

Supplementary Table 1 English Version of the SARC-F (Strength, Ambulation, Rising from a Chair, Stair Climbing, and Falls) Questionnaire

Component	Assessment Question	Response Options	Score
Strength	How much difficulty do you have in lifting and carrying 4.5 kg?	None = 0 Some = 1 A lot or unable = 2	
Assistance in Walking	How much difficulty do you have walking across a room?	None = 0 Some = 1 A lot, uses aids, or unable = 2	
Rising from a Chair	How much difficulty do you have transferring from a chair or bed?	None = 0 Some = 1 A lot or unable without help = 2	
Climbing Stairs	How much difficulty do you have climbing a flight of 10 stairs?	None = 0 Some = 1 A lot or unable = 2	
Falls	How many times have you fallen in the past year?	None = 0 1-3 falls = 1 ≥4 falls = 2	

Supplementary Table 2 Hindi Version of the SARC-F (Strength, Ambulation, Rising from a Chair, Stair Climbing, and Falls) Questionnaire

घटक	प्रश्न	स्कोरिंग	स्कोर
ताकत	क्या आपको 4.5 किलोग्राम वजन उठाने और ले जाने में कितनी कठिनाई होती है?	कोई नहीं = 0 थोड़ी = 1 बहुत अधिक या असमर्थ = 2	
चलने में सहायता	आपको एक कमरे के आर-पार चलने में कितनी कठिनाई होती है?	कोई नहीं = 0 थोड़ी = 1	

		बहुत अधिक, सहारे का प्रयोग या असमर्थ = 2
कुर्सी से उठना	आपको कुर्सी से बिस्तर पर जाने में कितनी कठिनाई होती है?	कोई नहीं = 0 थोड़ी = 1 बहुत अधिक या सहायता के बिना असमर्थ = 2
सीढ़ियाँ चढ़ना	आपको 10 सीढ़ियों की एक सीढ़ी चढ़ने में कितनी कठिनाई होती है?	कोई नहीं = 0 थोड़ी = 1 बहुत या मदद के बिना असमर्थ = 2
गिरना	पिछले एक वर्ष में आप कितनी बार गिरे हैं?	एक बार भी नहीं = 0 1-3 बार = 1 4 या अधिक बार = 2

Supplementary Table 3 Content Validity Assessment of the Questionnaire Using Item-Level and Scale-Level Content Validity Index

Item	Expert 1	Expert 2	Expert 3	Expert 4	Expert 5	Experts Agreement (n)	in I-CVI
Q1	4	4	4	3	3	5	1.00
Q2	4	4	4	4	4	5	1.00
Q3	4	3	4	4	4	5	1.00
Q4	4	4	4	2	4	4	0.80
Q5	4	3	4	3	2	4	0.80
Scale-Level CVI (S-CVI/Ave)							0.92

Content validity was assessed using a 4-point relevance scale (1 = not relevant, 2 = somewhat relevant, 3 = quite relevant, 4 = highly relevant). For CVI calculation, ratings of 3 or 4 were considered relevant (coded as 1), and ratings of 1 or 2 as not relevant (coded as 0). I-CVI indicates item-level content validity index; S-CVI/Ave represents the average of I-CVI values across items.

Supplementary Table 4 Distribution of Responses to Individual SARC-F Questionnaire Items (N = 100)

SARC-F Item	Score	Frequency (<i>n</i>)	Percentage (%)
Q1. Strength	0	57	57.0
	1	22	22.0
	2	21	21.0
Q2. Assistance in Walking	0	86	86.0
	1	12	12.0
	2	2	2.0
Q3. Rising from Chair/Bed	0	84	84.0
	1	15	15.0
	2	1	1.0
Q4. Stair Climbing	0	50	50.0
	1	36	36.0
	2	14	14.0
Q5. Falls in Last Year	0	91	91.0
	1	9	9.0

Supplementary Table 5 Distribution of Total SARC-F Scores in the Study Population (N = 100)

Total SARC-F Score	Frequency (<i>n</i>)	Percentage (%)
0	41	41.0
1	14	14.0
2	18	18.0
3	10	10.0
4	8	8.0
5	3	3.0
6	4	4.0
7	1	1.0
8	1	1.0
Total	100	100.0

Supplementary Table 6 SARC-F Scores and Body Composition Parameters

Parameter	Value
SARC-F components, median (Q1-Q3)	
Strength (Q1)	0 (0-1)
Assistance in walking (Q2)	0 (0-0)
Rising from chair/bed (Q3)	0 (0-0)
Stair climbing (Q4)	0.5 (0-1)
Falls in last year (Q5)	0 (0-0)
Total SARC-F score, median (Q1-Q3)	1 (0-3)
Continuous variables, mean \pm SD (range)	
Health score (0-100)	65.55 \pm 11.10 (2-81)
Skeletal muscle index, kg/m ²	7.87 \pm 1.30 (2-10)
Appendicular skeletal muscle index, kg/m ²	5.54 \pm 1.11 (2-8)
Fat-free mass index, kg/m ²	14.84 \pm 2.26 (4-19)

SARC-F: Strength, Assistance in walking, Rising from a chair, Climbing stairs, and Falls.

Supplementary Table 7 Association Between Total SARC-F Score and Clinical, Functional, and Body Composition Variables (N = 100)

Variable	Pearson Correlation (r)	P value
Age (years)	0.140	0.165
Body Mass Index (kg/m ²)	0.012	0.909
ECOG Performance Status	0.111	0.271
Health Score (0-100)	-0.056	0.580
Skeletal Muscle Index (SMI, kg/m ²)	-0.091	0.366
Appendicular Skeletal Muscle Index (ASMI, kg/m ²)	-0.094	0.352
Fat-Free Mass Index (FFMI, kg/m ²)	-0.064	0.525
Basal Metabolic Rate	-0.116	0.251

Supplementary Table 8 Back-Translated English Version of the Hindi SARC-F Questionnaire

Component	Question	Scoring	Score
Strength	How much difficulty do you have in lifting and carrying 4.5 kilograms of weight?	None = 0 Slight = 1 A lot or unable = 2	
Assistance in walking	How much difficulty do you have in walking across a room?	None = 0 Slight = 1 A lot, use of support or unable = 2	
Getting up from chair	How much difficulty do you have in going from chair to bed?	None = 0 Slight = 1 A lot or unable without assistance = 2	
Climbing stairs	How much difficulty do you have in climbing a flight of 10 stairs?	None = 0 Slight = 1 A lot or unable without help = 2	
Falling	In the past one year, how many times have you fallen?	Not even once = 0 1-3 times = 1 4 or more times = 2	