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| **Suppl 2. Psychosocial and logistic factors according to frequency of the training program** |
|  | Total population | 2x/week | 3x/week | P |
|  | N=489 | N=183 | N=304 |  |
| Education level (%)  |  |  |  | 0.042 |
| Primary education | 32 | 38 | 28 |  |
| Secondary education  | 36 | 36 | 36 |  |
| High education | 32 | 27 | 36 |  |
| Partner (%) | 83 | 78 | 86 | 0.033 |
| Occupational status (%)  |  |  |  | 0.001 |
| Employed | 39 | 26 | 47 |  |
| Retired | 47 | 57 | 41 |  |
| Others  | 14 | 17 | 12 |  |
| Dependency for transport to CR (%) | 27 | 32 | 24 | 0.060 |
| Distance to CR (%)  |  |  |  | 0.176 |
| ≤10km | 32 | 36 | 28 |  |
| >10 and ≤20km | 48 | 45 | 51 |  |
| >20km | 20 | 19 | 21 |  |
| EQ-5D Mobility (%)  |  |  |  | 0.001 |
| No problems | 81 | 73 | 86 |  |
| Some problems | 19 | 27 | 14 |  |
| Severe problems | 0 | 0 | 0 |  |
| EQ-5D Self-care (%)  |  |  |  | <0.001 |
| No problems | 95 | 90 | 98 |  |
| Some problems | 5 | 10 | 2 |  |
| Severe problems | 0 | 0 | 0 |  |
| EQ-5D Usual activities (%)  |  |  |  | 0.120 |
| No problems | 66 | 63 | 68 |  |
| Some problems | 28 | 29 | 28 |  |
| Severe problems | 6 | 8 | 4 |  |
| EQ-5D Pain/ discomfort (% )  |  |  |  | 0.190 |
| No problems | 51 | 50 | 51 |  |
| Some problems | 47 | 47 | 48 |  |
| Severe problems | 2 | 3 | 1 |  |
| EQ-5D Anxiety/ depression (%)  |  |  |  | 0.153 |
| No problems | 76 | 71 | 78 |  |
| Some problems | 23 | 26 | 21 |  |
| Severe problems | 1 | 3 | 1 |  |
| EQ-5Dindex  | 0.76 (0.66-1) | 0.75 (0.66-1) | 0.76 (0.71-1) | 0.042 |
| EQ-5D VAS | 70 (60-75) | 69 (60-75) | 70 (60-77) | 0.057 |
| HADS – Anxiety  | 5 (3-8) | 5 (3-8) | 5 (2-8) | 0.359 |
| score between (%)  |  |  |  | 0.366 |
| 0-7 | 69 | 67 | 70 |  |
| 8-10 | 19 | 19 | 20 |  |
| ≥11 | 11 | 14 | 10 | 0.156 |
| HADS – Depression  | 4 (2-7) | 4 (2-7) | 4 (2-7) | 0.538 |
| score between (%)  |  |  |  | 0.226 |
| 0-7 | 77 | 77 | 77 |  |
| 8-10 | 16 | 13 | 17 |  |
| ≥11 | 7 | 9 | 6 | 0.165 |
| Categorical variables are presented as percentages, normally distributed continuous variables are presented as mean ± standard deviation, non normally continuous variables are presented as median (interquartile range). CR, cardiac rehabilitation; EQ-5D, EuroQOL-5D; VAS, visual analogue scale; HADS, hospital anxiety and depression scale.  |