

Online supplement Description of outcomes

Study	Outcome category	Outcomes	Unit of measurement	Results: difference between I and C	Follow-up
Allen et al. (1996)	Risk factor levels	Smoking	Self-reported	NS	12 months
		BMI	Kg/m ²	NS	
		Weight loss	Not reported	NS	
				NS	
		Dietary intake	Questionnaire: dietary intake of previous month	Fat(%) p=0.008, saturated fat (%) p=0.02	
		Physical activity	Questionnaire: 7-day activity recall	NS	
Allen et al. (2002)	Risk factor levels	Lipids	Total Cholesterol (mmol/L)	-0.4 mmol/L, p=0.008	12 months
			LDL-C (mmol/L)	-0.39 mmol/L, p=0.001	
			HDL-C (mmol/L)	NS	
			Triglycerides (mmol/L)	NS	
			LDL-C<2.59 mmol/L, n (%)	NR	
		Smoking	Exhaled carbon monoxide + self-reported	NR	
		Dietary intake	Questionnaire: fat intake (%)	-3.7%, p=0.004	
			Questionnaire: saturated fat intake (%)	-1.4%, p=0.004	
			Questionnaire: cholesterol intake (mg)	-62.5 mg, p=0.017	
			Questionnaire: fiber intake	NS	
		Physical activity	Questionnaire: physical activity	18 METS, p=0.05	
Allen et al. (2011)	Risk factor levels	Lipids	Total Cholesterol (mmol/L)	-0.51 mmol/L, p<0.001	12 months
			LDL-C (mmol/L)	-0.41 mmol/L, p<0.001	
			HDL-C (mmol/L)	NS	
			Triglycerides (mmol/L)	-0.18 mmol/L, p=0.003	
		Blood pressure	Systolic BP (mmHg)	-6.2 mmHg, p=0.013	
			Diastolic BP (mmHg)	-3.1 mmHg, p=0.013	
		HbA1c	Mean HbA1c	-0.5%, p=0.034	
		Smoking cessation	Not reported	NR	

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		BMI	Kg/m ²	NS	
		Dietary intake	Questionnaire: Habits and History Food Frequency	NS	
		Physical activity	Questionnaire: Stanford 7-Day Physical Activity	NS	
	Perceived health outcomes	Quality of life	Questionnaire: EQ-5D	Reported elsewhere	
		Perception of chronic illness care	Questionnaire: PACIC	1.2 points, p<0.001	
Allison et al. (2000)	Risk factor levels	Lipids	Total Cholesterol (mmol/L)	NS	6 months
			LDL-C (mmol/L)	NS	
			HDL-C (mmol/L)	NS	
			Triglycerides (mmol/L)	-0.37 mmol/L, p<0.001	
		Blood pressure	Systolic BP (mmHg)	NS	
			Diastolic BP (mmHg)	NS	
		Glucose	Fasting blood glucose (mg/dL)	NS	
		Pharmacological treatment	Pharmacological treatment rates	NS	
		Smoking	Exhaled carbon monoxide + self-reported	NS data not applicable for meta-analysis	
		Weight loss	Kg	-1.0 kg, p=0.007	
		Low fat diet	Questionnaire: no data	p=0.012	
		Regular exercise	Questionnaire (in min.)	25 min, p=0.049	
	Clinical events	Recurrent events			
		Recurrent coronary event	Rate	-8%, p=0.002	
		Rehospitalization	Rate	NS	
		Death	All causes	NS	
	Perceived health outcomes	Psychosocial evaluation	Questionnaire: SCL-90-R	NS	
			Questionnaire: Social isolation questionnaire	NR	
		Chest pain	Reporting episodes (%)	NS	

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Campbell et al. (1998)	Risk factor levels	Aspirin management	On target (%)	NS	12 months
		Blood pressure management	On target (%): \leq 160/90 mmHg	RR=1.09 (1.06-1.13)	
		Lipid management	On target (%): \leq 5,2 mmol/L	RR=1.9 (1.59-2.29)	
		Smoking cessation	On target (self-reported) (%)	NS data not applicable for meta-analysis	
		Low fat diet	On target (DINE-score) (%)	RR=1.16 (1.03-1.31)	
		Physical activity	On target (%)	RR=1.35 (1.16-1.58)	
	Clinical events	Use of health service	Difference in length of stay (days)	NS	
			Hospital admissions (OR)	OR=0.64 (0.48-0.86), p=0.003	
	Perceived health outcomes	Anxiety and depression	Questionnaire: HADS	NS	
			Health status	Questionnaire: SF-36 score	
			Physical domain	4.33, p<0.001	
			Social domain	3.51, p=0.007	
			Role domain	8.52, p<0.001	
			Role emotional domain	4.66, p=0.045	
			Mental domain	NS	
			Energy domain	NS	
Pain domain			2.50, p=0.035		
General domain			2.34, p=0.013		
Chest pain	Worsening	Reporting chest pain	OR=0.59 (0.37-0.94), p=0.025		
			NS		
Carlsson et al. (1997)	Risk factor levels	Smoking habits	Questionnaire, self-reported	NS	12 months
		Food habits	Questionnaire	Unclear, p=0.008	
		Physical activity	Questionnaire	NS	
Carrington et al. (2013)	Risk factor levels	Clinical status	GARDIAN risk status (effect sizes unknown)		24 months
			Low risk group	p<0.001	
			Medium risk group	p=0.004	
	Clinical events	All-cause and cardiovascular hospitalization	Rate	NS	

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		All cause hospital stay	Days/patient per month	NS	
		All-cause mortality	Rate	NS	
		Event free survival	Rate	NS	
		Health care costs	Associated costs/patient per month	NS	
	Perceived health outcomes	Quality of life	Questionnaire: SF-12 (physical domain)	NS	
			Questionnaire: SF-12 mental domain)	NS	
			Questionnaire: EQ-5D (health state)	NS	
			Potential depression	NS	
DeBusk et al. (1994)	Risk factor levels	Lipids	Total Cholesterol (mmol/L)	-0,63 mmol/L, p<0.001	
			LDL-C (mmol/L)	-0,64 mmol/L, p<0.001	
			HDL-C (mmol/L)	NS	12 months
			Triglycerides (mmol/L)	NS	
		Smoking cessation	Biochemically + self-reported (%)	17%, p=0.03	
		Nutritional management	Questionnaire: food frequency	Unclear	
		Functional capacity	Treadmill exercise test (METS)	0.9 METS, p=0.001	
Gordon et al. (2002)	Risk factor levels	Lipids	Total Cholesterol (mmol/L)	NS	12 weeks
			LDL-C (mmol/L)	NS	
			HDL-C (mmol/L)	NS	
			Triglycerides (mmol/L)	NS	
		Blood pressure	Systolic BP (mmHg)	NS	
			Diastolic BP (mmHg)	NS	
		Medication use	Change in %	NS	
		Smoking	Self-reported	NS	
		Weight loss	LBS	NS	
		VO2 max	VO2 max (ml/kg/min)	NS	
Jiang et al. (2007)	Risk factor levels	Lipids	Total Cholesterol (mmol/L)	-0.33 mmol/L, p=0.001	
			LDL-C (mmol/L)	-0.30 mmol/L, p=0.001	6 months

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			HDL-C (mmol/L)	NS	
			Triglycerides (mmol/L)	-0.10 mmol/L, p=0.011	
		Blood pressure	Systolic BP (mmHg)	NS	
			Diastolic BP (mmHg)	NS	
		Medication adherence	Self-reported	NS	
		Smoking	Self-reported	NS	
		Weight	Kg	NS	
		Diet	Mean no. of patients with step II diet adherence	-10.28, p=0.002 (netto change)	
		Walking	Activity total score: Jenkins Activity Checklist for Walking	1.91, p=0.002 (netto change)	
Jolly et al. (1999)	Risk factor levels	Lipids	Total Cholesterol (mmol/L)	NS	12 months
		Blood pressure	Systolic and diastolic differences (mmHg)	NS	
		Pharmacological treatment	Difference in prescribed drugs (%)	NS	
		Smoking cessation	Biochemically + self-reported (%)	NS	
		BMI	Kg/m ²	NS	
		Diet	Mean difference in score for intake (self-reported)	NS	
		Exercise	Distance walked in 6 min. (test)	NS	
	Clinical events	Practice attendance	Difference in mean no. of visits	NS	
		Rehabilitation	Attendance at at least one session (%)	18%, p<0.001	
	Perceived health outcomes	Anxiety	Questionnaire: HADS subscale	NS	
		Depression	Questionnaire: HADS subscale	NS	
		Quality of life	Questionnaire: EuroQol	NS	
		Shortness of breath	Self-reported (%)	NS	
		Chest pain	Self-reported (%)	NS	
Jorstad et al. (2013)	Risk factor levels	10-year cardiovascular mortality (SCORE)	Estimation of SCORE risk reduction (%)	-17.4%, p=0.021	12 months
		Reduction of 10-year incidence of coronary mortality and morbidity	Framingham Coronary Risk Score (FCRS)	-12.5%, p=0.017	

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	Clinical events	Lipids	Total Cholesterol (mmol/L)	NS		
			LDL-C (mmol/L)	NS		
			HDL-C (mmol/L)	NS		
			Triglycerides (mmol/L)	NS		
		Blood pressure	Systolic BP (mmHg)	-4.3 mmHg, p=0.002		
			Diastolic BP (mmHg)	NS		
		Smoking	Self-reported	NS		
		BMI	Kg/m2	NS		
		Weight	Kg	NS		
		Waist circumference	Cm	-2.1 cm , p=0.048		
		Total number of readmissions	N (%)	-22%, p=0.023		
		Readmissions for ACS	N (%)	NS		
		Other CVD readmissions	N (%)	-48%, p<0.001		
		Elective interventions	N (%)	NS		
Khunti et al. (2007)	Risk factor levels	Total cholesterol	Total Cholesterol (mmol/L)	- 0.18 mmol/L (-0.30, -0.05)	12 months	
		Systolic BP	mmHg	-4.58 mmHg (-6.88, -2.28)		
		Diastolic BP	mmHg	-3.53 mmHg (-4.78, -2.29)		
		ACE inhibitor	Prescribed drugs (OR)	NS		
		Aspirin	Prescribed drugs (OR)	NS		
		Beta-blocker	Prescribed drugs (OR)	1.43 (1.19-1.99)		
		Lipid lowering medication	Prescribed drugs (OR)	1.99 (1.06-3.74)		
		BMI	Kg/m2	NS		
	Process of care	Risk factor management				
		Cholesterol measured	OR	NS		
		Cholesterol < 5mmol/L	OR	1.58 (1.05-2.37)		
		BP measured	OR	22.61 (6.47-70.13)		
		BP < 140/85 mmHg	OR	1.61 (1.22-2.37)		
		Smoking status recorded	OR	33.96 (14.49-79.62)		
BMI/weight measured	OR	10.14 (4.99-20.55)				

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	Perceived health outcomes	Quality of life	Questionnaire: SF-36		
		Physical functioning		5.33, p=0.02	
		Role physical		NS	
		Body pain		NS	
		General health		2.56, p=0.0001	
		Vitality		5.53, p=0.0001	
		Social functioning		7.76, p=0.0002	
		Role emotional		NS	
		Mental health		4.49, p=0.001	
		Angina pectoris	Questionnaire: Seattle Angina Questionnaire		
		Exertional capacity		5.25, p=0.001	
		Angina stability		NS	
		Angina frequency		2.69, p=0.045	
		Treatment satisfaction		NS	
		Quality of life		NS	
Meisinger et al. (2013)	Clinical events	First unplanned readmission or death	Time-to-event from initial discharge (HR)	NS	12 months
		Intervention costs		Reported elsewhere	
	Perceived health outcomes	Functional ability	Questionnaires: the Barthel Index, HAQ-DI, IADL	Not yet been published	
		Social support	Questionnaire: F-sozU		
		Depressive symptoms	Questionnaire: GDS		
		Emotional well-being	Questionnaire: WHO-5		
		Cognitive function	MMSE		
Moher et al. (2001)	Risk factor levels	Pharmacological treatment			18 months
		Antiplatelets	Mean (range percentage)	Nurse-Audit: 10%, p=0.009	
		Hypotensive	Mean (range percentage)	NS	
		Lipid lowering	Mean (range percentage)	NS	
	Process of care	Overall adequate assessment	Mean (range percentage)	Nurse: 85%, GP:76%, Audit: 52%	
				Nurse vs. audit p<0.001	
				GP vs. Audit p=0.002	

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		Adequate assessment of:			
		Blood pressure	Mean (range percentage)	GP:97%, Audit:86%, p<0.001	
		Cholesterol	Mean (range percentage)	Nurse:88%, Audit:67%, p=0.001	
		Smoking status	Mean (range percentage)	Nurse:95%, Audit:78%, p=0.001	
Voogdt-Pruis et al. (2010)	Risk factor levels	Lipids	Total Cholesterol (mmol/L)	-0.2 mmol/L, p=0.009	12 months
			LDL-C (mmol/L)	NS	
		Blood pressure	Systolic BP	NS	
		Smoking cessation	Self-reported	NS	
		BMI	BMI (kg/m2)	NS	
Wood et al. (2008)	Risk factor levels	Lipids	Total Cholesterol <5 mmol/L	NS	12 months
			LDL-C (<3mmol/L)	NS	
Hospital arm		Blood pressure	BP < 140/90 mmHg	10.4%, p=0.04	
		HbA1C	Difference (%)	NS	
		ACE inhibitor	Difference (%)	NS	
		Antiplatelet drug	Difference (%)	NS	
		Beta-blocker	Difference (%)	NS	
		Statin	Difference (%)	NS	
		Not smoking	Exhaled carbon monoxide + self-reported	NS data not incorporated in meta-analysis	
		BMI	BMI < 25 kg/m2	NS	
		Weight loss	Weight loss \geq 5% in patients with BMI >25 kg/m2 at initial assessment (%)	NS	
		Waist circumference	Women <80cm, men <94cm	NS	
		Diet	Questionnaire: food habits		
			Saturated fat <10% of total energy (table 3) (%)	17.4%, p=0.009	
			Saturated fat <10% of total energy (p.2003) (%)	NS	
			Eating oily fish \geq 3 times per week (%)	8.9%, p=0.04	
			Eating fruit/vegetables >400 gr per day (table 3) (%)	37.3%, p=0.004	
			Eating fruit/vegetables >400 gr per day (p.2003) (%)	15.8%, p=0.03	
		Physical activity	Physical activity \geq 30 min. \geq 4 times per week (%)	35.6%, p=0.002	

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Young et al. (2003)	Clinical events	All-cause readmission days	Days per 1000 follow-up days (IDR)	1.53, p<0.001	454 days
		Readmission days for angina, CHF and COPD	Days per 1000 follow-up days (IDR)	1.59, p<0.001	
		ED visits	Number of ED visits	2.08, p<0.001	
		Physician visits		NS	
		Diagnostic and therapeutic services	Absolute numbers (<225 days of discharge)	-378, p=0.012	
		Laboratory services	Absolute numbers (<225 days of discharge)	-920, p=0.007	

Abbreviations:

A: Audit group, ACE: Angiotensin converting enzyme, ACS: Acute Coronary Syndrome, BMI: Body mass index, BP: Blood pressure, C: Control, CHF: Chronic Heart Failure, Cm: Centimeters, ED: Emergency Department EQ-5D: 5 item EuroQoL questionnaire, GP: General practitioner, HDL-C: High density lipoprotein cholesterol, I: Intervention, kg: Kilograms, LDL: Low density lipoprotein, Mg: Milligram, MET(S): Metabolic Equivalent Task, NR: Not reported, NS: Non-significant, OR: Odds ratio, PACIC: Patient assessment of chronic illness care, QoL: Quality of life, RR: Relative Risk .