**Table** Ⅱ**: Physical frailty scores for different SFGE parameters. T= Total, S= Sulaymaniyah and P=Penjwen**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **Robust****N (%)** | **Pre-frail****N (%)** | **Frail****N (%)** | **Very Frail****N (%)** |
|  | **T (61)****N (%)** | **S (53)****N (%)** | **P (8)****N (%)** | **T (44)****N (%)** | **S (35)****N (%)** | **P (9)****N (%)** | **T (78)****N (%)** | **S (59)****N (%)** | **P (19)****N (%)** | **T (17)****N (%)** | **S (13)****N (%)** | **P (4)****N (%)** |
| **Co-Habitant** | Alone | 2 (3.3) | 2 (3.8) | 0 (0) | 2 (4.5) | 2 (5.7) | 0 (0) | 11 (14.1) | 9 (15.3) | 2 (10.5) | 3 (17.6) | 2 (15.4) | 1 (25) |
| With spouse | 47 (77) | 40 (75.5) | 7 (87.5) | 22 (50) | 16 (45.7) | 6 (66.7) | 37 (47.4) | 26 (44.1) | 11 (57.9) | 7 (41.2) |  5 (38.5) | 2 (50) |
| With children & other relatives | 12 (19.7) | 11 (20.8) | 1 (12.5) | 20 (45.5) | 17 (48.6) | 3 (33.3) | 30 (38.5) | 24 (40.7) | 6 (31.6) | 7 (41.2) | 6 (46.2) | 1 (25) |
| **Informal Help in case of need** | Yes, as long as necessary | 55 (940.2) | 48 (90.6) | 7 (87.5) | 37 (84.1) | 28 (80) | 9 (100) | 58 (74.4) | 46 (78) | 12 (63.2) | 12 (70.6) | 11 (84.6) | 1 (25) |
| Yes, occasionally | 5 (8.2) | 5 (9.4) | 0 (0) | 4 (9.1) | 4 (11.4) | 0 (0) | 13 (16.7) | 10 (16.9) | 3 (15.8) |  3 (17.6) | 2 (15.4) | 1 (25) |
| No | 1 (1.6) | 0 (0) | 1 (12.5) | 3 (6.8) | 3 (8.6) | 0 (0) | 7 (9) | 3 (5.1) | 4 (21.1) |  2 (11.8) | 0 (0) | 2 (50) |
| **Involvement in social activities** | Yes | 35 (57.4) | 28 (52.8) | 7 (87.5) | 16 (36.4) | 11 (31.4) | 5 (55.6) | 14 (17.9) | 9 (15.3) | 5 (26.3) | 2 (11.8) | 1 (7.7) | 1 (25) |
| No | 26 (42.6) | 25 (47.2) | 1 (12.5) | 28 (63.6) | 24 (68.6) | 4 (44.4) | 64 (82.1) | 50 (84.7) | 14 (73.7) | 15 (88.2) | 12 (92.3) | 3 (75) |
| **Receive formal social assistance from NGOs, Government, or other Parties** | Yes | 9 (14.8) | 7 (13.2) | 2 (25) | 4 (9.1) | 3 (8.6) | 1 (11.1) | 6 (7.7) | 5 (8.5) | 1 (5.3) | 0 (0) | 0 (0) | 0 (0) |
| No | 52 (85.2) | 46 (86.8) | 6 (75) | 40 (90.9) | 32 (91.4) | 8 (88.9) | 72 (92.3) | 54 (91.5) | 18 (94.7) | 17 (100) | 13 (100) | 4 (100) |
| **Financial situation** | No work no pension from the state | 28 (45.9) | 22 (41.5) | 6 (75) | 28 (63.6) | 21 (60) | 7 (77.8) | 54 (69.2) | 38 (64.4) | 16 (84.2) | 11 (64.7) | 8 (61.5) | 3 (75) |
| Yes pension from the state | 33 (54.1) | 31 (58.5) | 2 (25) | 16 (36.4) | 14 (40) | 2 (22.2) | 24 (30.8) | 21 (35.6) |  3 (15.8) | 6 (35.3) | 5 (38.5) | 1 (25) |
| **Can make it to the end of the month with your income** | Yes | 24 (39.3) | 20 (37.7) | 4 (50) | 13 (29.5) | 11 (31.4) | 2 (22.2) | 4 (5.1) | 3 (5.1) | 1 (5.3) | 0 (0) | 0 (0) | 0 (0) |
| With fatigue | 31 (50.8) | 27 (50.9) | 4 (50) | 12 (27.3) | 9 (25.7) | 3 (33.3) | 9 (11.5) | 5 (8.5) | 4 (21.1) | 8 (47.1) | 6 (46.2) | 2 (50) |
| No | 6 (9.8) | 6 (11.3) | 0 (0) | 19 (43.2) | 15 (42.9) | 4 (44.4) | 65 (83.3) | 51 (86.4) | 14 (73.7) | 9 (52.9) | 7 (53.8) | 2 (50) |
| **No, cannot make it to the end of the month** | To buy food, medicine, clothes, and pay bills | 6 (9.8) | 6 (11.3) | 0 (0) | 17 (38.6) | 13 (37.1) | 4 (44.4) | 67 (85.9) | 51 (86.4) | 16 (84.2) | 9 (52.9) | 7 (53.8) | 2 (50) |
| Pay to person for household activities | 0 (0) | 0 (0) | 0 (0) | 2 (4.5) | 2 (5.7) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| **Able to shower or bath** | Yes | 61 (100) | 53 (100) | 8 (100) | 43 (97.7) | 34 (97.1) | 9 (100) | 61 (78.2) | 45 (76.3) | 16 (84.2) |  4 (23.5) |  2 (15.4) | 2 (50) |
| No | 0 (0) | 0 (0) | 0 (0) | 1 (2.3) | 1 (2.9) | 0 (0) | 17 (21.8) | 14 (23.7) | 3 (15.8) | 13 (76.5) | 11 (84.6) | 2 (50) |
| **Able to go out alone** | Yes | 61 (100) | 53 (100) | 8 (100) | 42 (95.5) | 34 (97.1) | 8 (88.9) | 63 (80.8) | 46 (78) | 17 (89.5) | 1 (5.9) | 0 (0) | 1 (25) |
| No | 0 (0) | 0 (0) | 0 (0) | 2 (4.5) | 1 (2.9) | 1 (11.1) | 15 (19.2) | 13 (22) | 2 (10.5) | 16 (94.1) | 13 (100) | 3 (75) |
| **Bedridden** | Yes | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 2 (2.6) | 1 (1.7) | 1 (5.3) | 10 (58.8) | 8 (61.5) | 2 (50) |
| No | 61 (100) | 53 (100) | 8 (100) | 44 (100) | 35 (100) | 9 (100) | 76 (97.4) | 58 (98.3) | 18 (94.7) | 7 (41.2) | 5 (38.5) | 2 (50) |
| **Confused** | Yes |  0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 6 (35.3) | 5 (38.5) | 1 (25) |
| No | 61 (100) | 53 (100) | 8 (100) | 44 (100) | 35 (100) | 9 (100) | 78 (100) | 59 (100) | 19 (100) | 11 (64.7) | 8 (61.5) | 3 (75) |
| **Energy and drive** | Normal | 61 (100) | 53 (100) | 8 (100) | 36 (81.8) | 29 (82.9) | 7 (77.8) | 44 (56.4) | 33 (55.9) | 11 (57.9) | 1 (5.9) |  1 (7.7) | 0 (0) |
| Lack of energy | 0 (0) | 0 (0) | 0 (0) | 8 (18.2) | 6 (17.1) | 2 (22.2) | 34 (43.6) | 26 (44.1) | 8 (42.1) | 16 (94.1) | 12 (92.3) | 4 (100) |