Study Title: Unilateral Strength Training and Mirror Therapy for Patients with Chronic Stroke: A Pilot Randomised Controlled Trial

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Data was analysed using IBM SPSS for Windows (Version 20, Chicago, IL, USA). All variables were tested for normal distribution using the Shapiro-Wilk test. Sample demographics and outcome measures are described in Mean±SD. Between group differences for demographic characteristics were tested for using the Independent t test, the Mann-Whitney U test and the Chi Square test. Within group means (T1 v T2 and T1 v T3) were analysed using the Paired-Samples-t-test for normally distributed data and the Wilcoxon Signed Rank test for non-normally distributed data. Between group differences (ST v MST) in change over the intervention were tested for using the independent-sample-t-test (normal distribution) and the Mann-Whitney U test (non-normal distribution or non-continuous scale). A p-value <0.05 was considered statistically significant and effect sizes expressed as either Cohen’s d or r. Effect size for within group differences were calculated as follows:

\[ \text{Paired differences effect size} = \frac{\text{mean}}{\text{Sd}} \text{ or } r = \frac{Z}{\sqrt{n}}. \]  

Effect sizes for between group differences for the independent-samples-t-test were calculated using and expressed as Cohen’s d. For the Mann-Whitney U test, between group differences were calculated as \( r = \frac{Z}{\sqrt{n}}. \)