

Supplementary materials

*Appendix A*

**CSF Context Screening Tool**

**Rehabilitation Expectation and Perception Scale (REPS)**

**Purpose:**

This questionnaire is designed to assess your expectations and personal experiences during rehabilitation. It emphasises key factors that may influence your recovery. Your answers can help identify areas that supported your rehabilitation as well as potential barriers. The tool should be used at different timepoints to compare expectations and experiences.

**Instructions:**

Please rate the following statements according to your current situation.

**Rating scale:** 0 (Strongly disagree) to 4 (Strongly agree).

**VERSION 1: Before Rehabilitation - Expectation**

**I. Contextual Environment**

**A. Environmental Factors**

1. *I trust that my rehabilitation team has my best interests in mind.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

2. *I feel comfortable discussing my concerns and expectations with the rehabilitation team.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

3. *I want the rehabilitation process and decisions to be clear and transparent.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

4. *I expect my rehabilitation plan to reflect my individual needs.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

**B: Activities and Participation**

5. *Setting realistic rehabilitation goals is important to me.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

6. *Achieving greater independence through rehabilitation is important to me.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

## **II. Personal Functioning**

### **C. Personal Factors**

7. *I feel motivated to actively engage in my rehabilitation.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

8. *I believe rehabilitation will help improve my overall health.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

9. *I feel confident in my ability to follow my rehabilitation plan.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

### **D: Body Functions and Structures**

10. *Improving my mobility and physical function is a priority for me.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

11. *Increasing my muscle strength is an important goal for me.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

12. *Being physically active is important for my rehabilitation.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

## **VERSION 2: After Rehabilitation - Perception**

### **I. Contextual Environment**

#### **A. Environmental Factors**

1. *I trusted that my rehabilitation team had my best interests in mind.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

2. *I felt comfortable discussing my concerns and expectations with the rehabilitation team.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

3. *The rehabilitation process and decisions were communicated clearly and transparently.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

4. *My rehabilitation plan was tailored to meet my individual needs.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

## **B. Activities and Participation**

5. *The rehabilitation goals that were set for me were realistic and achievable.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

6. *I achieved greater independence through rehabilitation.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

## **II. Personal Functioning**

### **C. Personal Factors**

7. *I felt motivated to actively engage in my rehabilitation.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

8. *I believe that rehabilitation helped improve my overall health.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

9. *I was confident in my ability to follow my rehabilitation plan.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

### **D. Body Functions and Structures**

10. *Improving my mobility and physical function was a key focus of my rehabilitation.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

11. *My muscle strength improved during rehabilitation.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

12. *I became more physically active as a result of my rehabilitation.*

Strongly disagree     Disagree     Neutral     Agree     Strongly agree

## SCORING INSTRUCTIONS

Each item (I) is scored on a scale ranging from 0 to 4. Scores can be used at different levels:

### 1. Subdimension Scores

- **Score A (Environmental Factors)** = Score A  $\div$  4
- **Score B (Activities and Participation)** = Score B  $\div$  2
- **Score C (Personal Factors)** = Score C  $\div$  3
- **Score D (Body Functions and Structures)** = Score D  $\div$  3

### 2. Dimension Scores

- **Contextual Environment Score** = I1 + I2 + I3 + I4 + I5 + I6 (range: 0–24)
- **Personal Functioning Score** = I7 + I8 + I9 + I10 + I11 + I12 (range: 0–24)

### 3. Total Score

- **Total CSF Score** = I1 + I2 + ... + I12 (range: 0–48)

The global score is the mean of all 12 items. Higher values indicate a more supportive personal and environmental context for rehabilitation. Higher scores indicate a more favourable rehabilitation context and are theoretically associated with better outcomes.

### 4. Longitudinal Comparison

Scores can be compared between the admission (expectation) and discharge (experience) versions of the questionnaire (admission vs. discharge, follow up) to assess change over time and alignment between initial expectations and perceived outcomes.