**SDC 5: Quality of Life and Mood Questionnaires (HIIT vs MCT)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Author: | Year: | Questionnaire | HIIT | MCT | p value | Comments |
| Freyssin et al. | 2012 | HADS Depression | -3.2 | -4.2 | Both p = <0.5 |  |
| Freyssin et al. | 2012 | HADS Anxiety | -2.7 | -2.3 | Both p = <0.5 |  |
| Puhan et al. | 2006 | HADS Depression | 2.05 | 2.93 |  | Mean changes from baseline. |
| Puhan et al. | 2006 | HADS Anxiety | 1.95 | 2.25 |  | Mean changes from baseline. |
| Puhan et al. | 2006 | Chronic Respiratory Questionnaire Total score | 1 | 1.02 |  | Mean changes from baseline. |
| Beale et al. | 2013 | Minnesota Living with Heart Failure Questionnaire (MLHFQ) | ? | ? |  | Unsure whether to include. |
| Mador et al. | 2009 | Chronic Respiratory Questionnaire Total score | 9.7 | 12.2 | Both p<0.05 |  |
| Moholdt et al. | 2009 | Macnew Questionnaire for post CABG - emotional | 0.5 | 0.5 | Both p<0.001 |  |
| Moholdt et al. | 2009 | Macnew Questionnaire for post CABG - physical | 0.5 | 0.6 | Both p<0.001 |  |
| Moholdt et al. | 2009 | Macnew Questionnaire for post CABG - social | 0.9 | 0.9 | Both p<0.001 |  |
| Jaureguizar et al. | 2016 | SF36 split into individual domains. X11 |  |  |  |  |
| Jaureguizar et al. | 2016 | Macnew Questionnaire for post CABG - emotional | 0.5 | 0.3 | HIIT p<0.01 |  |
| Jaureguizar et al. | 2016 | Macnew Questionnaire for post CABG - physical | 0.3 | 0.4 | HIIT p<0.01, MCT p<0.05 |  |
| Jaureguizar et al. | 2016 | Macnew Questionnaire for post CABG - social | 0.4 | 0.4 | HIIT p<0.01, MCT p<0.05 |  |
| Jaureguizar et al. | 2016 | Macnew Questionnaire for post CABG - global | 0.5 | 0.3 | HIIT p<0.01, MCT p<0.05 |  |
| Gloeckl et al. | 2012 | Short form SF36 Physical helth | 2.3 | 4.3 | MCT p<0.05 |  |
| Gloeckl et al. | 2012 | Short form SF36 Mental health | 9.7 | 2.9 | HIIT p<0.05 |  |
| Schmitt et al. | 2016 | EORTC QLQ-C 30 (QoL) | 9.5 | 17.4 | Both p<0.005 |  |
| Schmitt et al. | 2016 | EORTC QLQ-C 30 (emotion) | 11 | 31.5 | Both p<0.05 |  |

NB: Negative values represent decreases in scores. SF-36 = 36 item Short Form Survey, HADS = Hospital anxiety and depression score, EORTC QLQ-C30 = Colorectal specific quality of life questionnaire.