Supplementary Data

Home-based Exercise Training Adherence Questionnaire (HETAQ)

Please answer the following questions according to the fact since the beginning of your home-based cardiac rehabilitation (CR) exercise program till now.

Items	Questions	Category	Points
1	I understand the content of CR prescription for me.	A. Fully	5
		B. Partially	3
		C. Not at all	1
2	I myself could hold on to exercise according to the CR prescription.	A. Strictly	5
		B. Often	4
		C. Sometimes	3
		D. Occasionally	2
		E. Never	1
3	I exercised _____ per day.	A. more than 1 hour	5
		B. 30 minutes-1 hour	4
		C.10-30 minutes	3
		D. Less than 10 minutes	2
		E. Not always	1
4	I exercised _____ per week.	A.7 days	5
		B.5-6 days	4
		C.3-4 days	3
		D.1-2 days	2
		E.0 day	1
5	I did warm-ups before exercise.	A. Every time	5
		B. Often	4
		C. Sometimes	3
		D. Occasionally	2
		E. Never	1
6	I did relaxation after exercise.	A. Every time	5
		B. Often	4
		C. Sometimes	3
		D. Occasionally	2
		E. Never	1
7	I monitored my pulse during exercise.	A. Every time	5
		B. Often	4
		C. Sometimes	3
		D. Occasionally	2
		E. Never	1
8	I kept an exercise diary.	A. Every time	5
		B. Often	4
		C. Sometimes	3
		D. Occasionally	2
		E. Never	1
9	I felt in need of a doctor or nurse to urge me to exercise.	A. Strongly agree	1
		B. Partially agree	3
		C. Disagree	5
10	I felt in need of my family or friends to urge me to exercise.	A. Strongly agree	1
		B. Partially agree	3
		C. Disagree	5
11	I turned to doctors and nurses when having problems during exercise.	A. every time	4
		B. usually	3
		C. not usually, because	2
		D. not at all, because	1

Items	Questions	Category	Points
12	When I felt the exercise program was not effective enough, I ____ .	A. Turned to doctors and nurses	-
		B. Turned to family and friends	-
		C. Turned to CR peers	-
		D. Increased the amount of exercise myself	-
		E. Decreased the amount of exercise myself	-
		F. Stopped the exercise	-
13	My family and friends understand about my CR prescription.	A. Very well	4
		B. Basically	3
		C. A little	2
		D. Not at all	1
14	My family and friends cared about my CR program.	A. Very much	4
		B. Generally	3
		C. Occasionally	2
		D. Not at all	1
15	My family and friends prompted me to exercise every day.	A. Every day	4
		B. Some times	3
		C. Occasionally	2
		D. Never	1
16	I received support from my family and friends when exercising.	A. Fully support	4
		B. Support	3
		C. No care	2
		D. Objection	1
17	My family and friends exercised together with me.	A. Always	4
		B. Some times	3
		C. Occasionally	2
		D. Never	1
18	I often communicated with CR peers.	A. Always	4
		B. Some times	3
		C. Occasionally	2
		D. Never	1
19	I often exercised together with CR peers and supported each other.	A. Always	4
		B. Some times	3
		C. Occasionally	2
		D. Never	1
20	I consider ____ as the most important in helping me stick to the exercise program.	A. Motivation of myself	-
		B. Support from doctors and nurses	-
		C. Support from family and friends	-
		D. Support from CR peers	-
21	I thought the biggest problem holding me back from the exercise program was ____ .	-	-
22	My expectations, suggestions and advice for doctors and nurses ____ .	-	-

Interpretation:

Completion of home-based CR: No.3-No.8;

Perception of patients: No.1;

Will of patients: No.2, No.9, No.10;

Family support: No.13-No.17;

CAD peer support: No.18, N0.19.

Calculation:

Adherence Score = (Score No.3 + Score No.4 − 1 × 2) / $(5 \times 2 - 1 \times 2) \times 100$

Perception of Patients Score = (Score No.1 − 1) / (5 − 1) × 100

Will of Patients Score = (Score No.2 + Score No.9 + Score No.10 − 1 × 3) / (5 × 3 − 1×3) × 100

Family Support Score = (Score No.13 + Score No.14 + Score No.15 + Score No.16 + Score No.17 − 1 × 5) / (4 × 5 − 1 × 5) × 100

CAD Peer Support Score = (Score No.18 + Score No.19 − 1 × 2) / (5 × 2 − 1 × 2) × 100