

**Annex 1:** summary of the examination questions and assessment activities used for the GALS, pGALS, and MHAQ tools applied in this study, including adaptations made for the Tanzanian context and Swahili translations, for the MHAQ, all questions were asked with a three-month recall period

<b>Tool</b>	<b>Question/activities</b>	<b>Adapted activities</b>	<b>Swahili translation</b>
GALS and pGALS	Do you have any pain or stiffness in your muscles, joints, or back?	Do you have pain, stiffness, or swelling in your muscles, back, or joints?	<i>Je una maumivu, kuvimba au kukakamaa kwa misuli, mgongo au viungo?</i>
	Can you dress yourself completely without any difficulty?	No adaptation	<i>Je unaweza kuvaa nguo zako mwenyewe bila matatizo kabisa?</i>
	Can you walk up and down stairs without any difficulty?	Can you walk up and down the stairs or hills without any difficulty?	<i>Je unaweza kutembea ukipanda ngazi au kushuka au mlima bila matatizo yeyote?</i>
	NA	Can you squat to go to the toilet?	<i>Je unaweza kuchuchumaa ukienda kujisaidia?</i>
	NA	Can you bend to pick up an object (for example a pen, shoe, hoe, or machete) from the floor?	<i>Je unaweza kuinama ukaokota kitu chini (Mfano kalamu, kiatu, jembe, au panga)</i>
MHAQ	Dress yourself, including tying shoelaces and doing buttons	No adaptation	<i>Kuvaa nguo au kufunga kamba za viatu au vifungo bila msaada</i>
	Get in and out of bed	No adaptation	<i>Kupanda kitandani na kushuka</i>
	Lift a full cup or glass to your mouth	No adaptation	<i>Kunyanyua kikombe au glasi na kunywa mdomoni</i>
	Walk outdoors on flat ground	No adaptation	<i>Kutembea nje katika usawa wa tambarale</i>
	Wash and dry your entire body	No adaptation	<i>Kujiogesha na kujikausha mwili wako</i>
	Bend down to pick up clothing from the floor	Bend down to pick up clothing/something from the floor	<i>Kuinama na kuchukua Nguo/kitu kwenye sakafu</i>
	Turns taps on and off	Turns taps/bottle on and off	<i>Kufunga na kufungua chupa au bomba</i>
	Get in and out of a bus, car, train or airplane	Get in and out of a bus, car, train, airplane or motorcycle	<i>Kuingia ndani ya gari na kupanda bodaboda</i>