

Appendix 2. Co-investigators. Co-investigators of the OPTIMISTIC Consortium

Name	Location	Role	Contribution
Stephanie Nikolaus	Radboud University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Yvonne Cornelissen	Radboud University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Marlies van Nimwegen, PhD	Radboud University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Daphne Maas	Radboud University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Ellen Klerks	Radboud University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Sacha Bouman	Radboud University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Hans Knoop, PhD	Radboud University	Site Investigator	Design of the intervention and treatment delivery.
Linda Heskamp	Radboud University	Site Investigator	Design and implementation of muscle MRI sub-study.
Arend Heerschap, PhD	Radboud University	Site Investigator	Design and implementation of muscle MRI sub-study.
Ridho Rahmadi	Radboud University	Site Investigator	Data modelling.
Perry Groot, PhD	Radboud University	Site Investigator	Data modelling.
Tom Heskes, PhD	Radboud University	Site Investigator	Data modelling.
Katarzyna Kapusta	Radboud University	Site Investigator	Biomarker development.
Jeffrey Glennon, PhD	Radboud University	Site Investigator	Biomarker development.
Shaghayegh Abghari	Radboud University	Site Investigator	Biomarker development.
Armaz Aschrafi, PhD	Radboud University	Site Investigator	Biomarker development.
Geert Poelmans, PhD	Radboud University	Site Investigator	Biomarker development.
Michael Trenell, PhD	Newcastle University	Site Investigator	Design of the intervention.
Sandra van Laar	Newcastle University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Libby Wood	Newcastle University	Site Investigator	Dissemination activities.
Sophie Cassidy, PhD	Newcastle University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Jane Newman, PhD	Newcastle University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Sarah Charman, PhD	Newcastle University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Renae Steffaneti, PhD	Newcastle University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Louise Taylor	Newcastle University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Allan Brownrigg	Newcastle University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Sharon Day	Newcastle University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.

Antonio Atalaia, MD	Newcastle University	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Angela Schüller, MD	Ludwig-Maximilians-Universität München	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Kristina Stahl	Ludwig-Maximilians-Universität München	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Heike Künzel, MD	Ludwig-Maximilians-Universität München	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Martin Wolff	Ludwig-Maximilians-Universität München	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Anna Jellinek	Ludwig-Maximilians-Universität München	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Baptiste Lignier	Assistance Publique-Hôpitaux de Paris	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Florence Couppey	Assistance Publique-Hôpitaux de Paris	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Stéphanie Delmas	Assistance Publique-Hôpitaux de Paris	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Jean-François Deux, PhD	Assistance Publique-Hôpitaux de Paris	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Karolina Hankiewicz, MD	Assistance Publique-Hôpitaux de Paris	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Celine Dogan	Assistance Publique-Hôpitaux de Paris	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Lisa Minier	Assistance Publique-Hôpitaux de Paris	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Pascale Chevalier	Assistance Publique-Hôpitaux de Paris	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Amira Hamadouche	Assistance Publique-Hôpitaux de Paris	Site Investigator	Recruitment of participants, acquisition of biological samples and clinical data and treatment delivery.
Berit Adam	University of Glasgow	Site Investigator	Genetic analyses.
Peter Donnan, PhD	University of Dundee	Partner Lead	Trial statistician.
Adrian Hapca, PhD	University of Dundee	Site Investigator	Trial statistician.
Michael Hannah	University of Dundee	Site Investigator	Trial coordination, ethics and data collation.
Emma McKenzie	University of Dundee	Site Investigator	Trial coordination, ethics and data collation.
Petra Rauchhaus, PhD	University of Dundee	Site Investigator	Trial coordination, ethics and data collation.
Erna Wilkie	University of Dundee	Site Investigator	Trial coordination, ethics and data collation.
Jennifer Williamson	University of Dundee	Site Investigator	Trial coordination, ethics and data collation.
Michael Catt, PhD	Catt-Sci Ltd.	Partner Lead	Design of the intervention.
Vincent van Hees, PhD	Catt-Sci Ltd.	Site Investigator	Design of the intervention.
Sharon Catt	Catt-Sci Ltd.	Site Investigator	Design of the intervention.
Ameli Schwalber	concentris	Partner Lead	Overall project coordination and reporting.
Juliane Dittrich	concentris	Coordinator	Overall project coordination and reporting.
Shaun Treweek, PhD	The University of Aberdeen	Partner Lead	Trial design.
Karin Faber, MD, PhD	University of Maastricht	Site Investigator	Outcome measure development and assessment.

Ingemar Merkies, MD, PhD	University of Maastricht	Site Investigator	Outcome measure development and assessment.
Marie Kierkegaard, RPT, PhD	Karolinska Institute Medical University	External Advisory Board Member	Outcome measure development and assessment.