

SUPPLEMENTAL MATERIAL

Interventions to promote patient utilization of cardiac rehabilitation: Cochrane systematic review and meta-analysis

p 2	Supplemental Table S1	Excluded studies from previous review
p 3	Supplemental Table S2	Summary of characteristics of included trials

Supplemental Table S1: Excluded studies from previous review

Reference	Exclusion Reason
Arrigo, I.; Brunner-LaRocca, H.; Lefkovits, M.; Pfisterer, M.; Hoffmann, A. Comparative outcome one year after formal cardiac rehabilitation: the effects of a randomized intervention to improve exercise adherence. <i>Eur. J. Cardiovasc. Prev. Rehabil.</i> 2008 , <i>15</i> , 306–11.	Wrong intervention and outcomes
Daltroy, L. Improving cardiac patient adherence to exercise regimens: a clinical trial of health education. <i>J. Card. Rehabil.</i> 1985 , <i>5</i> , 40–49.	Not comprehensive CR (i.e. exercise only)
Duncan, K.; Pozehl, B. Effects of an exercise adherence intervention on outcomes in patients with heart failure. <i>Rehabil. Nurs.</i> 2003 , <i>28</i> , 117–122.	Not comprehensive CR
Hillebrand, T.; Frodermann, H.; Lehr, D.; Wirth, A. Increased participation in coronary groups by means of an outpatient care program. <i>Herz Kreislauf</i> 1995 , <i>27</i> , 346–349.	Intervention delivered after CR
Izawa, K.P.; Watanabe, S.; Omiya, K.; Hirano, Y.; Oka, K.; Osada, N.; Iijima, S. Effect of the Self-Monitoring Approach on Exercise Maintenance During Cardiac Rehabilitation. <i>Am. J. Phys. Med. Rehabil.</i> 2005 , <i>84</i> , 313–321.	Intervention delivered after CR
Moore, S.M.; Charvat, J.M.; Gordon, N.H.; Pashkow, F.; Ribisl, P.; Roberts, B.L.; Rocco, M. Effects of a CHANGE intervention to increase exercise maintenance following cardiac events. <i>Ann. Behav. Med.</i> 2006 , <i>31</i> , 53–62.	Intervention delivered after CR
Sniehotta, F.F.; Scholz, U.; Schwarzer, R. Action plans and coping plans for physical exercise: A longitudinal intervention study in cardiac rehabilitation. <i>Br. J. Health Psychol.</i> 2006 , <i>11</i> , 23–37.	Not comprehensive CR (i.e. exercise only)

Supplemental Table S2: - Summary of Characteristics of Included Trials

	n (%) or mean \pm standard deviation (median)
<u>Study characteristics</u>	
Publication year	2009.9 \pm 7.7 (2012.5)
Study region	
North America	16 (61.5%)
Europe	3 (11.5%)
Other	7 (27.0%)
Multi-centre	14 (53.8%)
Parallel-group design	25 (96.1%)
Sample Size	193.1 \pm 173.1 (135)
Outcome ascertainment	
Chart	13 (50.0%)
Self-report	4 (15.4%)
Unclear	9 (34.6%)
<u>Cardiac Rehabilitation (CR) Program Characteristics</u>	
Program Duration (weeks)	12.8 \pm 4.6 (n=10, 38.5% \geq 3months)
Women-only	3 (11.5%)
Some unsupervised	8 (30.8%)
<u>Patient characteristics</u>	
Sex	
Males only	1 (3.9%)
Women only	3 (11.5%)
Mixed-sex	22 (84.6%)
Age (years)	63.4 \pm 10.4 (median 63.4)

Diagnosis	
Any heart failure	10 (38.4%)
<u>Intervention Characteristics</u>	
Delivered by healthcare provider	8 (30.7%)
Some face-to-face	14 (53.8%)
Number of contacts	12.7 ± 32.0
Delivered Pre-CR	13 (50.0%)
Target – Patient	23 (88.5%)