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| **Additional file 2 – Health care utilisation: costs prices used** | | | | |
| Category |  | Subcategory | Costs in euros | |
| Intervention costs |  |  | per participant | mean of 26 trainers\* |
| Training (from Trimbos Institute) |  | N/A | 302.00 | 12.00 |
| Intervention (training, preparation &   contact hours) |  | Hours | 2041.00 | 683.00 |
| Materials (DVD, DVD-player, facilitator   workbook & participant workbook) |  | N/A | 111.00 | 21.00 |
| Total |  |  | 2455.00 | 716.00 |
| Healthcare costs |  |  | | |
| *Primary care* |  |  |  | |
| GP and practice nurse |  | Consultation | 29.00 | |
|  |  | Telephone consultation | 15.00 | |
|  |  | Home visit | 45.00 | |
| Occupational therapist |  | Session | 22.00 | |
| Physiotherapist |  | Session | 37.00 | |
|  |  | Session at home | 53.00 | |
| Other allied professionals |  | Session | From 23.00 till 80.00 | |
|  |  | Session at home | From 38.00 till 96.00 | |
| *Hospital care* |  |  |  | |
| Outpatient medical services |  | Consultation | 66.00 | |
| Day care |  | Day | 261.00 | |
| Hospital admission |  | Admission day | 452.00 | |
| Patient and family costs |  |  |  | |
| Professional home care |  | Hour | 46.00 | |
| Professional domestic help |  | Hour | 25.00 | |
| Domestic help |  | Hour | 13.00 | |
| Informal care |  | Hour | 13.00 | |
| Helping aids/ in-home modifications |  | Number | From 9.00 till 2694.00 | |
| Most prices are obtained from the Dutch manual for cost-analysis in healthcare research (2009), except helpings aids and in home modifications (internet, 2013); Subsequently, costs per categories were indexed to the reference year (2011) using a consumer price index.  \* A total of 26 trainers were involved in the study. Hence, intervention costs were based on 26 trainers. | | | | |