**Table S3.** Fall Efficacy Scale International (FES-I)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **6-WEEKS** | **12-WEEKS** | **TIME** | **POST-HOC ANALYSIS****TIME** | **GROUP** | **TIME x GROUP****INTERACTION** | **POST-HOC ANALYSIS****GROUP** | **POST-HOC ANALYSIS****TIME**  |
| **FES** | **score** | **score** |  |  |  |  | **6-WEEKS vs 12 WEEKS** |  |
| Pre | 33.24±12.58 | 28.57±9.40 | **p<0.0001** |  | **p=0.001** | **p=0.048** | Pre – p=0,131 | **6-WEEKS** | **12-WEEKS** |
| Post | 32.30±11.65 | 22.047±4.49 |  | **Pre – Post p=0.002** |  |  | **Post – p<0.001** | **p=0.045** | **p=0.001** |
| FU-1m | 30.14±11.31 | 21.52± 4.98 |  | **Pre – FU-1m p<0.001** |  |  | **FU-1m – p=0.001** | **p=0.007** | **P<0.001** |
| FU-6m | 32.64±12.36 | 23.00±7.83 |  | **Pre – FU-6m p=0.024** |  |  | **FU-6m – p=0.002** | p=0.682 | **p=0.016** |
| Data are mean ± standard deviation. Pre, before training; Post, immediately after training (6 weeks or 12 weeks); FU-1m, 1 month follow-up; FU-6m, 6 months follow-up; NA, Not Applicable. |