemia | 0.085 | 0.671 |
| Osteoporosis | -0.012 | 0.672 |
| Previous hip fracture history | -0.006 | 0.672 |
| Psychotropics | -0.16 | 0.673 |
| Bisphosphonates | 0.025 | 0.672 |
| Sensory disturbances | -0.198 | 0.673 |
| ASA | -0.116 | 0.673 |
| Depressive  | -0.205 | 0.673 |
| BMI | 0.1 | 0.67 |
| EuroQol-5D 1 month score | 0.793 | 0.559 |
| EuroQol-5D 6 month score | 0.908 | 0.524 |
| EuroQol-5D 12 month score | 0.9 | 0.527 |
| IADL 1 month score | 0.647 | 0.662 |
| IADL 6 month score | 0.682 | 0.658 |
| IADL 12 month score | 0.706 | 0.657 |
| Standardised Cronbach α coefficient: 0.817 |