

e-Table 1. HRQoL results

Trial First author (year)	Follow up	HRQoL measure	Outcome values at follow up	Between-group difference
			Mean (Standard deviation)	
			Control vs. Exercise, between group P-value	
Austin (2005) and (2008)	6-months	MLWHF		
		Physical	20.4 (12.2) vs. 12.6 (9.7) P < 0.0001*	Exercise > Control
		Emotional	8.0 (7.1) vs. 4.4 (10.4) P<0.01*	Exercise > Control
		Total	36.9 (24.0) vs. 22.9 (17.8) P <0.001*	Exercise > Control
		EQ-5D	0.58 (0.19) vs. 0.70 (0.16) P < 0.0001*	Exercise > Control
	5-years	MLWHF		
		Physical	19.3 (23.5) vs. 18.3 (11.2) P = 0.66*	Exercise = Control
		Emotional	7.6 (7.1) vs. 7.4 (6.5) P=0.88*	Exercise = Control
Total		37.1 (24.9) vs. 35.5 (21.7) P = 0.72*	Exercise = Control	
	EQ-5D	0.58 (0.22) vs. 0.64 (0.19) P = 0.12*	Exercise = Control	

Bellardinelli (1999)	15-months	MLWHF	52 (20) vs. 39 (20) P<0.001	Exercise > Control
	29-months	Total	54 (22) vs. 44 (21) P <0.001	Exercise > Control
Dracup (2007)	6-months	MLWHF		
		Physical	19.4 (11.5) vs. 16.1 (10.0) P = 0.04*	Exercise > Control
		Emotional	10.5 (7.4) vs. 7.8 (6.6) P =0.01*	Exercise > Control
		Total	43.2 (26.5) vs. 35.7 (23.7) P = 0.05	Exercise > Control
Gottlieb (1999)	6-months	MLWHF		
		Total	NR (NR) vs. 22 (20) NR	NR
		MOS		
		PF	NR (NR) vs. 68 (28) NR	NR
		RL	NR (NR) vs. 50 (42) NR	NR
		GH	NR (NR) vs. 361 (224) NR	NR
HF-ACTION (2009)	3-months	KCCQ	5.21 (95%CI 4.42 to 6.00) vs. 3.28 (2.48 to 4.09) P < 0.001	Exercise > control
Klocek (2005)	6.5 months	PGWB		Exercise > Control
		Total	99.0 vs. 109.0 (training grp A) vs. 71.7 (training grp B) P < 0.01	
Koukouvou 2004	6 months	MLWHF		Exercise > Control
				Exercise > Control

		Total	34.1 (13.0) vs. 45.1 (9.9) P =0.05*	
		Spritzer QLI		
		Total	7.1 (1.1) vs. 9.1 (1.1) P< 0.0001*	
McKelvie (2002)	12-months	MLWHF		
		Total	-3.3 (13.9) vs. -3.4 (18.1) P = 0.98	Exercise = Control
Passino (2006)	9.75 months	MLWHF	53 (32) vs. 32 (26.5) P < 0.0001*	Exercise > Control
Willenheimer (2001)	10-months	PGAQoL	0 (1) 0.7 (0.9) P =0.023	Exercise > Control

*P-values calculated by authors of this paper

QLI: quality of life index; MLWHF: Minnesota Living with Heart Failure questionnaire; PGAQoL: Patient's Global Assessment of Quality of life; PGWB: Psychological general Wellbeing Index; KCCQ: Kansas City Cardiomyopathy Questionnaire; NR: not reported.

Exercise = Control: no statistically significant difference (P > 0.05) in HRQoL between exercise & control groups at follow up

Exercise > Control: statistically significant (P <=0.05) higher HRQoL in exercise compared to control group at follow up

Exercise < Control: statistically significant (P <=0.05) lower HRQoL in exercise versus control group at follow up