**SDC 5: Example results template for measuring and reporting adherence to HIIT and other exercise interventions**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
| **Training data** | **Intervention** | **Comparator** | **Statistics** |
| Average training RPE |  |  |  |
| Peak training RPE |  |  |  |
| Average training % HRpeak (or % peak work capacity) |  |  |  |
| Peak training % HRpeak (or % peak work capacity) |  |  |  |
| Average session duration |  |  |  |
| Average minutes spent in high intensity intervals |  | \* |  |
| Average number of high intensity intervals |  | \* |  |

Data are presented as Mean ± SD or Median (inter-quartile range) depending on distribution of the data. Peak intensity based on the highest measure from each training session and average session intensity based on the aggregate of measures from each training session. \*Depends on whether the comparator group is another HIIT group.

|  |  |  |  |
| --- | --- | --- | --- |
| **Adherence data** | **Intervention** | **Comparator** | **Statistics** |
| Proportion of participants that achieved: |  |  |  |
| Global criteria for adherence (n, %) |  |  |  |
| Attendance criterion for adherence (n, %) |  |  |  |
| Proportion of allocated training sessions: |  |  |  |
| Global adherence (%) |  |  |  |
| Adherence to attendance (%) |  |  |  |
| Adherence to intensity (%) |  |  |  |
| Adherence to duration (%) |  |  |  |
|  |  |  |  |
| **Non-protocol exercise** |  |  |  |
| Additional exercise sessions |  |  |  |
| Additional exercise minutes |  |  |  |
| Proportion of participants training at a different intensity from allocated training (n, %) |  |  |  |

Data are presented as Mean ± SD or Median (inter-quartile range) depending on distribution of the data. Global adherence involves achieving attendance, intensity, and duration of allocated training sessions. The global criteria for adherence involves ≥70% attendance at sessions where training was at the prescribed intensity and ≥75% of the prescribed duration. Adherence criteria for attendance involves only the attendance component (≥70% attendance atsession).  |

Abbreviations: RPE, rating of perceived exertion (based on Borg 6-20 or 1-10 scale); HR, heart rate; HRpeak, peak heart rate (obtained from maximal exercise test).