

## Supplementary materials

### Post hoc power analysis done using G\*power calculator version 3.1

[1] -- Monday, March 07, 2022 -- 23:52:55

**F tests** – Linear multiple regression: Fixed model, R<sup>2</sup> deviation from zero

**Analysis:** Post hoc: Compute achieved power  
**Input:** Effect size f<sup>2</sup> = 0.6556291  
α err prob = 0.05  
Total sample size = 24  
Number of predictors = 8  
**Output:** Noncentrality parameter λ = 15.7350984  
Critical F = 2.6407969  
Numerator df = 8  
Denominator df = 15  
Power (1-β err prob) = 0.5865748

[2] -- Monday, March 07, 2022 -- 23:53:07

**F tests** – Linear multiple regression: Fixed model, R<sup>2</sup> deviation from zero

**Analysis:** Post hoc: Compute achieved power  
**Input:** Effect size f<sup>2</sup> = 0.9960080  
α err prob = 0.05  
Total sample size = 24  
Number of predictors = 8  
**Output:** Noncentrality parameter λ = 23.9041920  
Critical F = 2.6407969  
Numerator df = 8  
Denominator df = 15  
Power (1-β err prob) = 0.7990313

[3] -- Monday, March 07, 2022 -- 23:53:33

**F tests** – Linear multiple regression: Fixed model, R<sup>2</sup> deviation from zero

**Analysis:** Post hoc: Compute achieved power  
**Input:** Effect size f<sup>2</sup> = 0.1074197  
α err prob = 0.05  
Total sample size = 24  
Number of predictors = 8  
**Output:** Noncentrality parameter λ = 2.5780728  
Critical F = 2.6407969  
Numerator df = 8  
Denominator df = 15  
Power (1-β err prob) = 0.1160180

[1] -- Monday, March 07, 2022 -- 23:59:42

**F tests** – Linear multiple regression: Fixed model, R<sup>2</sup> deviation from zero

**Analysis:** Post hoc: Compute achieved power  
**Input:** Effect size f<sup>2</sup> = 0.1990408  
α err prob = 0.05  
Total sample size = 24  
Number of predictors = 10  
**Output:** Noncentrality parameter λ = 4.7769792  
Critical F = 2.6710242  
Numerator df = 10  
Denominator df = 13  
Power (1-β err prob) = 0.1543223

[2] -- Tuesday, March 08, 2022 -- 00:00:18

**F tests** – Linear multiple regression: Fixed model, R<sup>2</sup> deviation from zero

**Analysis:** Post hoc: Compute achieved power  
**Input:** Effect size f<sup>2</sup> = 0.0989011  
α err prob = 0.05  
Total sample size = 24  
Number of predictors = 10  
**Output:** Noncentrality parameter λ = 2.3736264  
Critical F = 2.6710242  
Numerator df = 10  
Denominator df = 13  
Power (1-β err prob) = 0.0961157

[3] -- Tuesday, March 08, 2022 -- 00:00:41

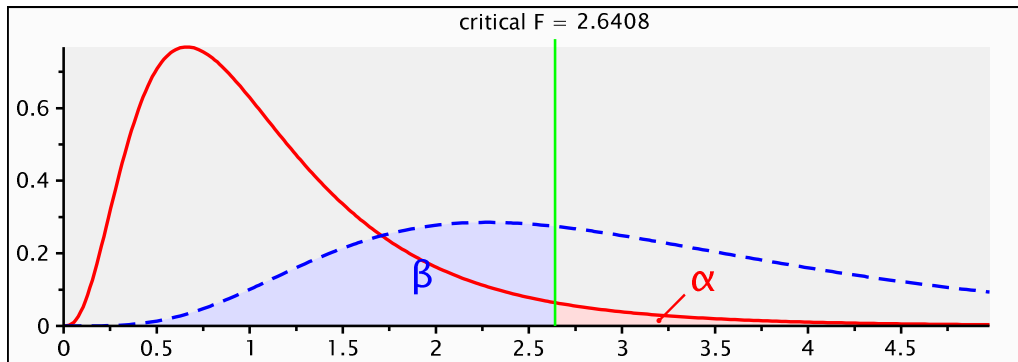
**F tests** – Linear multiple regression: Fixed model, R<sup>2</sup> deviation from zero

**Analysis:** Post hoc: Compute achieved power  
**Input:** Effect size f<sup>2</sup> = 1.1367521  
α err prob = 0.05  
Total sample size = 24  
Number of predictors = 10  
**Output:** Noncentrality parameter λ = 27.2820504  
Critical F = 2.6710242  
Numerator df = 10  
Denominator df = 13  
Power (1-β err prob) = 0.7608051

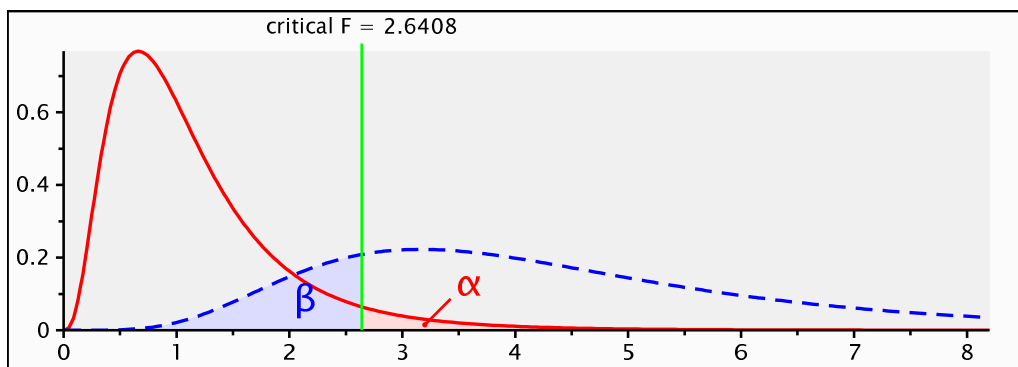
Figure S1

SELF-CARE AND HRQOL POST HOC PLOT OUTPUT

SELF-CARE MODEL 1:  $R^2=0.396$



SELF-CARE MODEL 2:  $R^2=0.499$



SELF-CARE MODEL 3:  $R^2=0.097$

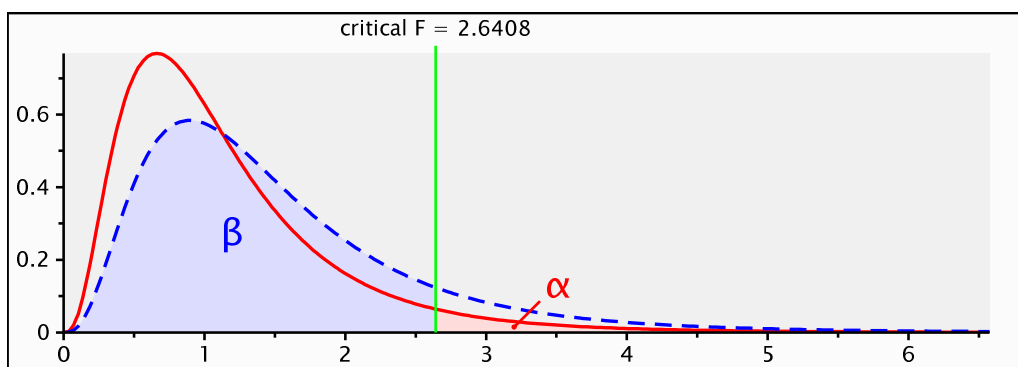
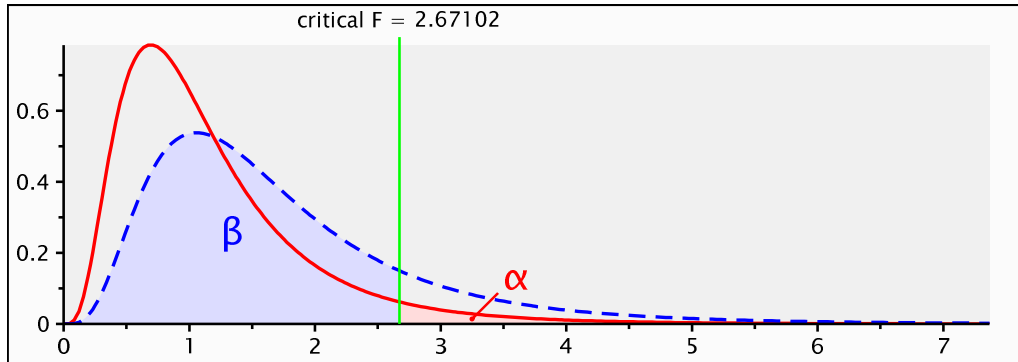


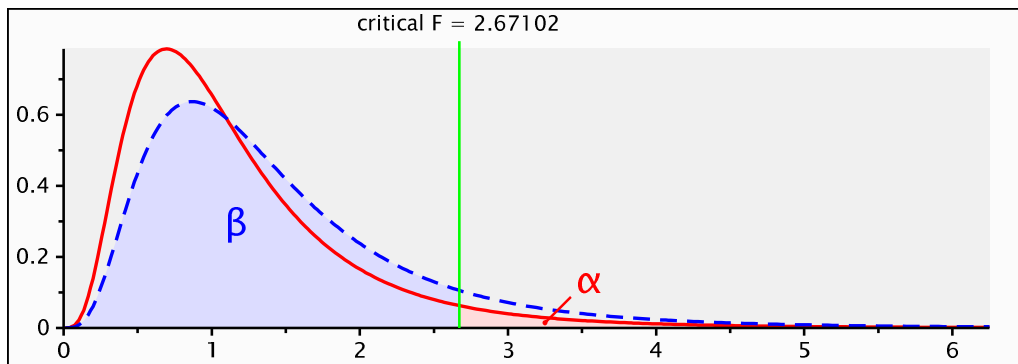
Figure S2

HRQOL POST HOC PLOT

MODEL 1:  $R^2=0.166$



MODEL 2:  $R^2=0.090$



MODEL 3:  $R^2=0.532$

