

**Supplementary Table 6. Comparison of questionnaires outcomes between the low and high NMES intensity groups**

Quality of life	Baseline			4 wk			8 wk			12 wk		
	Low NMES	High NMES	Low NMES	High NMES	Low NMES	High NMES	Low NMES	High NMES	Low NMES	High NMES	Low NMES	High NMES
<b>Short form-6 scale</b>												
Physical functioning	66.0 ± 29.0	68.7 ± 31.4	61.7 ± 27.5	80.0 ± 22.0 <sup>b</sup>	61.7 ± 29.6	78.7 ± 26.3 <sup>b</sup>	66.3 ± 26.4	78.0 ± 28.6	66.3 ± 26.4	78.7 ± 26.3 <sup>b</sup>	66.3 ± 26.4	78.0 ± 28.6
RP	50.0 ± 50.0	68.3 ± 41.7	51.7 ± 46.7	76.7 ± 34.7	63.3 ± 47.1	81.7 ± 34.7	70.0 ± 42.5	81.7 ± 35.9	70.0 ± 42.5	81.7 ± 34.7	70.0 ± 42.5	81.7 ± 35.9
Bodily pain	85.3 ± 22.5	87.3 ± 17.2	87.2 ± 18.7	93.0 ± 16.3	88.7 ± 15.8	93.5 ± 10.6	84.0 ± 17.3	86.5 ± 19.4	84.0 ± 17.3	93.5 ± 10.6	84.0 ± 17.3	86.5 ± 19.4
General health	32.3 ± 19.0	42.3 ± 23.0	34.3 ± 18.5 <sup>a</sup>	50.3 ± 16.2 <sup>a</sup>	35.3 ± 17.3 <sup>a</sup>	52.7 ± 21.3 <sup>a,b</sup>	36.3 ± 17.3	46.7 ± 18.4	36.3 ± 17.3	52.7 ± 21.3 <sup>a,b</sup>	36.3 ± 17.3	46.7 ± 18.4
Vitality	44.0 ± 11.8 <sup>a</sup>	58.7 ± 20.7 <sup>a</sup>	44.0 ± 13.8 <sup>a</sup>	55.3 ± 12.7 <sup>a</sup>	44.3 ± 18.6 <sup>a</sup>	60.3 ± 19.1 <sup>a</sup>	49.3 ± 12.5 <sup>a</sup>	61.3 ± 18.3 <sup>a</sup>	49.3 ± 12.5 <sup>a</sup>	60.3 ± 19.1 <sup>a</sup>	49.3 ± 12.5 <sup>a</sup>	61.3 ± 18.3 <sup>a</sup>
Social functioning	87.5 ± 22.2	91.7 ± 15.4	83.3 ± 23.0	93.3 ± 12.4	85.0 ± 26.0	95.8 ± 7.7	86.7 ± 21.9	89.2 ± 16.3	86.7 ± 21.9	95.8 ± 7.7	86.7 ± 21.9	89.2 ± 16.3
RE	62.2 ± 48.6	71.1 ± 45.2	64.4 ± 47.9	71.1 ± 45.2	73.3 ± 40.2	91.1 ± 19.8	77.8 ± 34.9	80.0 ± 37.4	77.8 ± 34.9	91.1 ± 19.8	77.8 ± 34.9	80.0 ± 37.4
Mental health	55.7 ± 15.5	65.6 ± 13.3	58.9 ± 11.4	64.3 ± 12.1	57.9 ± 15.3	67.5 ± 14.3	57.1 ± 8.2 <sup>b</sup>	66.4 ± 12.4 <sup>b</sup>	57.1 ± 8.2 <sup>b</sup>	67.5 ± 14.3	57.1 ± 8.2 <sup>b</sup>	66.4 ± 12.4 <sup>b</sup>
Overall health rating	80.0 ± 22.9	86.7 ± 14.4	85.6 ± 16.5	86.7 ± 19.1	85.6 ± 17.7	87.8 ± 17.2	75.6 ± 28.8	87.8 ± 14.7	75.6 ± 28.8	87.8 ± 17.2	75.6 ± 28.8	87.8 ± 14.7
Physical component scale	42.2 ± 8.5	44.3 ± 8.5	42.2 ± 5.4	47.3 ± 7.3	43.0 ± 7.8	48.2 ± 7.8	43.3 ± 8.6	46.8 ± 6.1	43.3 ± 8.6	48.2 ± 7.8	43.3 ± 8.6	46.8 ± 6.1
Mental component scale	43.3 ± 9.3	48.3 ± 8.1	44.3 ± 9.5	46.5 ± 8.5	44.6 ± 9.1	49.7 ± 6.3	45.2 ± 6.9	47.9 ± 7.9	45.2 ± 6.9	49.7 ± 6.3	45.2 ± 6.9	47.9 ± 7.9
<b>KD-specific scale</b>												
Symptoms/problems	82.8 ± 12.8	89.0 ± 8.5	85.3 ± 10.7 <sup>a</sup>	92.5 ± 5.8 <sup>a</sup>	87.3 ± 10.9 <sup>a</sup>	94.0 ± 4.8 <sup>a</sup>	84.6 ± 11.6	91.7 ± 6.4	84.6 ± 11.6	94.0 ± 4.8 <sup>a</sup>	84.6 ± 11.6	91.7 ± 6.4
KD effects	66.9 ± 18.9	71.3 ± 14.1	69.4 ± 16.2	77.3 ± 12.9	74.6 ± 15.1	86.0 ± 11.7	74.4 ± 19.4	79.0 ± 13.9	74.4 ± 19.4	86.0 ± 11.7	74.4 ± 19.4	79.0 ± 13.9
KD burden	39.2 ± 30.5	34.6 ± 22.8	31.3 ± 19.6	41.7 ± 21.1	31.3 ± 25.8	42.9 ± 15.3	40.0 ± 31.1	50.4 ± 20.4	40.0 ± 31.1	42.9 ± 15.3	40.0 ± 31.1	50.4 ± 20.4
Work status	20.0 ± 31.6	26.7 ± 37.2	16.7 ± 30.9	26.7 ± 41.7	20.0 ± 36.8	20.0 ± 36.8	20.0 ± 31.6	26.7 ± 37.2	20.0 ± 31.6	20.0 ± 36.8	20.0 ± 31.6	26.7 ± 37.2
Cognitive function	90.7 ± 14.2	91.6 ± 9.9	86.2 ± 19.3	89.8 ± 17.2	87.1 ± 12.2	94.2 ± 8.7	84.9 ± 18.4	92.4 ± 13.5	84.9 ± 18.4	94.2 ± 8.7	84.9 ± 18.4	92.4 ± 13.5
Quality of social interaction	65.8 ± 12.1	68.0 ± 14.1	64.9 ± 15.4	70.2 ± 13.5	70.2 ± 16.7	69.8 ± 9.0	66.2 ± 14.1	70.2 ± 8.7	66.2 ± 14.1	69.8 ± 9.0	66.2 ± 14.1	70.2 ± 8.7
Sleep	61.7 ± 16.6	65.7 ± 19.7	53.8 ± 17.8	62.8 ± 18.5	60.2 ± 18.1	70.0 ± 20.1	54.8 ± 17.2	66.5 ± 19.3	54.8 ± 17.2	70.0 ± 20.1	54.8 ± 17.2	66.5 ± 19.3
Social support	60.0 ± 22.5	67.8 ± 24.0	63.3 ± 15.7	74.4 ± 20.8	71.1 ± 13.3	70.0 ± 16.9	58.9 ± 20.8	73.3 ± 22.5	58.9 ± 20.8	70.0 ± 16.9	58.9 ± 20.8	73.3 ± 22.5
Overall health rating	52.0 ± 23.4	58.7 ± 19.2	58.0 ± 22.7	66.0 ± 13.5	57.3 ± 20.5 <sup>a</sup>	68.0 ± 17.8 <sup>a,b</sup>	54.7 ± 18.5 <sup>a</sup>	69.3 ± 14.9 <sup>a,b</sup>	54.7 ± 18.5 <sup>a</sup>	68.0 ± 17.8 <sup>a,b</sup>	54.7 ± 18.5 <sup>a</sup>	69.3 ± 14.9 <sup>a,b</sup>
MET (min/wk)	1,420.6 ± 1,910.6	2,743.4 ± 3,459.0	1,462.8 ± 1,316.4	3,454.0 ± 5,131.0	1,484.7 ± 1,878.2	2,524.5 ± 2,641.7	1,988.4 ± 2,547.0	2,846.2 ± 2,913.6	1,988.4 ± 2,547.0	2,524.5 ± 2,641.7	1,988.4 ± 2,547.0	2,846.2 ± 2,913.6
K-PASE	61.5 ± 45.1	108.7 ± 80.7	76.6 ± 39.4	109.5 ± 108.2	65.7 ± 43.4	116.1 ± 93.2	68.6 ± 41.4	130.2 ± 116.4	68.6 ± 41.4	116.1 ± 93.2	68.6 ± 41.4	130.2 ± 116.4
GDS	9.87 ± 4.09 <sup>a</sup>	6.53 ± 3.85 <sup>a</sup>	8.87 ± 3.54	6.67 ± 4.10	8.93 ± 3.63	6.33 ± 4.01	9.07 ± 3.83 <sup>a</sup>	5.87 ± 4.03 <sup>a</sup>	9.07 ± 3.83 <sup>a</sup>	6.33 ± 4.01	9.07 ± 3.83 <sup>a</sup>	5.87 ± 4.03 <sup>a</sup>
KFES	91.6 ± 20.1	93.2 ± 15.5	93.5 ± 19.8	96.7 ± 9.9	93.9 ± 20.0	97.0 ± 8.2	92.3 ± 22.5	96.9 ± 10.0	92.3 ± 22.5	97.0 ± 8.2	92.3 ± 22.5	96.9 ± 10.0

Data are expressed as mean ± standard deviation.

GDS, geriatric depression scale; KD, kidney disease; K-PASE, Korean version of the Physical Activity Scale for the Elderly; KFES, Korean version of Falls Efficacy Scale; MET, metabolic equivalent of task; NMES, neuromuscular electrical stimulation; RE, role limitations due to emotional problems; RP, role limitations due to physical health problem.

<sup>a</sup>p < 0.05 between groups at the same time point, <sup>b</sup>p < 0.05 compared with baseline value.