

Systematic literature search

The effect of exercise based cardiac rehabilitation on mortality, hospitalization, exercise capacity and quality of life in chronic heart failure patients in the era of current therapeutic approach: a systematic review.

The Heart Failure Cardiac Rehabilitation Exercise Outcome Study (HF_CREXOS)

Carried out by:

Maurizio Grilli M.A.L.I.S. Library for the Medical Faculty of Mannheim, University of Heidelberg

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On behalf of:

Deutsche Gesellschaft für Prävention und Rehabilitation von Herz-Kreislaufkrankungen, e.V. (DGPR)

Friedrich-Ebert Ring 38

56068 Koblenz

First systematic Literature search finished on 10.09.2015:

Shared relevant articles first literature search:

- Taylor, R.S., Sagar, V.A., Davies, E.J., Briscoe, S., Coats, A.J., Dalal, H., Lough, F., Rees, K., and Singh, S. (2014). Exercise-based rehabilitation for heart failure. *Cochrane Database Syst Rev* 4, CD003331.
- 26 additional relevant publications

Second systematic Literature search finished on 12.02.2019, see page 56-78

First systematic Literature search finished on 10.09.2015:

Defining the relevant aspects of the topic

P	Primary myocardial heart failure
1a	Comprehensive cardiac rehabilitation
1b	Structured exercise training
C	Usual care

Strategy

The table below summarizes the search strategy.

For some databases, the search strategy was performed differently, according to the search tools. The explanations are in tables and remarks according to the search terms of the respective databases.

1	1a	
2	1b	
3	1 AND 2	Multimodal und Training zusammen
4	2 NOT 1	Nur Training
5	C	
6	1 OR 2	
7	5 NOT 6	Nur Usual Care
8	3 OR 4 OR 7	
9	P	
10	8 AND 9	
11	Studies	
12	10 AND 11	
13	Animals	
14	12 NOT 13	
15	Filter Publ. Date from 1999	

The following databases were used for the search

- PubMed
- Cochrane Library
- Web of Science Core Collection
- Cinahl
- PsychInfo
- Current Contents Medicine (deutschsprachige Literatur)
- ClinicalTrial.gov

The results were stored in Endnote and deduplicated according to the "Wichor Bramer Method" (Bramer et al., P. 9). Nevertheless, some articles may occur several times.

The hits are sorted by database. PubMed hits were the first to be exported to Endnote. These are therefore preferred in deduplication. That is, in the case of duplicates, entries are removed from other databases.

PubMed

Number of hits	Search date
5209	08.09.2015

P

<p>"Heart Failure"[Mesh:NoExp] OR heart fail*[tiab] OR cardiac fail*[tiab] OR failing heart*[tiab] OR myocardial fail*[tiab] OR "myocardial insufficiency"[tiab] OR failing myocard*[tiab] OR failure myocard*[tiab] OR "Heart Decompensation"[tiab] OR "impaired myocardial function"[tiab] OR "reduced myocardial function"[tiab] OR</p>	
"Heart Failure, Diastolic"[Mesh] OR	
"Heart Failure, Systolic"[Mesh] OR	
<p>"Dyspnea, Paroxysmal"[Mesh] OR "Paroxysmal Dyspnea"[tiab] OR "Edema, Cardiac"[Mesh] OR Cardiac Edema*[tiab] OR</p>	
<p>"Mitral Valve Insufficiency"[Mesh] OR Mitral Valve Regurgitation*[tiab] OR Mitral Regurgitation*[tiab] OR "Mitral Valve Incompetence"[tiab] OR "Mitral Incompetence"[tiab] OR "Mitral Insufficiency"[tiab] OR "Mitral Valve Insufficiency"[tiab] OR</p>	
<p>"New York Heart Association 1"[tiab] OR "New York Heart Association 2"[tiab] OR "New York Heart Association 3" [tiab] OR "New York Heart Association I"[tiab] OR "New York Heart Association ii"[tiab] OR "New York Heart Association iii"[tiab] OR "New York Heart Association class 1"[tiab] OR "New York Heart Association class 2"[tiab] OR "New York Heart Association class 3"[tiab] OR "New York Heart Association class I"[tiab] OR "New York Heart Association class ii"[tiab] OR "New York Heart Association class iii"[tiab] OR "New York Heart Association classes 1"[tiab] OR "New York Heart Association classes 2"[tiab] OR "New York Heart Association classes 3"[tiab] OR "New York Heart Association classes I"[tiab] OR "New York Heart Association classes ii"[tiab] OR "New York Heart Association classes iii"[tiab] OR "New York Heart Association classification i"[tiab] OR "New York Heart Association classification ii"[tiab] OR "New York Heart Association classification iii"[tiab] OR "NYHA 1"[tiab] OR "NYHA 2"[tiab] OR "NYHA 3"[tiab] OR "NYHA I"[tiab] OR "NYHA ii"[tiab] OR "NYHA iii"[tiab] OR "NYHA class 1"[tiab] OR "NYHA class 2"[tiab] OR "NYHA class 3"[tiab] OR "NYHA class I"[tiab] OR "NYHA class ii"[tiab] OR "NYHA class iii"[tiab] OR</p>	

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Ib

"Weight Lifting"[Mesh] OR "Weight Lifting"[tiab] OR "Weight Bearing"[tiab] OR "Weightbearing"[tiab] OR Loadbearing[tiab] OR "Load Bearing"[tiab] OR Weightlifting[tiab] OR	
"High intensity interval training"[tiab] OR "high intensity interval exercise"[tiab] OR "low intensity training"[tiab] OR "high intensity training"[tiab] OR	
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"Exercise Therapy"[Mesh:NoExp] OR "Exercise"[Mesh:NoExp] OR "Exercise Movement Techniques"[Mesh:NoExp] OR "Exercise Tolerance"[Mesh] OR "Resistance Training"[Mesh:NoExp] OR "exercise based"[tiab] OR "Exercise aerobic"[tiab] OR "exercise intolerance"[tiab] OR "exercise performance"[tiab] OR "exercise tolerance"[tiab] OR "Exercise treatment"[tiab] OR Exercise intervent*[tiab] OR Exercise Movement*[tiab] OR Exercise program*[tiab] OR exercise therap*[tiab] OR exercise training*[tiab] OR "aerobic training"[tiab] OR Aerobic exercise*[tiab] OR	

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C

"usual care"[tiab]	
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Studies

"Randomized Controlled Trials as Topic"[Mesh] OR "Controlled Clinical Trial" [Publication Type] OR "Controlled Clinical Trials as Topic"[Mesh] OR "Random Allocation"[Mesh] OR "Double-Blind Method"[Mesh] OR "Single-Blind Method"[Mesh] OR "Research Design"[Mesh] OR "Clinical Trials as Topic"[Mesh] OR single blind*[tiab] OR double blind*[tiab] OR triple blind*[tiab] OR treble blind*[tiab] OR single mask*[tiab] OR double mask*[tiab] OR triple mask*[tiab] OR treble mask*[tiab] OR "blinded single"[tiab] OR "blinded double"[tiab] OR "blind single"[tiab] OR "blind double"[tiab] OR "Clinical Trial"[Publication Type] OR clinical trial*[tiab] OR trial clinic*[tiab]	
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Filters humans

NOT ("Animals"[Mesh] NOT "Humans"[Mesh])	
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Filters Publication Year

("1999/01/01"[PDAT] : "3000/12/31"[PDAT])	
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The end

	Complete search phrase	Number of hits
P	("Heart Failure"[Mesh:NoExp] OR heart fail*[tiab] OR cardiac fail*[tiab] OR failing heart*[tiab] OR myocardial fail*[tiab] OR "myocardial insufficiency"[tiab] OR failing myocard*[tiab] OR failure myocard*[tiab] OR "Heart Decompensation"[tiab] OR "impaired myocardial function"[tiab] OR "reduced myocardial function"[tiab] OR "Heart Failure, Diastolic"[Mesh] OR "Heart Failure, Systolic"[Mesh] OR "Dyspnea, Paroxysmal"[Mesh] OR "Paroxysmal Dyspnea"[tiab] OR "Edema, Cardiac"[Mesh] OR Cardiac Edema*[tiab] OR "Mitral Valve Insufficiency"[Mesh] OR Mitral Valve OR Mitral Valve Regurgitation*[tiab] OR Mitral Regurgitation*[tiab] OR "Mitral Valve Incompetence"[tiab] OR "Mitral Incompetence"[tiab] OR "Mitral	710442

	<p>Insufficiency"[tiab] OR "Mitral Valve Insufficiency"[tiab] OR "New York Heart Association 1"[tiab] OR "New York Heart Association 2"[tiab] OR "New York Heart Association 3" [tiab] OR "New York Heart Association I"[tiab] OR "New York Heart Association ii"[tiab] OR "New York Heart Association iii"[tiab] OR "New York Heart Association class 1"[tiab] OR "New York Heart Association class 2"[tiab] OR "New York Heart Association class 3"[tiab] OR "New York Heart Association class I"[tiab] OR "New York Heart Association class ii"[tiab] OR "New York Heart Association class iii"[tiab] OR "New York Heart Association classes 1"[tiab] OR "New York Heart Association classes 2"[tiab] OR "New York Heart Association classes 3"[tiab] OR "New York Heart Association classes I"[tiab] OR "New York Heart Association classes ii"[tiab] OR "New York Heart Association classes iii"[tiab] OR "New York Heart Association classification i"[tiab] OR "New York Heart Association classification ii"[tiab] OR "New York Heart Association classification iii"[tiab] OR "NYHA 1"[tiab] OR "NYHA 2"[tiab] OR "NYHA 3"[tiab] OR "NYHA I"[tiab] OR "NYHA ii"[tiab] OR "NYHA iii"[tiab] OR "NYHA class 1"[tiab] OR "NYHA class 2"[tiab] OR "NYHA class 3"[tiab] OR "NYHA class I"[tiab] OR "NYHA class ii"[tiab] OR "NYHA class iii"[tiab] OR "NYHA classes 1"[tiab] OR "NYHA classes 2"[tiab] OR "NYHA classes 3"[tiab] OR "NYHA classes I"[tiab] OR "NYHA classes ii"[tiab] OR "NYHA classes iii"[tiab] OR "NYHA classification I"[tiab] OR "NYHA classification ii"[tiab] OR "NYHA classification iii"[tiab] OR "Myocardial Ischemia"[Mesh:NoExp] OR ischemic heart*[tiab] OR ischaemic heart*[tiab] OR heart ischem*[tiab] OR heart ischaem*[tiab] OR myocardial ischem*[tiab] OR myocardial ischaem*[tiab] OR ischemic myocardi*[tiab] OR ischaemic myocardi*[tiab] OR "Coronary Artery Bypass"[Mesh:NoExp] OR Coronary Artery Bypass*[tiab] OR coronary bypass*[tiab] OR Aortocoronary Bypass*[tiab] OR cabg*[tiab] OR cardiac bypass*[tiab] OR acute occlusive dissection*[tiab] OR PTCA [tiab] OR Cardiac stent*[tiab] OR "Coronary Artery Disease"[Mesh:NoExp] OR "Coronary Disease"[Mesh:NoExp] OR coronary artery disease*[tiab] OR coronary heart disease*[tiab] OR coronary arterioscleros*[tiab] OR coronary atheroscleros*[tiab] OR "Myocardial Revascularization"[Mesh:NoExp] OR Revascularization*[tiab] OR Internal Mammary Artery Implantation*[tiab] OR "Myocardial Infarction"[Mesh:NoExp] OR Cardiovascular Stroke*[tiab] OR Myocardial Infarct*[tiab] OR Heart infarct*[tiab] OR "Angina Pectoris"[Mesh:NoExp] OR stenocardia*[tiab] OR "angor pectoris"[tiab] OR "angina pectoris"[tiab] OR "Heart Diseases"[Mesh:NoExp] OR Heart Disease*[tiab] OR Cardiac Disease*[tiab] OR "Heart Bypass, Left"[Mesh] OR Left Heart Bypass*[tiab] OR "Heart Bypass, Right"[Mesh:NoExp] OR Cavopulmonary Anastomosis*[tiab] OR Right Heart Bypass*[tiab] OR Cavopulmonary Shunt*[tiab]</p>	
la	<p>("Meditation"[Mesh:NoExp] OR meditation*[tiab] OR "health education"[Mesh:NoExp] OR health educat*[tiab] OR health coach*[tiab] OR "Patient Education"[Mesh:NoExp] OR patient education*[tiab] OR education of patient*[tiab] OR interprofessional education*[tiab] OR educational intervention*[tiab] OR "Relaxation Therapy"[Mesh:NoExp] OR relaxation Technique*[tiab] OR relaxation Technic*[tiab] OR relaxation therap*[tiab] OR muscle relaxation*[tiab] OR "Psychotherapy"[Mesh:NoExp] OR psychotherap*[tiab] OR psychologic treatment*[tiab] OR psychologic intervention*[tiab] OR psychologic therap*[tiab] OR psychological treatment*[tiab] OR psychological intervention*[tiab] OR psychological therap*[tiab] OR "psychological support"[tiab] OR trauma intervention*[tiab] OR trauma therap*[tiab] OR "Stress, psychological"[Mesh:NoExp] OR "stress management"[tiab] OR "distress management"[tiab] OR "Tobacco Use Cessation"[Mesh:NoExp] OR "Tobacco use cessation"[tiab] OR "Smoking Cessation"[Mesh:NoExp] OR "Smoking cessation"[tiab] OR "Diet Therapy"[Mesh:NoExp] OR diet therap*[tiab] OR eating habit*[tiab] OR "Diet, Mediterranean"[Mesh:NoExp] OR "Mediterranean diet"[tiab] OR "Diet, Fat-Restricted"[Mesh:NoExp] OR "Fat Restricted"[tiab] OR "fat reduced"[tiab] OR "fat reducing"[tiab] OR "fat reduction"[tiab] OR "Low Fat"[tiab] OR "Fat Free"[tiab] OR "Diet, Protein-Restricted"[Mesh:NoExp] OR "Protein Restricted"[tiab] OR "Protein reduced"[tiab] OR "Protein reducing"[tiab] OR "Protein reduction"[tiab] OR "Low Protein"[tiab] OR "Protein Free"[tiab] OR "Diet, Vegetarian"[Mesh:NoExp] OR Vegetarian*[tiab] OR Vegan*[tiab] OR "Fatty Acids, Omega-3"[Mesh:NoExp] OR "Omega 3"[tiab] OR PUFA[tiab] OR "Fatty Acids"[tiab] OR "Weight Reduction Programs"[Mesh:NoExp] OR "weight loss"[tiab] OR "body weight"[tiab] OR "Occupational Therapy"[Mesh:NoExp] OR Occupational Therap*[tiab] OR "Rehabilitation"[Mesh:NoExp] OR "Rehabilitation Centers"[Mesh:NoExp] OR "Yoga"[Mesh:NoExp] OR yoga[tiab] OR "Breathing Exercises"[Mesh:NoExp] OR "Respiratory Muscle Training"[tiab] OR "Inspiratory Muscle Training"[tiab] OR breathing exercise*[tiab] OR "Life Change Events"[Mesh:NoExp] OR life style chang*[tiab] OR life style intervent*[tiab] OR "life style programmes"[tiab] OR lifestyle chang*[tiab] OR lifestyle intervent*[tiab] OR lifestyle program*[tiab] OR lifestyle treatment*[tiab] OR Life Change Event*[tiab] OR Event History Analys*[tiab] OR "Self Care"[Mesh:NoExp] OR self care*[tiab] OR "self management"[tiab] OR "Ambulatory Care"[Mesh:NoExp] OR ambulatory care*[tiab] OR Outpatient Care*[tiab] OR Outpatient Health Service*[tiab] OR Urgent Care*[tiab] OR Clinic Visit*[tiab] OR "Mind-Body Therapies"[Mesh:NoExp] OR Mind Body Therap*[tiab] OR "Mind Body Medicine" [tiab] OR "Mind body relaxation" [tiab] OR "Counseling"[Mesh:NoExp] OR counseling*[tiab] OR counselling*[tiab] OR "Cognitive Therapy"[Mesh:NoExp] OR Cognitive Therap*[tiab] OR Cognition Therap*[tiab] OR "Behavior Therapy"[Mesh:NoExp] OR Conditioning Therap*[tiab] OR Behavior Modificat*[tiab] OR "Behavior modify"[tiab] OR Behavior Therap*[tiab] OR "Behavior change" [tiab] OR Behavioral Therap*[tiab] OR Behaviour Modificat*[tiab] OR "Behaviour modify"[tiab] OR Behaviour Therap*[tiab] OR "Behaviour change" [tiab] OR Behavioural Therap*[tiab] OR "conversational therapy"[tiab] OR "conversation therapy"[tiab] OR Behavioral intervention*[tiab] OR Behavioural intervention*[tiab] OR cbt[tiab] OR "Anxiety management"[tiab] OR "Anxiety Assessment"[tiab] OR "Anxiety Avoidance"[tiab] OR "Anxiety scale"[tiab] OR "Anxiety Evaluation"[tiab] OR "Anxiety Improvement"[tiab] OR "Anxiety Rating"[tiab] OR Anxiety Reduc*[tiab] OR Anxiety Regulat*[tiab] OR</p>	1063728

	Anxiety Diagnos*[tiab] OR Anxiety Intervention*[tiab] OR Anxiety Measur*[tiab] OR Anxiety Control*[tiab] OR Hypnotherap*[tiab] OR Goal setting*[tiab] OR "Setting goals" [tiab] OR Psychoeducat*[tiab] OR Psychoeducat*[tiab] OR "Motivation"[Mesh:NoExp] OR disincentive*[tiab] OR incentive*[tiab] OR motivational interview*[tiab] OR "motivational intervention"[tiab] OR "Psychopathology"[Mesh] OR Psychopatholog*[tiab] OR "Autogenic Training"[Mesh:NoExp] OR Autogenic Training*[tiab] OR "Social Support"[Mesh:NoExp] OR social network*[tiab] OR psychosocial*[tiab] OR social support*[tiab])	
lb	("Weight Lifting"[Mesh] OR "Weight Lifting"[tiab] OR "Weight Bearing"[tiab] OR "Weightbearing"[tiab] OR Loadbearing[tiab] OR "Load Bearing"[tiab] OR Weightlifting[tiab] OR "High intensity interval training"[tiab] OR "high intensity interval exercise"[tiab] OR "low intensity training"[tiab] OR "high intensity training"[tiab] OR "cardiorespiratory fitness"[tiab] OR "Walking"[Mesh:NoExp] OR walking[tiab] OR "Running"[Mesh:NoExp] OR running*[tiab] OR "Jogging"[Mesh:NoExp] OR jogging[tiab] OR "Swimming"[Mesh:NoExp] OR swimming[tiab] OR "Gymnastics"[Mesh:NoExp] OR gymnastic*[tiab] OR calisthenic*[tiab] OR "Bicycling"[Mesh:NoExp] OR "bicycle training"[tiab] OR "Physical Endurance"[Mesh:NoExp] OR Physical Enduranc*[tiab] OR "Physical Fitness"[Mesh:NoExp] OR "Physical Fitness"[tiab] OR physical activit*[tiab] OR physical exercise*[tiab] OR "physical training"[tiab] OR physical therap*[tiab] OR "Tai Ji"[Mesh:NoExp] OR "Tai Chi"[tiab] OR "Tai Ji Quan"[tiab] OR Taiji[tiab] OR Taijiquan[tiab] OR "T ai Chi"[tiab] OR Pilates[tiab] OR "Exercise Therapy"[Mesh:NoExp] OR "Exercise"[Mesh:NoExp] OR "Exercise Movement Techniques"[Mesh:NoExp] OR "Exercise Tolerance"[Mesh] OR "Resistance Training"[Mesh:NoExp] OR "exercise based"[tiab] OR "Exercise aerobic"[tiab] OR "exercise intolerance"[tiab] OR "exercise performance"[tiab] OR "exercise tolerance"[tiab] OR "Exercise treatment"[tiab] OR Exercise intervent*[tiab] OR Exercise Movement*[tiab] OR Exercise program*[tiab] OR exercise therap*[tiab] OR exercise training*[tiab] OR "aerobic training"[tiab] OR Aerobic exercise*[tiab] OR "dynamic training"[tiab] OR dynamic exercise*[tiab] OR "endurance training"[tiab] OR "endurance exercise"[tiab] OR Fitness intervent*[tiab] OR Fitness program*[tiab] OR Interval training*[tiab] OR "muscle endurance"[tiab] OR resistance exercise*[tiab] OR resistance training*[tiab] OR "strength training"[tiab] OR Training exercise*[tiab] OR training strength*[tiab] OR "Physical Therapy Modalities"[Mesh:NoExp] OR physiotherap*[tiab] OR "Physical Exertion"[Mesh] OR Physical Exertion*[tiab] OR Physical Effort*[tiab] OR "Sports"[Mesh:NoExp] OR "Ergometry"[Mesh] OR "Ergometer training"[tiab])	447994
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Human	(("Animals"[Mesh] NOT "Humans"[Mesh]))	4038456

Cochrane Library

Number of hits	Date of seach
2950	07.09.2015

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[mh ^"Heart Failure"] OR ("heart fail*" OR "cardiac fail*" OR "failing heart*" OR "myocardial fail*" OR "myocardial insufficiency" OR "failing myocard*" OR "failure myocard*" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function"):ti,ab,kw OR	
[mh "Heart Failure, Diastolic"] OR ("Diastolic Heart Failure"):ti,ab,kw OR	
[mh "Heart Failure, Systolic"] OR ("Systolic Heart Failure"):ti,ab,kw OR	
[mh "Dyspnea, Paroxysmal"] OR ("Paroxysmal Dyspnea"):ti,ab,kw OR	
[mh "Edema, Cardiac"] OR ("Cardiac Edema*"):ti,ab,kw OR	
[mh "Mitral Valve Insufficiency"] OR ("Mitral Valve Regurgitation*" OR	

<p>"Mitral Regurgitation*" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency"):ti,ab,kw OR</p>	
<p>["New York Heart Association 1" OR "New York Heart Association 2" OR "New York Heart Association 3" OR "New York Heart Association I" OR "New York Heart Association ii" OR "New York Heart Association iii" OR "New York Heart Association class 1" OR "New York Heart Association class 2" OR "New York Heart Association class 3" OR "New York Heart Association class I" OR "New York Heart Association class ii" OR "New York Heart Association class iii" OR "New York Heart Association classes 1" OR "New York Heart Association classes 2" OR "New York Heart Association classes 3" OR "New York Heart Association classes I" OR "New York Heart Association classes ii" OR "New York Heart Association classes iii" OR "New York Heart Association classification i" OR "New York Heart Association classification ii" OR "New York Heart Association classification iii" OR "NYHA 1" OR "NYHA 2" OR "NYHA 3" OR "NYHA I" OR "NYHA ii" OR "NYHA iii" OR "NYHA class 1" OR "NYHA class 2" OR "NYHA class 3" OR "NYHA class I" OR "NYHA class ii" OR "NYHA class iii" OR "NYHA classes 1" OR "NYHA classes 2" OR "NYHA classes 3" OR "NYHA classes I" OR "NYHA classes ii" OR "NYHA classes iii" OR "NYHA classification I" OR "NYHA classification ii" OR "NYHA classification iii"):ti,ab,kw OR</p>	
<p>[mh ^"Myocardial Ischemia"] OR ("ischemic heart*" OR "ischaemic heart*" OR "heart ischem*" OR "heart ischaem*" OR "myocardial ischem*" OR "myocardial ischaem*" OR "ischemic myocard*" OR "ischaemic myocard*"):ti,ab,kw OR</p>	
<p>[mh ^"Coronary Artery Bypass"] OR ("Coronary Artery Bypass*" OR "coronary bypass*" OR "Aortocoronary Bypass*" OR cabg* OR "cardiac bypass*" OR "acute occlusive dissection*" OR PTCA OR "cardiac Stent"):ti,ab,kw OR</p>	

[mh ^"Coronary Artery Disease"] OR [mh ^"Coronary Disease"] OR ("coronary artery disease*" OR "coronary heart disease*" OR "coronary arterioscleros*" OR "coronary atheroscleros*"):ti,ab,kw OR	
[mh ^"Myocardial Revascularization"] OR (Revascularization* OR "Internal Mammary Artery Implantation*"):ti,ab,kw OR	
[mh ^"Myocardial Infarction"] OR ("Cardiovascular Stroke*" OR "Myocardial Infarct*" OR "Heart infarct*"):ti,ab,kw OR	
[mh ^"Angina Pectoris"] OR (stenocardia* OR "angor pectoris" OR "angina pectoris"):ti,ab,kw OR	
[mh ^"Heart Diseases"] OR ("Heart Disease*" OR "Cardiac Disease*"):ti,ab,kw OR	
[mh ^"Heart Bypass, Left"] OR "Left Heart Bypass*":ti,ab,kw OR	
[mh ^"Heart Bypass, Right"] OR ("Cavopulmonary Anastomos*" OR "Right Heart Bypass*" OR "Cavopulmonary Shunt*"):ti,ab,kw	

la

[mh ^"Meditation"] OR meditation:ti,ab,kw OR	
[mh ^"health education"] OR ("health educat*" OR "health coach*"):ti,ab,kw OR [mh ^"Patient Education as Topic"] OR ("patient education*" OR "education of patient*" OR "interprofessional education*" OR "educational intervention*"): ti,ab,kw OR	
[mh ^"Relaxation Therapy"] OR ("relaxation Technique*" OR "relaxation Technic*" OR "relaxation therap*" OR "muscle relaxation*"):ti,ab,kw OR	
[mh ^"Psychotherapy"] OR (psychotherap* OR "psychologic treatment*" OR "psychologic intervention*" OR "psychologic therap*" OR "psychological treatment*" OR "psychological intervention*" OR "psychological therap*" OR "psychological support" OR trauma intervention* OR trauma therap*):ti,ab,kw OR	
[mh ^"Stress, psychological"] OR ("stress management" OR "distress management"):ti,ab,kw OR	
[mh ^"Tobacco Use Cessation"] OR "Tobacco Use Cessation":ti,ab,kw OR [mh ^"Smoking Cessation"] OR "Smoking cessation":ti,ab,kw OR	
[mh ^"Diet Therapy"] OR ("diet therap*" OR "eating habit*"):ti,ab,kw OR	
[mh ^"Diet, Mediterranean"] OR	

"Mediterranean diet":ti,ab,kw OR	
[mh ^"Diet, Fat-Restricted"] OR ("Fat Restricted" OR "fat reduced" OR "fat reducing" OR "fat reduction" OR "Low Fat" OR "Fat Free"):ti,ab,kw OR	
[mh ^"Diet, Protein-Restricted"] OR ("Protein Restricted" OR "Protein reduced" OR "Protein reducing" OR "Protein reduction" OR "Low Protein" OR "Protein Free"):ti,ab,kw OR	
[mh ^"Diet, Vegetarian"] OR (Vegetarian* OR Vegan*):ti,ab,kw OR	
[mh ^"Fatty Acids, Omega-3"] OR ("Omega 3" OR PUFA OR "Fatty Acids"):ti,ab,kw OR	
[mh ^"Weight Reduction Programs"] OR ("weight loss" OR "body weight"):ti,ab,kw OR	
[mh ^"Occupational Therapy"] OR "Occupational Therap*":ti,ab,kw OR	
[mh ^"Rehabilitation"] OR [mh ^"Rehabilitation Centers"] OR	
[mh ^"Yoga"] OR yoga:ti,ab,kw OR [mh ^"Breathing Exercises"] OR ("Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise*"):ti,ab,kw OR	
[mh ^"Life Change Events"] OR ("life style chang*" OR "life style intervent*" OR "life style programmes" OR "lifestyle chang*" OR "lifestyle intervent*" OR "lifestyle program*" OR "lifestyle treatment*" OR "Life Change Event*" OR "Event History Analys*"):ti,ab,kw OR	
[mh ^"Self Care"] OR ("self care*" OR "self management"):ti,ab,kw OR	
[mh ^"Ambulatory Care"] OR ("ambulatory care*" OR "Outpatient Care*" OR "Outpatient Health Service*" OR "Urgent Care*" OR "Clinic Visit*"):ti,ab,kw OR	
[mh ^"Mind-Body Therapies"] OR ("Mind Body Therap*" OR "Mind Body Medicine" OR "Mind body relaxation"):ti,ab,kw OR	
[mh ^"Counseling"] OR (counseling* OR counselling*):ti,ab,kw OR	
[mh ^"Cognitive Therapy"] OR ("Cognitive Therap*" OR "Cognition Therap*"):ti,ab,kw OR	
[mh ^"Behavior Therapy"] OR ("Conditioning Therap*" OR	

<p> "Behavior Modificat*" OR "Behavior modify" OR "Behavior Therap*" OR "Behavior change" OR "Behavioral Therap*" OR "Behaviour Modificat*" OR "Behaviour modify" OR Behaviour Therap* OR "Behaviour change" OR "Behavioural Therap*" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention*" OR "Behavioural intervention*" OR Cbt):ti,ab,kw OR </p>	
<p> ("Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR "Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*"):ti,ab,kw OR </p>	
<p>(Hypnotherap* OR</p>	
<p> "Goal setting*" OR "Setting goals" OR </p>	
<p> Psychoeducat* OR "Psycho educat*"):ti,ab,kw OR </p>	
<p> [mh ^"Motivation"] OR (disincentive* OR incentive* OR "motivational interview*" OR "motivational intervention"):ti,ab,kw OR </p>	
<p> [mh "Psychopathology"] OR Psychopatholog*:ti,ab,kw OR </p>	
<p> [mh ^"Autogenic Training"] OR "Autogenic Training*"):ti,ab,kw OR </p>	
<p> [mh ^"Social Support"] OR ("social network*" OR psychosocial* OR "social support*"):ti,ab,kw </p>	

ib

<p> [mh "Weight Lifting"] OR ("Weight Lifting" OR "Weight Bearing" OR "Weightbearing" OR Loadbearing OR "Load Bearing" OR Weightlifting OR </p>	
<p> "High intensity interval training" OR "high intensity interval exercise" OR "low intensity training" OR "high intensity training" OR </p>	
<p> "cardiorespiratory fitness"):ti,ab,kw OR [mh ^"Resistance Training"] OR ("resistance training*" OR "resistance exercise*" OR "strength training*"):ti,ab,kw OR [mh ^"Walking"] OR walking:ti,ab,kw OR </p>	

<p>[mh ^"Running"] OR running*:ti,ab,kw OR</p> <p>[mh ^"Jogging"] OR jogging:ti,ab,kw OR</p> <p>[mh ^"Swimming"] OR swimming:ti,ab,kw OR</p> <p>[mh ^"Gymnastics"] OR (gymnastic* OR calisthenic*):ti,ab,kw OR</p> <p>[mh ^"Bicycling"] OR "bicycle training":ti,ab,kw OR</p> <p>[mh ^"Physical Endurance"] OR "Physical Enduranc*":ti,ab,kw OR</p> <p>[mh "Exercise Tolerance"] OR ("exercise tolerance" OR "exercise intolerance" OR "endurance exercise" OR "endurance training"):ti,ab,kw OR</p> <p>[mh ^"Physical Fitness"] OR ("Physical Fit*" OR "physical activit*" OR "physical training" OR "physical therap*" OR "physical exercise*" OR "exercise based"):ti,ab,kw OR</p> <p>[mh ^"Tai Ji"] OR ("Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi"):ti,ab,kw OR</p> <p>[mh ^"Exercise Movement Techniques"] OR (Exercise Movement* OR Pilates):ti,ab,kw OR</p> <p>[mh ^"Exercise Therapy"] OR ("exercise therap*" OR "exercise training" OR "dynamic training" OR "dynamic exercise*"):ti,ab,kw OR</p> <p>[mh ^"Physical Therapy Modalities"] OR (physiotherap* OR "exercise performance" OR</p>	
<p>"Aerobic Exercise*" OR "Exercise aerobic" OR "aerobic training" OR "muscle endurance" OR "Interval training*"):ti,ab,kw OR</p>	
<p>[mh "Physical Exertion"] OR (Physical Exertion* OR Physical Effort*):ti,ab,kw OR</p>	
<p>[mh ^"Exercise"] OR ("Exercise treatment" OR "Exercise intervent*" OR "Exercise program*" OR "Fitness intervent*" OR "Fitness program*" OR "Strength Training" OR "training strength*" OR "Training exercise*"):ti,ab,kw OR</p>	
<p>[mh ^"Sports"] OR</p>	
<p>[mh "Ergometry"] OR "Ergometer training":ti,ab,kw</p>	
C	
<p>"usual care":ti,ab,kw</p>	

Studies

[mh "Randomized Controlled Trials as Topic"] OR [mh "Controlled Clinical Trials as Topic"] OR [mh "Random Allocation"] OR [mh "Double-Blind Method"] OR [mh "Single-Blind Method"] OR (singl* NEAR/1 blind* OR doubl* NEAR/1 blind* OR tripl* NEAR/1 blind* OR trebl* NEAR/1 blind* OR singl* NEAR/1 mask* OR doubl* NEAR/1 mask* OR tripl* NEAR/1 mask* OR trebl* NEAR/1 mask* OR Clinic* NEAR/1 trial*):ti,ab	
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Filter publication year

(1999:py OR 2000:py OR 2001:py OR 2002:py OR 2003:py OR 2004:py OR 2005:py OR 2006:py OR 2007:py OR 2008:py OR 2009:py OR 2010:py OR 2011:py OR 2012:py OR 2013:py OR 2014:py OR 2015:py)	
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The End

	Complete search phrase	Number of hits
P	<p>[mh ^"Heart Failure"] or (heart near/1 fail* or cardiac near/1 fail* or failing near/1 heart* or myocardial near/1 fail* or "myocardial insufficiency" or failing near/1 myocard* or failure near/1 myocard* or "Heart Decompensation" or "impaired myocardial function" or "reduced myocardial function"):ti,ab,kw or [mh "Heart Failure, Diastolic"] or ("Diastolic Heart Failure"):ti,ab,kw or [mh "Heart Failure, Systolic"] or ("Systolic Heart Failure"):ti,ab,kw or [mh "Dyspnea, Paroxysmal"] or ("Paroxysmal Dyspnea"):ti,ab,kw or [mh "Edema, Cardiac"] or (Cardiac near/1 Edema*):ti,ab,kw or [mh "Mitral Valve Insufficiency"] or (Mitral near/1 Valve near/1 Regurgitation* or Mitral near/1 Regurgitation* or "Mitral Valve Incompetence" or "Mitral Incompetence" or "Mitral Insufficiency" or "Mitral Valve Insufficiency"):ti,ab,kw or (New next/1 York next/1 Heart next/1 Association next/1 1 or New next/1 York next/1 Heart next/1 Association next/1 2 or New next/1 York next/1 Heart next/1 Association next/1 3 or New next/1 York next/1 Heart next/1 Association next/1 I or New next/1 York next/1 Heart next/1 Association next/1 ii or New next/1 York next/1 Heart next/1 Association next/1 iii or New next/1 York next/1 Heart next/1 Association next/1 class next/1 1 or New next/1 York next/1 Heart next/1 Association next/1 class next/1 2 or New next/1 York next/1 Heart next/1 Association next/1 class next/1 3 or New next/1 York next/1 Heart next/1 Association next/1 class next/1 i or New next/1 York next/1 Heart next/1 Association next/1 class next/1 ii or New next/1 York next/1 Heart next/1 Association next/1 class next/1 iii or New York Heart Association classes 1 or New York Heart Association classes 2 or New York Heart Association classes 3 or New next/1 York next/1 Heart next/1 Association next/1 classes next/1 I or New next/1 York next/1 Heart next/1 Association next/1 classes next/1 ii or New next/1 York next/1 Heart next/1 Association next/1 classes next/1 iii or "New York Heart Association classification i" or "New York Heart Association classification ii" or "New York Heart Association classification iii" or NYHA next/1 1 or NYHA next/1 2 or NYHA next/1 3 or NYHA next/1 I or NYHA next/1 ii or NYHA next/1 iii or NYHA next/1 class next/1 1 or NYHA next/1 class next/1 2 or NYHA next/1 class next/1 3 or NYHA next/1 class next/1 I or NYHA next/1 class next/1 ii or NYHA next/1 class next/1 iii or "NYHA classes 1" or "NYHA classes 2" or "NYHA classes 3" or NYHA next/1 classes next/1 I or NYHA next/1 classes next/1 ii or NYHA next/1 classes next/1 iii or NYHA next/1 classification next/1 I or NYHA next/1 classification next/1 ii or NYHA next/1 classification next/1 iii):ti,ab,kw or [mh ^"Myocardial Ischemia"] or (ischemic near/1 heart* or ischaemic near/1 heart* or heart near/1 ischem* or heart near/1 ischaem* or myocardial near/1 ischem* or myocardial near/1 ischaem* or ischemic near/1 myocard* or ischaemic near/1 myocard*):ti,ab,kw or [mh ^"Coronary Artery Bypass"] or (Coronary near/1 Artery near/1 Bypass* or coronary near/1 bypass* or Aortocoronary near/1 Bypass* or cabg* or cardiac near/1 bypass* or acute near/1 occlusive near/1 dissection* or PTCA or cardiac near/1 Stent):ti,ab,kw or [mh ^"Coronary Artery Disease"] or [mh ^"Coronary Disease"] or (coronary near/1 artery near/1 disease* or coronary near/1 heart near/1 disease* or coronary near/1 arterioscleros* or coronary near/1 atheroscleros*):ti,ab,kw or [mh ^"Myocardial Revascularization"] or (Revascularization* or Internal near/1 Mammary near/1 Artery near/1 Implantation*):ti,ab,kw or [mh ^"Myocardial Infarction"] or (Cardiovascular near/1 Stroke* or Myocardial near/1 Infarct* or Heart near/1 infarct*):ti,ab,kw or [mh ^"Angina Pectoris"] or (stenocardia* or "angor pectoris" or "angina pectoris"):ti,ab,kw or [mh ^"Heart Diseases"] or (Heart near/1 Disease* or Cardiac near/1 Disease*):ti,ab,kw or [mh ^"Heart Bypass, Left"] or Left near/1 Heart near/1 Bypass*):ti,ab,kw or [mh ^"Heart Bypass, Right"] or (Cavopulmonary near/1 Anastomos* or Right near/1 Heart near/1 Bypass* or Cavopulmonary near/1 Shunt*):ti,ab,kw</p>	56094

<p>la</p>	<p>[mh ^Meditation] or meditation:ti,ab,kw or [mh ^"health education"] or (health near/1 educat* or health near/1 coach*):ti,ab,kw or [mh ^"Patient Education as Topic"] or (patient near/1 education* or education near/1 of near/1 patient* or interprofessional near/1 education* or educational near/1 intervention*):ti,ab,kw or [mh ^"Relaxation Therapy"] or (relaxation near/1 Technique* or relaxation near/1 Technic* or relaxation near/1 therap* or muscle near/1 relaxation*):ti,ab,kw or [mh ^Psychotherapy] or (psychotherap* or psychologic near/1 treatment* or psychologic near/1 intervention* or psychologic near/1 therap* or psychological near/1 treatment* or psychological near/1 intervention* or psychological near/1 therap* or • "psychological support" or trauma near/1 intervention* or trauma near/1 therap*):ti,ab,kw or [mh ^"Stress, psychological"] or ("stress management" or "distress management"):ti,ab,kw or [mh ^"Tobacco Use Cessation"] or tobacco*:ti,ab,kw or [mh ^"Smoking Cessation"] or smok*:ti,ab,kw or [mh ^"Diet Therapy"] or (diet near/1 therap* or eating near/1 habit*):ti,ab,kw or [mh ^"Diet, Mediterranean"] or mediterranean*:ti,ab,kw or [mh ^"Diet, Fat-Restricted"] or ("Fat Restricted" or "fat reduced" or "fat reducing" or "fat reduction" or "Low Fat" or "Fat Free"):ti,ab,kw or [mh ^"Diet, Protein-Restricted"] or ("Protein Restricted" or "Protein reduced" or "Protein reducing" or "Protein reduction" or "Low Protein" or "Protein Free"):ti,ab,kw or [mh ^"Diet, Vegetarian"] or (Vegetarian* or Vegan*):ti,ab,kw or [mh ^"Fatty Acids, Omega-3"] or ("Omega 3" or PUFA or "Fatty Acids"):ti,ab,kw or [mh ^"Weight Reduction Programs"] or ("weight loss" or "body weight"):ti,ab,kw or [mh ^"Diabetes Mellitus/prevention and control"] or [mh ^"Hypercholesterolemia/prevention and control"] or [mh ^"Occupational Therapy"] or Occupational near/1 Therap*:ti,ab,kw or [mh ^Rehabilitation] or [mh ^"Rehabilitation Centers"] or rehabilitation*:ti,ab,kw or [mh ^Yoga] or yoga:ti,ab,kw or [mh ^"Breathing Exercises"] or ("Respiratory Muscle Training" or "Inpiratory Muscle Training" or breathing near/1 exercise*):ti,ab,kw or [mh ^"Secondary Prevention"] or (Secondary near/1 Prevention* or Relapse near/1 Prevention*):ti,ab,kw or [mh ^"Life Change Events"] or (life near/1 style near/1 chang* or life near/1 style near/1 intervent* or "life style programmes" or lifestyle near/1 chang* or lifestyle near/1 intervent* or lifestyle near/1 program* or lifestyle near/1 treatment* or Life near/1 Change near/1 Event* or Event near/1 History near/1 Analys*):ti,ab,kw or [mh ^"Self Care"] or (self near/1 care* or self near/1 manag* or self near/1 motivat*):ti,ab,kw or [mh ^"Ambulatory Care"] or (ambulatory near/1 care* or Outpatient near/1 Care* or Outpatient near/1 Health near/1 Service* or Urgent near/1 Care* or Clinic near/1 Visit*):ti,ab,kw or [mh ^"Mind-Body Therapies"] or (Mind near/1 Body near/1 Therap* or "Mind Body Medicine" or "Mind body relaxation"):ti,ab,kw or [mh ^Counseling] or (counseling* or counselling*):ti,ab,kw or [mh ^"Cognitive Therapy"] or (Cognitive near/1 Therap* or Cognition near/1 Therap*):ti,ab,kw or [mh ^"Behavior Therapy"] or (Conditioning near/1 Therap* or Behavior near/1 Modificat* or "Behavior modify" or Behavior near/1 Therap* or "Behavior change" or Behavioral near/1 Therap* or Behaviour near/1 Modificat* or "Behaviour modify" or Behaviour near/1 Therap* or "Behaviour change" or Behavioural near/1 Therap* or "conversational therapy" or "conversation therapy" or Behavioral near/1 intervention* or Behavioural near/1 intervention* or Cbt):ti,ab,kw or [mh ^Anxiety] or ("Anxiety management" or Anxiety near/1 depression* or Hypnotherap* or Goal near/1 setting* or "Setting goals" or Psychoeducat* or Psycho near/1 educat*):ti,ab,kw or [mh ^Motivation] or (disincentive* or incentive* or motivational near/1 interview* or motivational near/1 intervention):ti,ab,kw or [mh Psychopathology] or Psychopatholog*:ti,ab,kw or [mh ^"Autogenic Training"] or Autogenic near/1 Training*:ti,ab,kw or [mh ^"Social Support"] or (social near/1 network* or psychosocial* or social near/1 support*):ti,ab,kw</p>	<p>133287</p>
<p>lb</p>	<p>[mh "Weight Lifting"] or ("Weight Lifting" or "Weight Bearing" or "Weightbearing" or Loadbearing or "Load Bearing" or Weightlifting or "High intensity interval training" or "high intensity interval exercise" or "low intensity training" or "high intensity training" or "cardiorespiratory fitness"):ti,ab,kw or [mh ^"Resistance Training"] or (resistance near/1 training* or resistance near/1 exercise* or strength near/1 training*):ti,ab,kw or [mh ^Walking] or walking:ti,ab,kw or [mh ^Running] or running*:ti,ab,kw or [mh ^Jogging] or jogging:ti,ab,kw or [mh ^Swimming] or swimming:ti,ab,kw or [mh ^Gymnastics] or (gymnastic* or calisthenic*):ti,ab,kw or [mh ^Bicycling] or "bicycle training":ti,ab,kw or [mh ^"Physical Endurance"] or Physical near/1 Enduranc*:ti,ab,kw or [mh "Exercise Tolerance"] or ("exercise tolerance" or "exercise intolerance" or "endurance exercise" or "endurance training"):ti,ab,kw or [mh ^"Physical Fitness"] or (Physical near/1 Fit* or physical near/1 activit* or physical near/1 train* or physical near/1 therap* or physical near/1 exercise* or "exercise based"):ti,ab,kw or [mh ^"Tai Ji"] or ("Tai Chi" or "Tai Ji Quan" or Taiji or Taijiquan or "T ai Chi"):ti,ab,kw or [mh ^"Exercise Movement Techniques"] or (Exercise near/1 Movement* or Pilates):ti,ab,kw or [mh ^"Exercise Therapy"] or (exercise near/1 therap* or exercise near/1 training* or "dynamic training" or dynamic near/1 exercise*):ti,ab,kw or [mh ^"Physical Therapy Modalities"] or physiotherap* or "exercise performance" or "Aerobic Exercise*" or "Exercise aerobic" or Aerobic near/1 exercise* or "aerobic training" or "aerobic interval training" or "muscle endurance" or Interval near/1 training*):ti,ab,kw or [mh "Physical Exertion"] or (Physical near/1 Exertion* or Physical near/1 Effort*):ti,ab,kw or [mh ^Exercise] or ("Exercise treatment" or Exercise near/1 intervent* or Strength near/1 Train* or Fitness near/1 intervent* or Fitness near/1 program* or Strength near/1 Train* or training near/1 strength* or Training near/1 exercise* or Exercise near/1 train*):ti,ab,kw or [mh ^Sports] or [mh Ergometry] or "Ergometer training":ti,ab,kw</p>	<p>53389</p>
<p>C</p>	<p>"usual care":ti,ab,kw</p>	<p>7206</p>

Studies	[mh "Randomized Controlled Trials as Topic"] or [mh "Controlled Clinical Trials as Topic"] or [mh "Random Allocation"] or [mh "Double-Blind Method"] or [mh "Single-Blind Method"] or (singl* near/1 blind* or doubl* near/1 blind* or tripl* near/1 blind* or trebl* near/1 blind* or singl* near/1 mask* or doubl* near/1 mask* or tripl* near/1 mask* or trebl* near/1 mask* or Clinic* near/1 trial*):ti,ab	288632
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Comments: The filter studies only used for CENTRAL (clinical studies).

Web of Science

Number of hits	Search date
2397	08.09.2015

P

"heart fail*" OR "cardiac fail*" OR "failing heart*" OR "myocardial fail*" OR "myocardial insufficiency" OR "failing myocard*" OR "failure myocard*" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR "Diastolic Heart Failure" OR "Systolic Heart Failure" OR "Paroxysmal Dyspnea" OR "Cardiac Edema*" OR "Mitral Valve Regurgitation*" OR "Mitral Regurgitation*" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR "New York Heart Association 1*" OR "New York Heart Association 2" OR "New York Heart Association 3" OR "New York Heart Association i" OR "New York Heart Association ii" OR "New York Heart Association iii*" OR "New York Heart Association class 1" OR "New York Heart Association class 2" OR "New York Heart Association class 3" OR "New York Heart Association class i" OR "New York Heart Association class ii" OR "New York Heart Association class iii*" OR "New York Heart Association classes 1" OR "New York Heart Association classes 2" OR "New York Heart Association classes 3" OR "New York Heart Association classes i" OR "New York Heart Association classes ii" OR "New York Heart Association classes iii*" OR "New York Heart Association classification i" OR "New York Heart Association classification ii" OR "New York Heart Association classification iii" OR "NYHA 1*" OR "NYHA 2" OR "NYHA 3" OR "NYHA i" OR "NYHA ii" OR "NYHA iii*" OR "NYHA class 1" OR "NYHA class 2" OR "NYHA class 3" OR "NYHA class i" OR "NYHA class ii" OR "NYHA class iii*" OR	
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"NYHA classes 1" OR "NYHA classes 2" OR "NYHA classes 3" OR "NYHA classes i" OR "NYHA classes ii" OR "NYHA classes iii" OR "NYHA classification i" OR "NYHA classification ii" OR "NYHA classification iii" OR	
"ischemic heart*" OR "ischaemic heart*" OR "heart ischem*" OR "heart ischaem*" OR "myocardial ischem*" OR "myocardial ischaem*" OR "ischemic myocardi*" OR "ischaemic myocardi*" OR	
"Coronary Artery Bypass*" OR "coronary bypass*" OR "Aortocoronary Bypass*" OR cabg* OR "cardiac bypass*" OR "acute occlusive dissection*" OR PTCA OR "cardiac Stent" OR	
"coronary artery disease*" OR "coronary heart disease*" OR "coronary arterioscleros*" OR "coronary atheroscleros*" OR	
Revascularization* OR "Internal Mammary Artery Implantation*" OR	
"Cardiovascular Stroke*" OR "Myocardial Infarct*" OR "Heart infarct*" OR	
stenocardia* OR "angor pectoris" OR "angina pectoris" OR	
"Heart Disease*" OR "Cardiac Disease*" OR	
"Left Heart Bypass*" OR "Cavopulmonary Anastomos*" OR "Right Heart Bypass*" OR "Cavopulmonary Shunt*"	

1a

meditation* OR	
"health educat*" OR "health coach*" OR "patient education*" OR "education of patient*" OR "interprofessional education*" OR "educational intervention*" OR	
"relaxation Technique*" OR "relaxation Technic*" OR "relaxation therap*" OR "muscle relaxation*" OR	
"psychologic treatment*" OR "psychologic intervention*" OR "psychologic therap*" OR "psychological treatment*" OR "psychological intervention*" OR "psychological therap*" OR "psychological support" OR	
"trauma intervention*" OR "trauma therap*" OR	

"stress management" OR "distress management" OR	
"Tobacco use cessation" OR "smoking cessation" OR	
"diet therap*" OR "eating habit*" OR	
Mediterranean diet* OR	
"Fat Restricted" OR "fat reduced" OR "fat reducing" OR "fat reduction" OR "Low Fat" OR "Fat Free" OR	
"Protein Restricted" OR "Protein reduced" OR "Protein reducing" OR "Protein reduction" OR "Low Protein" OR "Protein Free" OR	
Vegetarian* OR Vegan* OR	
"Omega 3" OR PUFA OR "Fatty Acids" OR	
"weight loss" OR "body weight" OR	
"Occupational Therap*" OR	
yoga OR "Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise*" OR	
"life style chang*" OR "life style intervent*" OR "life style programmes" OR "lifestyle chang*" OR "lifestyle intervent*" OR "lifestyle program*" OR "lifestyle treatment*" OR "Life Change Event*" OR "Event History Analys*" OR	
"self care" OR "self management" OR	
"ambulatory care*" OR "Outpatient Care*" OR "Outpatient Health Service*" OR "Urgent Care*" OR "Clinic Visit*" OR	
"Mind Body Therap*" OR "Mind Body Medicine" OR "Mind body relaxation" OR	
counseling* OR counselling* OR	
"Cognitive Therap*" OR "Cognition Therap*" OR	
"Conditioning Therap*" OR "Behavior Modificat*" OR "Behavior modify" OR "Behavior Therap*" OR "Behavior change" OR "Behavioral Therap*" OR "Behaviour Modificat*" OR "Behaviour modify" OR "Behaviour Therap*" OR "Behaviour change" OR "Behavioural Therap*" OR "conversational therapy" OR	

"conversation therapy" OR "Behavioral intervention*" OR "Behavioural intervention*" OR cbt OR	
"Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR "Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*" OR	
Hypnotherap* OR	
"Goal setting*" OR "Setting goals" OR	
Psychoeducat* OR "Psycho educat*" OR	
"motivational interview*" OR "motivational intervention" OR	
Psychopatholog* OR	
"Autogenic Training*" OR	
"social network*" OR psychosocial* OR "social support*"	

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"Weight Lifting" OR "Weight Bearing" OR "Weightbearing" OR Loadbearing OR "Load Bearing" OR Weightlifting OR	
"high intensity interval exercise" OR "low intensity training" OR "high intensity training" OR	
"cardiorespiratory fitness" OR walking OR running* OR jogging OR swimming OR gymnastic* OR calisthenic* OR "bicycle training" OR physiotherap* OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR Pilates OR	
"dynamic exercise*" OR "dynamic training" OR "endurance training" OR "exercise based" OR "Exercise Movement*" OR "exercise training*" OR "Physical Enduranc*" OR "resistance exercise*" OR "resistance training*" OR "Aerobic exercise*" OR "aerobic training" OR	

"endurance exercise" OR "Ergometer training" OR "Exercise aerobic" OR "Exercise intervent*" OR "exercise intolerance" OR "exercise performance" OR "Exercise program*" OR "exercise therap*" OR "exercise tolerance" OR "Exercise treatment" OR "Fitness intervent*" OR "Fitness program*" OR "Interval training*" OR "muscle endurance" OR "Strength Training*" OR "Training exercise*" OR "training strength*" OR Physical Effort*" OR Physical Exertion*" OR	
"physical exercise*" OR "Physical Fit*" OR "physical training" OR "physical therap*" OR "physical activit*" OR	
sport	

C

"usual care"	
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Studies

"singl* blind*" OR "doubl* blind*" OR "tripl* blind*" OR "trebl* blind*" OR "singl* mask*" OR "doubl* mask*" OR "tripl* mask*" OR "trebl* mask*" OR "Clinic* trial*" OR "Research Design" OR "Random Allocation" OR "Controlled Trials"	
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The end

	Complete seach phrase	Number of hits
P	TOPIC: ("heart fail*" OR "cardiac fail*" OR "failing heart*" OR "myocardial fail*" OR "myocardial insufficiency" OR "failing myocard*" OR "failure myocard*" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR "Diastolic Heart Failure" OR "Systolic Heart Failure" OR "Paroxysmal Dyspnea" OR "Cardiac Edema*" OR "Mitral Valve Regurgitation*" OR "Mitral Regurgitation*" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR "New York Heart Association 1*" OR "New York Heart Association 2" OR "New York Heart Association 3" OR "New York Heart Association i" OR "New York Heart Association ii" OR "New York Heart Association iii*" OR "New York Heart Association class 1" OR "New York Heart Association class 2" OR "New York Heart Association class 3" OR "New York Heart Association class i" OR "New York Heart Association class ii" OR "New York Heart Association class iii*" OR "New York Heart Association classes 1" OR "New York Heart Association classes 2" OR "New York Heart Association classes 3" OR "New York Heart Association classes i" OR "New York Heart Association classes ii" OR "New York Heart Association classes iii*" OR "New York Heart Association classification i" OR "New York Heart Association classification ii" OR "New York Heart Association classification iii" OR "NYHA 1*" OR "NYHA 2" OR "NYHA 3" OR "NYHA i" OR "NYHA ii" OR "NYHA iii*" OR "NYHA class 1" OR "NYHA class 2" OR "NYHA class 3" OR "NYHA class i" OR "NYHA class ii" OR "NYHA class iii*" OR "NYHA classes 1" OR "NYHA classes 2" OR "NYHA classes 3" OR "NYHA classes i" OR "NYHA classes ii" OR "NYHA classes iii*" OR "NYHA classification i" OR "NYHA classification ii" OR "NYHA classification iii*" OR "ischemic heart*" OR "ischaemic heart*" OR "heart ischem*" OR "heart ischaem*" OR "myocardial ischem*" OR "myocardial ischaem*" OR "ischemic myocard*" OR "ischaemic myocard*" OR "Coronary	472661

	Artery Bypass* OR "coronary bypass*" OR "Aortocoronary Bypass*" OR cabg* OR "cardiac bypass*" OR "acute occlusive dissection*" OR PTCA OR "cardiac Stent" OR "coronary artery disease*" OR "coronary heart disease*" OR "coronary arterioscleros*" OR "coronary atheroscleros*" OR Revascularization* OR "Internal Mammary Artery Implantation*" OR "Cardiovascular Stroke*" OR "Myocardial Infarct*" OR "Heart infarct*" OR stenocardia* OR "angor pectoris" OR "angina pectoris" OR "Heart Disease*" OR "Cardiac Disease*" OR "Left Heart Bypass*" OR "Cavopulmonary Anastomos*" OR "Right Heart Bypass*" OR "Cavopulmonary Shunt*")	
la	TOPIC: (meditation* OR "health educat*" OR "health coach*" OR "patient education*" OR "education of patient*" OR "interprofessional education*" OR "educational intervention*" OR "relaxation Technique*" OR "relaxation Technic*" OR "relaxation therap*" OR "muscle relaxation*" OR "psychologic treatment*" OR "psychologic intervention*" OR "psychologic therap*" OR "psychological treatment*" OR "psychological intervention*" OR "psychological therap*" OR • "psychological support" OR • "trauma intervention*" OR "trauma therap*" OR "stress management" OR "distress management" OR "Tobacco use cessation" OR "smoking cessation" OR "diet therap*" OR "eating habit*" OR Mediterranean diet* OR "Fat Restricted" OR "fat reduced" OR "fat reducing" OR "fat reduction" OR "Low Fat" OR "Fat Free" OR "Protein Restricted" OR "Protein reduced" OR "Protein reducing" OR "Protein reduction" OR "Low Protein" OR "Protein Free" OR Vegetarian* OR Vegan* OR "Omega 3" OR PUFA OR "Fatty Acids" OR "weight loss" OR "body weight" OR "Occupational Therap*" OR yoga OR "Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise*" OR "life style chang*" OR "life style intervent*" OR "life style programmes" OR "lifestyle chang*" OR "lifestyle intervent*" OR "lifestyle program*" OR "lifestyle treatment*" OR "Life Change Event*" OR "Event History Analys*" OR "self care" OR "self management" OR "ambulatory care*" OR "Outpatient Care*" OR "Outpatient Health Service*" OR "Urgent Care*" OR "Clinic Visit*" OR "Mind Body Therap*" OR "Mind Body Medicine" OR "Mind body relaxation" OR counseling* OR counselling* OR "Cognitive Therap*" OR "Cognition Therap*" OR "Conditioning Therap*" OR "Behavior Modificat*" OR "Behavior modify" OR "Behavior Therap*" OR "Behavior change" OR "Behavioral Therap*" OR "Behaviour Modificat*" OR "Behaviour modify" OR "Behaviour Therap*" OR "Behaviour change" OR "Behavioural Therap*" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention*" OR "Behavioural intervention*" OR cbt OR "Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR "Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*" OR Hypnotherap* OR "Goal setting*" OR "Setting goals" OR Psychoeducat* OR "Psycho educat*" OR "motivational interview*" OR "motivational intervention" OR Psychopatholog* OR "Autogenic Training*" OR "social network*" OR psychosocial* OR "social support*")	816828
lb	TOPIC: ("Weight Lifting" OR "Weight Bearing" OR "Weightbearing" OR Loadbearing OR "Load Bearing" OR Weightlifting OR "high intensity interval exercise" OR "low intensity training" OR "high intensity training" OR "cardiorespiratory fitness" OR walking OR running* OR jogging OR swimming OR gymnastic* OR calisthenic* OR "bicycle training" OR physiotherap* OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR Pilates OR "dynamic exercise*" OR "dynamic training" OR "endurance training" OR "exercise based" OR "Exercise Movement*" OR "exercise training*" OR "Physical Enduranc*" OR "resistance exercise*" OR "resistance training*" OR "Aerobic exercise*" OR "aerobic training" OR "endurance exercise" OR "Ergometer training" OR "Exercise aerobic" OR "Exercise intervent*" OR "exercise intolerance" OR "exercise performance" OR "Exercise program*" OR "exercise therap*" OR "exercise tolerance" OR "Exercise treatment" OR "Fitness intervent*" OR "Fitness program*" OR "Interval training*" OR "muscle endurance" OR "Strength Training*" OR "Training exercise*" OR "training strength*" OR Physical Effort*" OR Physical Exertion*" OR "physical exercise*" OR "Physical Fit*" OR "physical training" OR "physical therap*" OR "physical activit*" OR sport)	480133
C	TOPIC: ("usual care")	8045
Studies	TOPIC: ("singl* blind*" OR "doubl* blind*" OR "tripl* blind*" OR "trebl* blind*" OR "singl* mask*" OR "doubl* mask*" OR "tripl* mask*" OR "trebl* mask*" OR "Clinic* trial*" OR "Research Design" OR "Random Allocation" OR "Controlled Trials")	499176

Comments: Since Web of Science is not a specific medical database, some too generic search terms were not used to reduce the presence of unimportant hits. These are located in the column on the right. The operator near was also switched off and replaced by "phrase search".

CINAHL

Number of hits	Seach date
1034	08.09.2015

P

"heart fail*" OR "cardiac fail*" OR	
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<p>"failing heart*" OR "myocardial fail*" OR "myocardial insufficiency" OR "failing myocard*" OR "failure myocard*" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR</p>	
<p>"Diastolic Heart Failure" OR</p>	
<p>"Systolic Heart Failure" OR</p>	
<p>"Paroxysmal Dyspnea" OR "Cardiac Edema*" OR</p>	
<p>"Mitral Valve Regurgitation*" OR "Mitral Regurgitation*" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR</p>	
<p>"New York Heart Association 1" OR "New York Heart Association 2" OR "New York Heart Association 3" OR "New York Heart Association I" OR "New York Heart Association ii" OR "New York Heart Association iii" OR "New York Heart Association class 1" OR "New York Heart Association class 2" OR "New York Heart Association class 3" OR "New York Heart Association class I" OR "New York Heart Association class ii" OR "New York Heart Association class iii" OR "New York Heart Association classes 1" OR "New York Heart Association classes 2" OR "New York Heart Association classes 3" OR "New York Heart Association classes I" OR "New York Heart Association classes ii" OR "New York Heart Association classes iii" OR "New York Heart Association classification i" OR "New York Heart Association classification ii" OR "New York Heart Association classification iii" OR "NYHA 1" OR "NYHA 2" OR "NYHA 3" OR "NYHA I" OR "NYHA ii" OR "NYHA iii" OR "NYHA class 1" OR "NYHA class 2" OR "NYHA class 3" OR "NYHA class I" OR "NYHA class ii" OR "NYHA class iii" OR "NYHA classes 1" OR "NYHA classes 2" OR "NYHA classes 3" OR "NYHA classes I" OR "NYHA classes ii" OR "NYHA classes iii" OR "NYHA classification I" OR "NYHA classification ii" OR "NYHA classification iii" OR</p>	
<p>"ischemic heart*" OR "ischaemic heart*" OR "heart ischem*" OR "heart ischaem*" OR "myocardial ischem*" OR "myocardial ischaem*" OR</p>	

"ischemic myocard*" OR "ischaemic myocard*" OR	
"Coronary Artery Bypass*" OR "coronary bypass*" OR "Aortocoronary Bypass*" OR cabg* OR "cardiac bypass*" OR "acute occlusive dissection*" OR PTCA OR "cardiac Stent" OR	
"coronary artery disease*" OR "coronary heart disease*" OR "coronary arterioscleros*" OR "coronary atheroscleros*" OR	
Revascularization* OR "Internal Mammary Artery Implantation*" OR	
"Cardiovascular Stroke*" OR "Myocardial Infarct*" OR "Heart infarct*" OR	
stenocardia* OR "angor pectoris" OR "angina pectoris" OR	
"Heart Disease*" OR "Cardiac Disease*" OR	
"Left Heart Bypass*" OR	
"Cavopulmonary Anastomos*" OR "Right Heart Bypass*" OR "Cavopulmonary Shunt*" OR	

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meditation OR	
"health educat*" OR "health coach*" OR "patient education*" OR "education of patient*" OR "interprofessional education*" OR "educational intervention*" OR	
"relaxation Technique*" OR "relaxation Technic*" OR "relaxation therap*" OR "muscle relaxation*" OR	
psychotherap* OR "psychologic treatment*" OR "psychologic intervention*" OR "psychologic therap*" OR "psychological treatment*" OR "psychological intervention*" OR "psychological therap*" OR "psychological support" OR	
trauma intervention* OR trauma therap* OR	
"stress management" OR "distress management" OR	
"Tobacco Use Cessation" OR "Smoking cessation" OR	
"diet therap*" OR "eating habit*" OR	
"Mediterranean diet" OR	
"Fat Restricted" OR "fat reduced" OR "fat reducing" OR "fat reduction" OR "Low Fat" OR "Fat Free" OR	
"Protein Restricted" OR "Protein reduced" OR	

"Protein reducing" OR "Protein reduction" OR "Low Protein" OR "Protein Free" OR	
Vegetarian* OR Vegan* OR	
[mh ^"Fatty Acids, Omega-3"] OR "Omega 3" OR PUFA OR "Fatty Acids" OR	
"weight loss" OR "body weight" OR	
"Occupational Therap*" OR "Rehabilitation Centers" OR	
yoga OR "Respiratory Muscle Training" OR "inspiratory Muscle Training" OR "breathing exercise*" OR	
"life style chang*" OR "life style intervent*" OR "life style programmes" OR "lifestyle chang*" OR "lifestyle intervent*" OR "lifestyle program*" OR "lifestyle treatment*" OR "Life Change Event*" OR "Event History Analys*" OR	
"self care*" OR "self management"	
"ambulatory care*" OR "Outpatient Care*" OR "Outpatient Health Service*" OR "Urgent Care*" OR "Clinic Visit*" OR	
"Mind Body Therap*" OR "Mind Body Medicine" OR "Mind body relaxation" OR	
counseling* OR counselling* OR	
"Cognitive Therap*" OR "Cognition Therap*" OR	
"Conditioning Therap*" OR "Behavior Modificat*" OR "Behavior modify" OR "Behavior Therap*" OR "Behavior change" OR "Behavioral Therap*" OR "Behaviour Modificat*" OR "Behaviour modify" OR Behaviour Therap* OR "Behaviour change" OR "Behavioural Therap*" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention*" OR "Behavioural intervention*" OR Cbt OR	
"Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR	

"Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*" OR	
Hypnotherap* OR	
"Goal setting*" OR "Setting goals" OR	
Psychoeducat* OR "Psycho educat*" OR	
disincentive* OR incentive* OR "motivational interview*" OR "motivational intervention" OR	
Psychopatholog* OR	
"Autogenic Training*" OR	
"social network*" OR psychosocial* OR "social support*"	

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"Weight Lifting" OR "Weight Bearing" OR "Weightbearing" OR Loadbearing OR "Load Bearing" OR Weightlifting OR	
"High intensity interval training" OR "high intensity interval exercise" OR "low intensity training" OR "high intensity training" OR	
"cardiorespiratory fitness" OR "resistance training*" OR "resistance exercise*" OR "strength training*" OR walking OR running* OR jogging OR swimming OR gymnastic* OR calisthenic* OR "bicycle training" OR "Physical Enduranc*" OR "exercise tolerance" OR "exercise intolerance" OR "endurance exercise" OR "endurance training" OR "Physical Fit*" OR "physical activit*" OR "physical training" OR "physical therap*" OR "physical exercise*" OR "exercise based" OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR Exercise Movement* OR Pilates OR "exercise therap*" OR "exercise training" OR "dynamic training" OR "dynamic exercise*" OR physiotherap* OR "exercise performance" OR	

"Aerobic Exercise*" OR "Exercise aerobic" OR "aerobic training" OR "muscle endurance" OR "Interval training*" OR	
Physical Exertion* OR Physical Effort* OR	
"Exercise treatment" OR "Exercise intervent*" OR "Exercise program*" OR "Fitness intervent*" OR "Fitness program*" OR "Strength Training" OR "training strength*" OR "Training exercise*" OR	
"Sports" OR	
"Ergometer training"	

C

"usual care"	
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Studies

singl* N1 blind* OR doubl* N1 blind* OR tripl* N1 blind* OR trebl* N1 blind* OR singl* N1 mask* OR doubl* N1 mask* OR tripl* N1 mask* OR trebl* N1 mask* OR Clinic* N1 trial* OR Research N1 Design OR Random*	
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The end

	Complete seach phrase	Number of hits
P	"heart fail*" OR "cardiac fail*" OR "failing heart*" OR "myocardial fail*" OR "myocardial insufficiency" OR "failing myocard*" OR "failure myocard*" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR "Diastolic Heart Failure" OR "Systolic Heart Failure" OR "Paroxysmal Dyspnea" OR "Cardiac Edema*" OR "Mitral Valve Regurgitation*" OR "Mitral Regurgitation*" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR "New York Heart Association 1" OR "New York Heart Association 2" OR "New York Heart Association 3" OR "New York Heart Association I" OR "New York Heart Association ii" OR "New York Heart Association iii" OR "New York Heart Association class 1" OR "New York Heart Association class 2" OR "New York Heart Association class 3" OR "New York Heart Association class I" OR "New York Heart Association class ii" OR "New York Heart Association class iii" OR "New York Heart Association classes 1" OR "New York Heart Association classes 2" OR "New York Heart Association classes 3" OR "New York Heart Association classes I" OR "New York Heart Association classes ii" OR "New York Heart Association classes iii" OR "New York Heart Association classification I" OR "New York Heart Association classification ii" OR "New York Heart Association classification iii" OR "NYHA 1" OR "NYHA 2" OR "NYHA 3" OR "NYHA I" OR "NYHA ii" OR "NYHA iii" OR "NYHA class 1" OR "NYHA class 2" OR "NYHA class 3" OR "NYHA class I" OR "NYHA class ii" OR "NYHA class iii" OR "NYHA classes 1" OR "NYHA classes 2" OR "NYHA classes 3" OR "NYHA classes I" OR "NYHA classes ii" OR "NYHA classes iii" OR "NYHA classification I" OR "NYHA classification ii" OR "NYHA classification iii" OR "ischemic heart*" OR "ischaemic heart*" OR "heart ischem*" OR "heart ischaem*" OR "myocardial ischem*" OR "myocardial ischaem*" OR "ischemic myocard*" OR "ischaemic myocard*" OR "Coronary Artery Bypass*" OR "coronary bypass*" OR "Aortocoronary Bypass*" OR cabg* OR "cardiac bypass*" OR "acute occlusive dissection*" OR PTCA OR "cardiac Stent" OR "coronary artery disease*" OR "coronary heart disease*" OR "coronary arterioscleros*" OR "coronary atheroscleros*" OR Revascularization* OR "Internal Mammary Artery Implantation*" OR "Cardiovascular Stroke*" OR "Myocardial Infarct*" OR "Heart infarct*" OR stenocardia* OR "angor pectoris" OR "angina pectoris" OR "Heart Disease*" OR "Cardiac Disease*" OR "Left Heart Bypass*" OR "Cavopulmonary Anastomos*" OR "Right Heart Bypass*" OR "Cavopulmonary Shunt*"	92160

la	<p>meditation OR "health educat*" OR "health coach*" OR "patient education*" OR "education of patient*" OR "interprofessional education*" OR "educational intervention*" OR "relaxation Technique*" OR "relaxation Technic*" OR "relaxation therap*" OR "muscle relaxation*" OR psychotherap* OR "psychologic treatment*" OR "psychologic intervention*" OR "psychologic therap*" OR "psychological treatment*" OR "psychological intervention*" OR "psychological therap*" OR "psychological support" OR trauma intervention* OR trauma therap* OR "stress management" OR "distress management" OR "Tobacco Use Cessation" OR "Smoking cessation" OR "diet therap*" OR "eating habit*" OR "Mediterranean diet" OR "Fat Restricted" OR "fat reduced" OR "fat reducing" OR "fat reduction" OR "Low Fat" OR "Fat Free" OR "Protein Restricted" OR "Protein reduced" OR "Protein reducing" OR "Protein reduction" OR "Low Protein" OR "Protein Free" OR Vegetarian* OR Vegan* OR [mh ^"Fatty Acids, Omega-3"] OR "Omega 3" OR PUFA OR "Fatty Acids" OR "weight loss" OR "body weight" OR "Occupational Therap*" OR "Rehabilitation Centers" OR yoga OR "Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise*" OR "life style chang*" OR "life style intervent*" OR "life style programmes" OR "lifestyle chang*" OR "lifestyle intervent*" OR "lifestyle program*" OR "lifestyle treatment*" OR "Life Change Event*" OR "Event History Analys*" OR "self care*" OR "self management" OR "ambulatory care*" OR "Outpatient Care*" OR "Outpatient Health Service*" OR "Urgent Care*" OR "Clinic Visit*" OR "Mind Body Therap*" OR "Mind Body Medicine" OR "Mind body relaxation" OR counseling* OR counselling* OR "Cognitive Therap*" OR "Cognition Therap*" OR "Conditioning Therap*" OR "Behavior Modificat*" OR "Behavior modify" OR "Behavior Therap*" OR "Behavior change" OR "Behavioral Therap*" OR "Behaviour Modificat*" OR "Behaviour modify" OR Behaviour Therap* OR "Behaviour change" OR "Behavioural Therap*" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention*" OR "Behavioural intervention*" OR Cbt OR "Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR "Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*" OR Hypnotherap* OR "Goal setting*" OR "Setting goals" OR Psychoeducat* OR "Psycho educat*" OR disincentive* OR incentive* OR "motivational interview*" OR "motivational intervention" OR Psychopatholog* OR "Autogenic Training*" OR "social network*" OR psychosocial* OR "social support*"</p>	492194
lb	<p>"Weight Lifting" OR "Weight Bearing" OR "Weightbearing" OR Loadbearing OR "Load Bearing" OR Weightlifting OR "High intensity interval training" OR "high intensity interval exercise" OR "low intensity training" OR "high intensity training" OR "cardiorespiratory fitness" OR "resistance training*" OR "resistance exercise*" OR "strength training*" OR walking OR running* OR jogging OR swimming OR gymnastic* OR calisthenic* OR "bicycle training" OR "Physical Enduranc*" OR "exercise tolerance" OR "exercise intolerance" OR "endurance exercise" OR "endurance training" OR "Physical Fit*" OR "physical activit*" OR "physical training" OR "physical therap*" OR "physical exercise*" OR "exercise based" OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR Exercise Movement* OR Pilates OR "exercise therap*" OR "exercise training" OR "dynamic training" OR "dynamic exercise*" OR physiotherap* OR "exercise performance" OR "Aerobic Exercise*" OR "Exercise aerobic" OR "aerobic training" OR "muscle endurance" OR "Interval training*" OR Physical Exertion* OR Physical Effort* OR "Exercise treatment" OR "Exercise intervent*" OR "Exercise program*" OR "Fitness intervent*" OR "Fitness program*" OR "Strength Training" OR "training strength*" OR "Training exercise*" OR "Sports" OR "Ergometer training"</p>	143310
c	"usual care"	3313
Studies	singl* N1 blind* OR doubl* N1 blind* OR tripl* N1 blind* OR trebl* N1 blind* OR singl* N1 mask* OR doubl* N1 mask* OR tripl* N1 mask* OR trebl* N1 mask* OR Clinic* N1 trial* OR Research N1 Design OR Random*	237185

PsychInfo

Trefferzahl	Datum
50	08.09.2015

P

<p>"heart fail*" OR "cardiac fail*" OR "failing heart*" OR "myocardial fail*" OR "myocardial insufficiency" OR "failing myocard*" OR "failure myocard*" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR "Diastolic Heart Failure" OR</p>	
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P

<p>"Systolic Heart Failure" OR</p>	
<p>"Paroxysmal Dyspnea" OR "Cardiac Edema*" OR</p>	
<p>"Mitral Valve Regurgitation*" OR "Mitral Regurgitation*" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR</p>	
<p>"New York Heart Association 1" OR "New York Heart Association 2" OR "New York Heart Association 3" OR "New York Heart Association I" OR "New York Heart Association ii" OR "New York Heart Association iii" OR "New York Heart Association class 1" OR "New York Heart Association class 2" OR "New York Heart Association class 3" OR "New York Heart Association class I" OR "New York Heart Association class ii" OR "New York Heart Association class iii" OR "New York Heart Association classes 1" OR "New York Heart Association classes 2" OR "New York Heart Association classes 3" OR "New York Heart Association classes I" OR "New York Heart Association classes ii" OR "New York Heart Association classes iii" OR "New York Heart Association classification i" OR "New York Heart Association classification ii" OR "New York Heart Association classification iii" OR "NYHA 1" OR "NYHA 2" OR "NYHA 3" OR "NYHA I" OR "NYHA ii" OR "NYHA iii" OR "NYHA class 1" OR "NYHA class 2" OR "NYHA class 3" OR "NYHA class I" OR "NYHA class ii" OR "NYHA class iii" OR "NYHA classes 1" OR "NYHA classes 2" OR "NYHA classes 3" OR "NYHA classes I" OR "NYHA classes ii" OR "NYHA classes iii" OR "NYHA classification I" OR "NYHA classification ii" OR "NYHA classification iii" OR</p>	
<p>"ischemic heart*" OR "ischaemic heart*" OR "heart ischem*" OR "heart ischaem*" OR "myocardial ischem*" OR "myocardial ischaem*" OR "ischemic myocard*" OR "ischaemic myocard*" OR</p>	
<p>"Coronary Artery Bypass*" OR "coronary bypass*" OR "Aortocoronary Bypass*" OR cabg* OR "cardiac bypass*" OR "acute occlusive dissection*" OR</p>	

PTCA OR "cardiac Stent" OR	
"coronary artery disease*" OR "coronary heart disease*" OR "coronary arterioscleros*" OR "coronary atheroscleros*" OR	
Revascularization* OR "Internal Mammary Artery Implantation*" OR	
"Cardiovascular Stroke*" OR "Myocardial Infarct*" OR "Heart infarct*" OR	
stenocardia* OR "angor pectoris" OR "angina pectoris" OR	
"Heart Disease*" OR "Cardiac Disease*" OR	
"Left Heart Bypass*" OR	
"Cavopulmonary Anastomos*" OR "Right Heart Bypass*" OR "Cavopulmonary Shunt*" OR	

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DE "Meditation" OR meditation* OR	
"health educat*" OR "health coach*" OR "patient education*" OR "education of patient*" OR "interprofessional education*" OR "educational intervention*" OR	
DE "Relaxation Therapy" OR DE "Muscle Relaxation" OR DE "Progressive Relaxation Therapy" OR "relaxation Technique*" OR "relaxation Technic*" OR "relaxation therap*" OR "muscle relaxation*" OR	
DE "Psychotherapy" OR psychotherap* OR "psychologic treatment*" OR "psychologic intervention*" OR "psychologic therap*" OR "psychological treatment*" OR "psychological intervention*" OR "psychological therap*" OR "psychological support" OR	
Trauma N1 intervention* OR trauma N1 therap* OR	
DE "Stress Management" OR "stress management" OR "distress management" OR	
DE "Smoking Cessation" OR tobacco* OR smok* OR "diet therap*" OR "eating habit*" OR	
Mediterranean diet* OR	
DE "Body Fat" OR "Fat Restricted" OR "fat reduced" OR "fat reducing" OR "fat reduction" OR "Low Fat" OR "Fat Free" OR "Protein Restricted" OR "Protein reduced" OR	

"Protein reducing" OR "Protein reduction" OR "Low Protein" OR "Protein Free" OR	
Vegetarian* OR Vegan* OR	
"Omega 3" OR PUFA OR "Fatty Acids" OR	
DE "Weight Control" OR "weight loss" OR "body weight" OR	
"Occupational Therap*" OR	
DE "Rehabilitation" OR rehabilitation* OR	
DE "Yoga" OR yoga OR "Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise*" OR	
DE "Lifestyle Changes" OR "life style chang*" OR "life style intervent*" OR "life style programmes" OR "lifestyle chang*" OR "lifestyle intervent*" OR "lifestyle program*" OR "lifestyle treatment*" OR "Life Change Event*" OR "Event History Analys*" OR	
DE "Self Care Skills" OR "self care*" OR "self management" OR	
"ambulatory care*" OR "Outpatient Care*" OR "Outpatient Health Service*" OR "Urgent Care*" OR "Clinic Visit*" OR	
DE "Mind Body Therapy" OR "Mind Body Therap*" OR "Mind Body Medicine" OR "Mind body relaxation" OR	
DE "Counseling" OR counseling* OR counselling* OR	
DE "Cognitive Therapy" OR "Cognitive Therap*" OR "Cognition Therap*" OR	
DE "Conditioning" OR DE "Behavior Modification" OR DE "Behavior Therapy" OR "Conditioning Therap*" OR "Behavior Modificat*" OR "Behavior modify" OR "Behavior Therap*" OR "Behavior change" OR "Behavioral Therap*" OR "Behaviour Modificat*" OR "Behaviour modify" OR Behaviour Therap* OR "Behaviour change" OR "Behavioural Therap*" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention*" OR "Behavioural intervention*" OR	

Cbt OR "Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR "Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*" OR	
DE "Hypnosis" OR Hypnotherap* OR	
Goal N1 setting* OR "Setting goals" OR	
Psychoeducat* OR "Psycho educat*" OR	
DE "Motivational Interviewing" OR DE "Educational Incentives" OR disincentive* OR incentive* OR "motivational interview*" OR "motivational intervention" OR	
Psychopatholog* OR	
DE "Autogenic Training" OR "Autogenic Training*" OR	
DE "Social Networks" OR DE "Psychosocial Rehabilitation" OR "social network*" OR psychosocial* OR "social support"	

Ib

"Weight Lifting" OR "Weight Bearing" OR "Weightbearing" OR Loadbearing OR "Load Bearing" OR Weightlifting OR	
"High intensity interval training" OR "high intensity interval exercise" OR "low intensity training" OR "high intensity training" OR	
"cardiorespiratory fitness" OR "resistance training*" OR "resistance exercise*" OR "strength training*" OR walking OR running* OR jogging OR swimming OR gymnastic* OR calisthenic* OR "bicycle training" OR "Physical Enduranc*" OR "exercise tolerance" OR "exercise intolerance" OR "endurance exercise" OR "endurance training" OR "Physical Fit*" OR "physical activit*" OR "physical training" OR "physical therap*" OR	

"physical exercise*" OR "exercise based" OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR Exercise Movement* OR Pilates OR "exercise therap*" OR "exercise training" OR "dynamic training" OR "dynamic exercise*" OR physiotherap* OR "exercise performance" OR	
"Aerobic Exercise*" OR "Exercise aerobic" OR "aerobic training" OR "muscle endurance" OR "Interval training*" OR	
Physical Exertion* OR Physical Effort* OR	
"Exercise treatment" OR "Exercise intervent*" OR "Exercise program*" OR "Fitness intervent*" OR "Fitness program*" OR "Strength Training" OR "training strength*" OR "Training exercise*" OR	
"Sports" OR	
"Ergometer training"	

C

"usual care"	
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Studies

DE "Clinical Trials" singl* N1 blind* OR doubl* N1 blind* OR tripl* N1 blind* OR trebl* N1 blind* OR singl* N1 mask* OR doubl* N1 mask* OR tripl* N1 mask* OR trebl* N1 mask* OR Clinic* N1 trial* OR Research N1 Design OR Random*	
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The End

	Complete seach phrase	Number of hits
P	"heart fail*" OR "cardiac fail*" OR "failing heart*" OR "myocardial fail*" OR "myocardial insufficiency" OR "failing myocard*" OR "failure myocard*" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR "Diastolic Heart Failure" OR "Systolic Heart Failure" OR "Paroxysmal Dyspnea" OR "Cardiac Edema*" OR "Mitral Valve Regurgitation*" OR "Mitral Regurgitation*" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR "New York Heart Association 1" OR "New York Heart Association 2" OR "New York Heart Association 3" OR "New York Heart Association I" OR "New York Heart Association ii" OR "New York Heart Association iii" OR "New York Heart Association class 1" OR "New York Heart Association class 2" OR "New York Heart Association class 3" OR "New York Heart Association class I" OR "New York Heart Association class ii" OR "New York Heart Association class iii" OR "New York Heart Association classes 1" OR "New York Heart Association classes 2" OR "New York Heart Association classes 3" OR "New York Heart Association classes I" OR "New York Heart Association classes ii" OR "New York Heart Association classes iii" OR "New York Heart Association classification i" OR "New York	18169

	Heart Association classification ii" OR "New York Heart Association classification iii" OR "NYHA 1" OR "NYHA 2" OR "NYHA 3" OR "NYHA I" OR "NYHA ii" OR "NYHA iii" OR "NYHA class 1" OR "NYHA class 2" OR "NYHA class 3" OR "NYHA class I" OR "NYHA class ii" OR "NYHA class iii" OR "NYHA classes 1" OR "NYHA classes 2" OR "NYHA classes 3" OR "NYHA classes I" OR "NYHA classes ii" OR "NYHA classes iii" OR "NYHA classification I" OR "NYHA classification ii" OR "NYHA classification iii" OR "ischemic heart*" OR "ischaemic heart*" OR "heart ischem*" OR "heart ischaem*" OR "myocardial ischem*" OR "myocardial ischaem*" OR "ischemic myocard*" OR "ischaemic myocard*" OR "Coronary Artery Bypass*" OR "coronary bypass*" OR "Aortocoronary Bypass*" OR cabg*" OR "cardiac bypass*" OR "acute occlusive dissection*" OR PTCA OR "cardiac Stent" OR "coronary artery disease*" OR "coronary heart disease*" OR "coronary arterioscleros*" OR "coronary atheroscleros*" OR Revascularization* OR "Internal Mammory Artery Implantation*" OR "Cardiovascular Stroke*" OR "Myocardial Infarct*" OR "Heart infarct*" OR stenocardia* OR "angor pectoris" OR "angina pectoris" OR "Heart Disease*" OR "Cardiac Disease*" OR "Left Heart Bypass*" OR "Cavopulmonary Anastomos*" OR "Right Heart Bypass*" OR "Cavopulmonary Shunt*"	
la	DE "Meditation" OR meditation* OR "health educat*" OR "health coach*" OR "patient education*" OR "education of patient*" OR "interprofessional education*" OR "educational intervention*" OR DE "Relaxation Therapy" OR DE "Muscle Relaxation" OR DE "Progressive Relaxation Therapy" OR "relaxation Technique*" OR "relaxation Technic*" OR "relaxation therap*" OR "muscle relaxation*" OR DE "Psychotherapy" OR psychotherap* OR "psychologic treatment*" OR "psychologic intervention*" OR "psychologic therap*" OR "psychological treatment*" OR "psychological intervention*" OR "psychological therap*" OR "psychological support" OR Trauma N1 intervention* OR trauma N1 therap* OR DE "Stress Management" OR "stress management" OR "distress management" OR DE "Smoking Cessation" OR tobacco* OR smok* OR "diet therap*" OR "eating habit*" OR Mediterranean diet* OR DE "Body Fat" OR "Fat Restricted" OR "fat reduced" OR "fat reducing" OR "fat reduction" OR "Low Fat" OR "Fat Free" OR "Protein Restricted" OR "Protein reduced" OR "Protein reducing" OR "Protein reduction" OR "Low Protein" OR "Protein Free" OR Vegetarian* OR Vegan* OR "Omega 3" OR PUFA OR "Fatty Acids" OR DE "Weight Control" OR "weight loss" OR "body weight" OR "Occupational Therap*" OR DE "Rehabilitation" OR rehabilitation* OR DE "Yoga" OR yoga OR "Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise*" OR DE "Lifestyle Changes" OR "life style chang*" OR "life style intervent*" OR "life style programmes" OR "lifestyle chang*" OR "lifestyle intervent*" OR "lifestyle program*" OR "lifestyle treatment*" OR "Life Change Event*" OR "Event History Analys*" OR DE "Self Care Skills" OR "self care*" OR "self management" OR "ambulatory care*" OR "Outpatient Care*" OR "Outpatient Health Service*" OR "Urgent Care*" OR "Clinic Visit*" OR DE "Mind Body Therapy" OR "Mind Body Therap*" OR "Mind Body Medicine" OR "Mind body relaxation" OR DE "Counseling" OR counseling* OR counselling* OR DE "Cognitive Therapy" OR "Cognitive Therap*" OR "Cognition Therap*" OR DE "Conditioning" OR DE "Behavior Modification" OR DE "Behavior Therapy" OR "Conditioning Therap*" OR "Behavior Modificat*" OR "Behavior modify" OR "Behavior Therap*" OR "Behavior change" OR "Behavioral Therap*" OR "Behaviour Modificat*" OR "Behaviour modify" OR Behaviour Therap* OR "Behaviour change" OR "Behavioural Therap*" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention*" OR "Behavioural intervention*" OR Cbt OR "Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR "Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*" OR DE "Hypnosis" OR Hypnotherap* OR Goal N1 setting* OR "Setting goals" OR Psychoeducat* OR "Psycho educat*" OR DE "Motivational Interviewing" OR DE "Educational Incentives" OR disincentive* OR incentive* OR "motivational interview*" OR "motivational intervention" OR Psychopatholog* OR DE "Autogenic Training" OR "Autogenic Training*" OR DE "Social Networks" OR DE "Psychosocial Rehabilitation" OR "social network*" OR psychosocial* OR "social support*"	912365
lb	"Weight Lifting" OR "Weight Bearing" OR "Weightbearing" OR Loadbearing OR "Load Bearing" OR Weightlifting OR "High intensity interval training" OR "high intensity interval exercise" OR "low intensity training" OR "high intensity training" OR "cardiorespiratory fitness" OR "resistance training*" OR "resistance exercise*" OR "strength training*" OR walking OR running* OR jogging OR swimming OR gymnastic* OR calisthenic* OR "bicycle training" OR "Physical Enduranc*" OR "exercise tolerance" OR "exercise intolerance" OR "endurance exercise" OR "endurance training" OR "Physical Fit*" OR "physical activit*" OR "physical training" OR "physical therap*" OR "physical exercise*" OR "exercise based" OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR Exercise Movement* OR Pilates OR "exercise therap*" OR "exercise training" OR "dynamic training" OR "dynamic exercise*" OR physiotherap* OR "exercise performance" OR "Aerobic Exercise*" OR "Exercise aerobic" OR "aerobic training" OR "muscle endurance" OR "Interval training*" OR Physical Exertion* OR Physical Effort* OR "Exercise treatment" OR "Exercise intervent*" OR "Exercise program*" OR "Fitness intervent*" OR "Fitness program*" OR	100987

	"Strength Training" OR "training strength*" OR "Training exercise*" OR "Sports" OR "Ergometer training"	
C	"usual care"	2765
Studies	DE "Clinical Trials" singl* N1 blind* OR doubl* N1 blind* OR tripl* N1 blind* OR trebl* N1 blind* OR singl* N1 mask* OR doubl* N1 mask* OR tripl* N1 mask* OR trebl* N1 mask* OR Clinic* N1 trial* OR Research N1 Design OR Random*	235048

Current Contents Medizin

Trefferzahl	Datum
1. P AND Ia AND Ib 2. P AND ((Ib NOT Ia) 3. P AND C 1 OR 2 OR 3=491	08.09.2015

P

"heart failure" OR "cardiac failure" OR "failing heart" OR "myocardial failure" OR "myocardial insufficiency" OR "failing myocardium" OR "failure myocardium" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR	
"ischemic heart" OR "heart ischemic" OR "myocardial ischemic" OR "ischemic myocardium" OR	"ischaemic myocardium" OR "myocardial ischaemic" OR "heart ischaem" OR "ischaemic heart" OR

P

"Coronary Artery Bypass" OR "coronary bypass" OR "Aortocoronary Bypass" OR cabg OR "cardiac bypass" OR "acute occlusive dissection" OR PTCA OR "cardiac Stent" OR	
"Cardiovascular Stroke" OR "Myocardial Infarct" OR "Heart infarct" OR	
stenocardia OR "angor pectoris" OR "angina pectoris" OR	
"New York Heart Association" OR NYHA OR	
"coronary artery disease" OR "coronary heart disease" OR "coronary arteriosclerosis" OR "coronary atherosclerosis" OR	
Revascularization OR "Internal Mammary Artery Implantation" OR	
"Paroxysmal Dyspnea" OR "Cardiac Edema" OR	
Mitral OR	"Mitral Valve Regurgitation" OR "Mitral Regurgitation" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR
"Heart Disease" OR "Cardiac Disease" OR	
"Left Heart Bypass" OR "Cavopulmonary Anastomosis" OR "Right Heart Bypass" OR "Cavopulmonary Shunt"	

la

meditation OR	
"health education" OR "health coach" OR	
Education OR	"patient education" OR "education of patient" OR "interprofessional education" OR "educational intervention" OR
Relaxation OR	"relaxation Technic" OR "relaxation therapy" OR "muscle relaxation" OR "relaxation Technique" OR
psychotherapy OR psychologic OR psychological OR	"psychologic treatment" OR "psychologic intervention" OR "psychologic therapy" OR "psychological treatment" OR "psychological intervention" OR "psychological therapy" OR "psychological support" OR
	"trauma intervention" OR "trauma therapy" OR
Stress OR	"stress management" OR "distress management" OR
tobacco OR smoke OR	

"diet therapy" OR	"eating habits" OR mediterranean OR
Fat OR Protein OR	"fat reduced" OR "fat reducing" OR "fat reduction" OR "Protein Restricted" OR "Protein reduced" OR "Protein reducing" OR "Protein reduction" OR "Fat Restricted" OR "Low Fat" OR "Fat Free" OR "Low Protein" OR "Protein Free" OR
Vegetarian OR Vegan OR	
	"Omega 3" OR PUFA OR "Fatty Acids" OR
"weight loss" OR "body weight" OR	
"Occupational Therapy" OR	
"Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise" OR	
yoga OR	
"Life Change" OR "life style" OR Lifestyle OR	"Event History Analysis" OR "Life Change Event" OR "life style change" OR "life style intervention" OR "life style programmes" OR "lifestyle change" OR "lifestyle intervention" OR "lifestyle program" OR "lifestyle treatment" OR
"self care" OR "self management" OR "self motivation" OR	
"ambulatory care" OR "Outpatient Care" OR "Outpatient Health Service" OR "Urgent Care" OR "Clinic Visit" OR	
"Mind Body" OR	"Mind Body Therapy" OR "Mind Body Medicine" OR "Mind body relaxation" OR
counseling OR counselling OR	
"Cognitive Therapy" OR "Cognition Therapy" OR	
Behaviour OR Behaviour OR Behavioral OR Behavioural OR	"Behavior Modification" OR "Behavior modify" OR "Behavior Therapy" OR "Behavior change" OR "Behavioral Therapy" OR "Behaviour Modification" OR "Behaviour modify" OR "Behaviour Therapy" OR "Behaviour change" OR "Behavioural Therapy" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention" OR "Behavioural intervention" OR

"Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR "Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*" OR	
Hypnotherapy OR	
"Goal setting" OR "Setting goals" OR	
Psychoeducation OR	"Psycho education" OR
disincentive OR incentive OR "motivational interview" OR "motivational intervention" OR	
Psychopathology OR	
Autogenic OR	"Autogenic Training" OR
psychosocial OR "social support" OR "social network"	

Ib

"Weight Bearing" OR "Weight Lifting" OR "Load Bearing" OR	Weightbearing OR Loadbearing OR Weightlifting OR
Training OR Exercise OR Rehabilitation OR Exertion OR	
Sport OR	
walking OR running OR jogging OR swimming OR gymnastic OR calisthenic OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR	"low intensity training" OR "high intensity training" OR "bicycle training" OR "dynamic training" OR "physical training" OR "exercise training" OR "endurance training" OR "strength training" OR "Interval training" OR "Ergometer training" OR "aerobic interval training" OR "aerobic training" OR "resistance training" OR "Strength Training" OR Pilates OR
"physical activity" OR "Physical Effort" OR "Physical Enduranc" OR "Physical Fitness" OR "cardiorespiratory fitness"	"exercise based" OR "dynamic exercise" OR "Exercise intervention" OR "Exercise Movement" OR "Exercise program" OR "exercise therapy" OR "Exercise treatment" OR "physical exercise" OR "exercise intolerance" OR "exercise tolerance" OR "exercise performance" OR "Aerobic Exercise" OR "endurance exercise" OR

	"resistance exercise" OR "Training exercise" OR "Exercise aerobic" OR "training strength" OR "high intensity interval exercise" OR "physical therapy" OR Physiotherapy OR
	"Fitness intervention" OR "Fitness program" OR "muscle endurance"

C

"Usual care"	
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The end

	Complete seach phrase	Number of hits
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1

P	("heart failure" OR "cardiac failure" OR "failing heart" OR "myocardial failure" OR "myocardial insufficiency" OR "failing myocardium" OR "failure myocardium" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR "ischemic heart" OR "heart ischemic" OR "myocardial ischemic" OR "ischemic myocardium" OR "Coronary Artery Bypass" OR "coronary bypass" OR "Aortocoronary Bypass" OR cabg OR "cardiac bypass" OR "acute occlusive dissection" OR PTCA OR "cardiac Stent" OR "Cardiovascular Stroke" OR "Myocardial Infarct" OR "Heart infarct" OR stenocardia OR "angor pectoris" OR "angina pectoris" OR "New York Heart Association" OR NYHA OR "coronary artery disease" OR "coronary heart disease" OR "coronary arteriosclerosis" OR "coronary atherosclerosis" OR Revascularization OR "Internal Mammary Artery Implantation" OR "Paroxysmal Dyspnea" OR "Cardiac Edema" OR Mitral OR "Heart Disease" OR "Cardiac Disease" OR "Left Heart Bypass" OR "Cavopulmonary Anastomosis" OR "Right Heart Bypass" OR "Cavopulmonary Shunt") AND	3796
1a	(meditation OR "health education" OR "health coach" OR Education OR Relaxation OR psychotherapy OR psychologic OR psychological OR Stress OR tobacco OR smoke OR "diet therapy" OR Fat OR Protein OR Vegetarian OR Vegan OR "Omega 3" OR PUFA OR "Fatty Acids" OR "weight loss" OR "body weight" OR "Occupational Therapy" OR "Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise" OR yoga OR "Secondary Prevention" OR "Relapse Prevention" OR "Life Change" OR "life style" OR Lifestyle OR "self care" OR "self management" OR "self motivation" OR "ambulatory care" OR "Outpatient Care" OR "Outpatient Health Service" OR "Urgent Care" OR "Clinic Visit" OR "Mind Body" OR counseling OR counselling OR "Cognitive Therapy" OR "Cognition Therapy" OR Behaviour OR Behaviour OR Behavioral OR Behavioural OR Anxiety OR Hypnotherapy OR "Goal setting" OR "Setting goals" OR Psychoeducation OR disincentive OR incentive OR "motivational interview" OR "motivational intervention" OR Psychopathology OR Autogenic OR psychosocial OR "social support" OR "social network") AND	151857
1b	("Weight Bearing" OR "Weight Lifting" OR "Load Bearing" OR Training OR Exercise OR Rehabilitation OR Exertion OR Sport OR walking OR running OR jogging OR swimming OR gymnastic OR calisthenic OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR "physical activity" OR "Physical Effort" OR "Physical Enduranc" OR "Physical Fitness" OR "cardiorespiratory fitness")	108101

2

P	("heart failure" OR "cardiac failure" OR "failing heart" OR "myocardial failure" OR "myocardial insufficiency" OR "failing myocardium" OR "failure myocardium" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR "ischemic heart" OR "heart ischemic" OR "myocardial ischemic" OR "ischemic myocardium" OR "Coronary Artery Bypass" OR "coronary bypass" OR "Aortocoronary Bypass" OR cabg OR "cardiac bypass" OR "acute occlusive dissection" OR PTCA OR "cardiac Stent" OR "Cardiovascular Stroke" OR "Myocardial Infarct" OR "Heart infarct" OR stenocardia OR "angor pectoris" OR "angina pectoris" OR "New York Heart Association" OR NYHA OR "coronary artery disease" OR "coronary heart disease" OR "coronary arteriosclerosis" OR "coronary atherosclerosis" OR Revascularization OR "Internal Mammary Artery Implantation" OR "Paroxysmal Dyspnea" OR "Cardiac Edema" OR Mitral OR "Heart Disease" OR "Cardiac Disease" OR "Left Heart Bypass" OR "Cavopulmonary Anastomosis" OR "Right Heart Bypass" OR "Cavopulmonary Shunt") AND	
1b NOT 1a	((("Weight Bearing" OR "Weight Lifting" OR "Load Bearing" OR Training OR Exercise OR Rehabilitation OR Exertion OR Sport OR walking OR running OR jogging OR swimming OR gymnastic OR calisthenic OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR "physical activity" OR "Physical Effort" OR "Physical Enduranc" OR "Physical Fitness" OR "cardiorespiratory fitness") NOT	

la	(meditation OR "health education" OR "health coach" OR Education OR Relaxation OR psychotherapy OR psychologic OR psychological OR Stress OR tobacco OR smoke OR "diet therapy" OR Fat OR Protein OR Vegetarian OR Vegan OR "Omega 3" OR PUFA OR "Fatty Acids" OR "weight loss" OR "body weight" OR "Occupational Therapy" OR "Respiratory Muscle Training" OR "Inspiratory Muscle Training" OR "breathing exercise" OR yoga OR "Secondary Prevention" OR "Relapse Prevention" OR "Life Change" OR "life style" OR Lifestyle OR "self care" OR "self management" OR "self motivation" OR "ambulatory care" OR "Outpatient Care" OR "Outpatient Health Service" OR "Urgent Care" OR "Clinic Visit" OR "Mind Body" OR counseling OR counselling OR "Cognitive Therapy" OR "Cognition Therapy" OR Behaviour OR Behaviour OR Behavioral OR Behavioural OR Anxiety OR Hypnotherapy OR "Goal setting" OR "Setting goals" OR Psychoeducation OR disincentive OR incentive OR "motivational interview" OR "motivational intervention" OR Psychopathology OR Autogenic OR psychosocial OR "social support" OR "social network")	
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3

P	("heart failure" OR "cardiac failure" OR "failing heart" OR "myocardial failure" OR "myocardial insufficiency" OR "failing myocardium" OR "failure myocardium" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR "ischemic heart" OR "heart ischemic" OR "myocardial ischemic" OR "ischemic myocardium" OR "Coronary Artery Bypass" OR "coronary bypass" OR "Aortocoronary Bypass" OR cabg OR "cardiac bypass" OR "acute occlusive dissection" OR PTCA OR "cardiac Stent" OR "Cardiovascular Stroke" OR "Myocardial Infarct" OR "Heart infarct" OR stenocardia OR "angor pectoris" OR "angina pectoris" OR "New York Heart Association" OR NYHA OR "coronary artery disease" OR "coronary heart disease" OR "coronary arteriosclerosis" OR "coronary atherosclerosis" OR Revascularization OR "Internal Mammary Artery Implantation" OR "Paroxysmal Dyspnea" OR "Cardiac Edema" OR Mitral OR "Heart Disease" OR "Cardiac Disease" OR "Left Heart Bypass" OR "Cavopulmonary Anastomosis" OR "Right Heart Bypass" OR "Cavopulmonary Shunt") AND	
C	("Usual care")	7

Comments: Due to the limited search possibilities in this database, some search terms were omitted. These are listed in the right column of the table. In addition, the filter "Studies" and the time limit were not used because the search results in this database few hits.

ClinicalTrialGov

<http://www.clinicaltrials.gov/>

Number of hits	Search date
1. P AND Ia AND Ib AND Studies 1036 2. P AND ((Ib NOT Ia) AND (Studies)) 2069 3. P AND C AND Studies 421 1 OR 2 OR 3= 3526	08.09.2015

P

"heart failure" OR "failing heart" OR "myocardial failure" OR "cardiac failure" OR	"failure myocardium" OR "impaired myocardial function" OR "reduced myocardial function" OR "myocardial insufficiency" OR "Heart Decompensation" OR
	"ischaemic myocardium" OR "myocardial ischaemic" OR "heart ischaem" OR "ischaemic heart" OR "ischemic heart" OR "heart ischemic" OR "myocardial ischemic" OR "ischemic myocardium" OR
"coronary bypass" OR cabg OR "cardiac bypass" OR "cardiac Stent" OR	"Coronary Artery Bypass" OR "Aortocoronary Bypass" OR "acute occlusive dissection" OR PTCA OR
"Myocardial Infarct" OR "Heart infarct" OR	"Cardiovascular Stroke" OR
"angina pectoris" OR	stenocardia OR "angor pectoris" OR
"New York Heart Association" OR NYHA OR	

"coronary heart disease"	"coronary arteriosclerosis" OR "coronary atherosclerosis" OR "coronary artery disease" OR
	"Internal Mammary Artery Implantation" OR Revascularization
	"Paroxysmal Dyspnea" OR "Cardiac Edema" OR
	"Mitral Valve Regurgitation" OR "Mitral Regurgitation" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR
	"Heart Disease" OR "Cardiac Disease" OR
	"Left Heart Bypass" OR "Cavopulmonary Anastomosis" OR "Right Heart Bypass" OR "Cavopulmonary Shunt"

1a

meditation OR	
"health education" OR	"health coach" OR
"patient education" OR	"interprofessional education" OR "educational intervention" OR "education of patient" OR
Relaxation OR	"relaxation Technic" OR "relaxation therapy" OR "muscle relaxation" OR "relaxation Technique" OR
psychotherapy OR "psychological intervention" OR	"psychologic treatment" OR "psychologic intervention" OR "psychologic therapy" OR "psychological treatment" OR "psychological intervention" OR "psychological therapy" OR "psychological support" OR "psychologic intervention"
	"trauma intervention" OR "trauma therapy" OR
"stress management" OR	"distress management" OR
"tobacco use cessation" OR "smoking cessation"	
"diet therapy" OR	"eating habits" OR
	"Mediterranean diet" OR
	"fat reduced" OR "fat reducing" OR "fat reduction" OR "Protein Restricted" OR "Protein reduced" OR "Protein reducing" OR "Protein reduction" OR "Fat Restricted" OR "Low Fat" OR "Fat Free" OR "Low Protein" OR "Protein Free" OR
Vegetarian OR Vegan OR	
	"Omega 3" OR PUFA OR "Fatty Acids" OR
"weight loss" OR	"body weight" OR
"Occupational Therapy" OR	

yoga OR	"Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise" OR
"life style" OR	"Event History Analysis" OR "Life Change Event" OR "life style change" OR "life style intervention" OR "life style programmes" OR "lifestyle change" OR "lifestyle intervention" OR "lifestyle program" OR "lifestyle treatment" OR
"self care" OR	"self management" OR "self motivation" OR
"ambulatory care" OR "Outpatient Care" OR	"Urgent Care" OR "Clinic Visit" OR "Outpatient Health Service" OR
"Mind Body" OR	"Mind Body Therapy" OR "Mind Body Medicine" OR "Mind body relaxation" OR
counseling OR	counselling OR
	"Cognitive Therapy" OR "Cognition Therapy" OR
	"Behavior Modification" OR "Behavior modify" OR "Behavior Therapy" OR "Behavior change" OR "Behavioral Therapy" OR "Behaviour Modification" OR "Behaviour modify" OR "Behaviour Therapy" OR "Behaviour change" OR "Behavioural Therapy" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention" OR "Behavioural intervention" OR
Hypnotherapy OR	
	"Goal setting" OR "Setting goals" OR
	"Psycho education" OR Psychoeducation OR Rehabilitation OR
	disincentive OR incentive OR "motivational interview" OR "motivational intervention" OR
	Psychopathology OR
"Autogenic Training" OR	"Autogenic Training" OR
"social support"	"social network" OR "psychosocial support" OR

Ib

	"Weight Bearing" OR "Weight Lifting" OR "Load Bearing" OR Weightbearing OR Loadbearing OR Weightlifting OR
Training OR Exercise OR Exertion OR	
Sport OR	
walking OR	"low intensity training" OR

running OR jogging OR swimming OR gymnastic OR calisthenic OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR	"high intensity training" OR "bicycle training" OR "dynamic training" OR "physical training" OR "exercise training" OR "endurance training" OR "strength training" OR "Interval training" OR "Ergometer training" OR "aerobic interval training" OR "aerobic training" OR "resistance training" OR "Strength Training" OR Pilates OR
"physical activity" OR "Physical Effort" OR "Physical Enduranc" OR "Physical Fitness" OR "cardiorespiratory fitness"	"exercise based" OR "dynamic exercise" OR "Exercise intervention" OR "Exercise Movement" OR "Exercise program" OR "exercise therapy" OR "Exercise treatment" OR "physical exercise" OR "exercise intolerance" OR "exercise tolerance" OR "exercise performance" OR "Aerobic Exercise" OR "endurance exercise" OR "resistance exercise" OR "Training exercise" OR "Exercise aerobic" OR "training strength" OR "high intensity interval exercise" OR "physical therapy" OR Physiotherapy OR
	"Fitness intervention" OR "Fitness program" OR "muscle endurance"

C

"usual care"	
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Studies

"single blind" OR "double blind" OR "triple blind" OR "single blinded" OR "double blinded" OR "triple blinded" OR "treble blind" OR "single mask" OR "double mask" OR "triple mask" OR "treble mask" OR "Clinical trial"	
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The end

	Complete seach phrase	Number of hits
P	("heart failure" OR "failing heart" OR "myocardial failure" OR "cardiac failure" OR "coronary bypass" OR cabg OR "cardiac bypass" OR "cardiac Stent" OR "Myocardial Infarct" OR "Heart infarct" OR "angina pectoris" OR "New York Heart Association" OR NYHA OR "coronary heart disease") AND	21849
la	(meditation OR "health education" OR "patient education" OR Relaxation OR psychotherapy OR "psychological intervention" OR "stress management" OR "tobacco cessation" OR "diet therapy" OR Vegetarian OR Vegan OR "weight	30142

	loss" OR "Occupational Therapy" OR yoga OR "life style" OR "self care" OR "ambulatory care" OR "Outpatient Care" OR "Mind Body" OR counseling OR Hypnotherapy OR "Autogenic Training" OR "social support") AND	
Ib	(Training OR Exercise OR Exertion OR Sport OR walking OR running OR jogging OR swimming OR gymnastic OR calisthenic OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR "physical activity" OR "Physical Effort" OR "Physical Enduranc" OR "Physical Fitness" OR "cardiorespiratory fitness") AND	41472
Studies	("single blind" OR "double blind" OR "triple blind" OR "single blinded" OR "double blinded" OR "triple blinded" OR "treble blind" OR "single mask" OR "double mask" OR "triple mask" OR "treble mask" OR "Clinical trial")	110253
C	"usual care") AND	3274

2

P	("heart failure" OR "failing heart" OR "myocardial failure" OR "cardiac failure" OR "coronary bypass" OR cabg OR "cardiac bypass" OR "cardiac Stent" OR "Myocardial Infarct" OR "Heart infarct" OR "angina pectoris" OR "New York Heart Association" OR NYHA OR "coronary heart disease") AND	
Ib NOT Ia	((Training OR Exercise OR Exertion OR Sport OR walking OR running OR jogging OR swimming OR gymnastic OR calisthenic OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR "physical activity" OR "Physical Effort" OR "Physical Enduranc" OR "Physical Fitness" OR "cardiorespiratory fitness") NOT (meditation OR "health education" OR "patient education" OR Relaxation OR psychotherapy OR "psychological intervention" OR "stress management" OR "tobacco cessation" OR "diet therapy" OR Vegetarian OR Vegan OR "weight loss" OR "Occupational Therapy" OR yoga OR "life style" OR "self care" OR "ambulatory care" OR "Outpatient Care" OR "Mind Body" OR counseling OR Hypnotherapy OR "Autogenic Training" OR "social support")) AND	
Studies	("single blind" OR "double blind" OR "triple blind" OR "single blinded" OR "double blinded" OR "triple blinded" OR "treble blind" OR "single mask" OR "double mask" OR "triple mask" OR "treble mask" OR "Clinical trial")	

3

P	("heart failure" OR "failing heart" OR "myocardial failure" OR "cardiac failure" OR "coronary bypass" OR cabg OR "cardiac bypass" OR "cardiac Stent" OR "Myocardial Infarct" OR "Heart infarct" OR "angina pectoris" OR "New York Heart Association" OR NYHA OR "coronary heart disease") AND	
C	("usual care") AND	3274
Studies	("single blind" OR "double blind" OR "triple blind" OR "single blinded" OR "double blinded" OR "triple blinded" OR "treble blind" OR "single mask" OR "double mask" OR "triple mask" OR "treble mask" OR "Clinical trial")	

Comments

Because of the limited search possibilities in this database, some search terms have been omitted. These are listed in the table columns on the right.

References:

Bramer, W., Holland, L., Mollema, J., Hannon, T., and Bekhuis, T. Removing duplicates in retrieval sets from electronic databases. Online: http://www.iss.it/binary/eahi/cont/57_Bramer_Wichor_slides_EAHIL_2014.pdf, Stand: 10.09.2015.

Second Systematic literature search

The effect of exercise based cardiac rehabilitation on mortality, hospitalization, exercise capacity and quality of life in chronic heart failure patients in the era of current therapeutic approach: a systematic review.

The Heart Failure Cardiac Rehabilitation Exercise Outcome Study (HF_CREXOS)

Carried out by:

Maurizio Grilli M.A.L.I.S. Library for the Medical Faculty of Mannheim, University of Heidelberg

Universitätsmedizin Mannheim

Theodor-Kutzer-Ufer 1-3

Haus 42

maurizio.grilli@medma.uni-heidelberg.de

tel. 0621/383-3167

On behalf of:

Deutsche Gesellschaft für Prävention und Rehabilitation von Herz-Kreislaufkrankungen, e.V. (DGPR)

Friedrich-Ebert Ring 38

56068 Koblenz

Second systematic literature search finished on 12.02. 2019

Shared relevant articles second literature search:

- Long L1, Mordi IR, Bridges C, et al. Exercise-based cardiac rehabilitation for adults with heart failure. Cochrane Database Syst Rev. 2019 Jan 29;1:CD003331. doi: 10.1002/14651858.CD003331.pub5.
- Taylor RS1, Walker S1, Smart NA2, et al. Impact of exercise-based cardiac rehabilitation in patients with heart failure (ExTraMATCH II) on mortality and hospitalisation: an individual patient data meta-analysis of randomised trials. Eur J Heart Fail. 2018;20:1735-1743. doi: 10.1002/ejhf.1311.
- 24 additional relevant publications

Defining the relevant aspects of the topic

P	Primary myocardial heart failure
la	Comprehensive cardiac rehabilitation
lb	Structured exercise training
C	Usual care

Strategy

The table below summarizes the search strategy.

For some databases, the search strategy was performed differently, according to the search tools. The explanations are in tables and remarks according to the search terms of the respective databases.

1	la	
2	lb	
3	1 AND 2	Multimodal und Training zusammen
4	2 NOT 1	Nur Training
5	C	
6	1 OR 2	
7	5 NOT 6	Nur Usual Care
8	3 OR 4 OR 7	
9	P	
10	8 AND 9	
11	Studies	
12	10 AND 11	
13	Animals	
14	12 NOT 13	
15	Filter Publ. Date from 2016	

The following databases were used for the search

- PubMed

- Web of Science Core Collection
- Cinahl
- PsychInfo
-

The results were stored in Endnote and deduplicated according to the "Wichor Bramer Method" (Bramer et al., P. 9). Nevertheless, some articles may occur several times.

The hits are sorted by database. PubMed hits were the first to be exported to Endnote. These are therefore preferred in deduplication. That is, in the case of duplicates, entries are removed from other databases.

PubMed

Number of hits	Date
805	10.02.2019

P

"Heart Failure"[Mesh:NoExp] OR heart fail*[tiab] OR cardiac fail*[tiab] OR failing heart*[tiab] OR myocardial fail*[tiab] OR "myocardial insufficiency"[tiab] OR failing myocard*[tiab] OR failure myocard*[tiab] OR "Heart Decompensation"[tiab] OR "impaired myocardial function"[tiab] OR "reduced myocardial function"[tiab] OR	
"Heart Failure, Diastolic"[Mesh] OR	
"Heart Failure, Systolic"[Mesh] OR	
"Dyspnea, Paroxysmal"[Mesh] OR "Paroxysmal Dyspnea"[tiab] OR	
"Edema, Cardiac"[Mesh] OR Cardiac Edema*[tiab] OR	
"Mitral Valve Insufficiency"[Mesh] OR Mitral Valve Regurgitation*[tiab] OR Mitral Regurgitation*[tiab] OR "Mitral Valve Incompetence"[tiab] OR "Mitral Incompetence"[tiab] OR "Mitral Insufficiency"[tiab] OR "Mitral Valve Insufficiency"[tiab] OR	

<p>"New York Heart Association 1"[tiab] OR "New York Heart Association 2"[tiab] OR "New York Heart Association 3" [tiab] OR "New York Heart Association I"[tiab] OR "New York Heart Association ii"[tiab] OR "New York Heart Association iii"[tiab] OR "New York Heart Association class 1"[tiab] OR "New York Heart Association class 2"[tiab] OR "New York Heart Association class 3"[tiab] OR "New York Heart Association class I"[tiab] OR "New York Heart Association class ii"[tiab] OR "New York Heart Association class iii"[tiab] OR "New York Heart Association classes 1"[tiab] OR "New York Heart Association classes 2"[tiab] OR "New York Heart Association classes 3"[tiab] OR "New York Heart Association classes I"[tiab] OR "New York Heart Association classes ii"[tiab] OR "New York Heart Association classes iii"[tiab] OR "New York Heart Association classification i"[tiab] OR "New York Heart Association classification ii"[tiab] OR "New York Heart Association classification iii"[tiab] OR "NYHA 1"[tiab] OR "NYHA 2"[tiab] OR "NYHA 3"[tiab] OR "NYHA I"[tiab] OR "NYHA ii"[tiab] OR "NYHA iii"[tiab] OR "NYHA class 1"[tiab] OR "NYHA class 2"[tiab] OR "NYHA class 3"[tiab] OR "NYHA class I"[tiab] OR "NYHA class ii"[tiab] OR "NYHA class iii"[tiab] OR "NYHA classes 1"[tiab] OR "NYHA classes 2"[tiab] OR "NYHA classes 3"[tiab] OR "NYHA classes I"[tiab] OR "NYHA classes ii"[tiab] OR "NYHA classes iii"[tiab] OR "NYHA classification I"[tiab] OR "NYHA classification ii"[tiab] OR "NYHA classification iii"[tiab] OR</p>	
<p>"Myocardial Ischemia"[Mesh:NoExp] OR ischemic heart*[tiab] OR ischaemic heart*[tiab] OR heart ischem*[tiab] OR heart ischaem*[tiab] OR myocardial ischem*[tiab] OR myocardial ischaem*[tiab] OR ischemic myocard*[tiab] OR ischaemic myocard*[tiab] OR</p>	

"Coronary Artery Bypass"[Mesh:NoExp] OR Coronary Artery Bypass*[tiab] OR coronary bypass*[tiab] OR Aortocoronary Bypass*[tiab] OR cabg*[tiab] OR cardiac bypass*[tiab] OR acute occlusive dissection*[tiab] OR PTCA [tiab] OR Cardiac stent*[tiab] OR	
"Coronary Artery Disease"[Mesh:NoExp] OR "Coronary Disease"[Mesh:NoExp] OR coronary artery disease*[tiab] OR coronary heart disease*[tiab] OR coronary arterioscleros*[tiab] OR coronary atheroscleros*[tiab] OR	
"Myocardial Revascularization"[Mesh:NoExp] OR Revascularization*[tiab] OR Internal Mammary Artery Implantation*[tiab] OR	
"Myocardial Infarction"[Mesh:NoExp] OR Cardiovascular Stroke*[tiab] OR Myocardial Infarct*[tiab] OR Heart infarct*[tiab] OR	
"Angina Pectoris"[Mesh:NoExp] OR stenocardia*[tiab] OR "angor pectoris"[tiab] OR "angina pectoris"[tiab] OR	
"Heart Diseases"[Mesh:NoExp] OR Heart Disease*[tiab] OR Cardiac Disease*[tiab] OR	
"Heart Bypass, Left"[Mesh] OR Left Heart Bypass*[tiab] OR	
"Heart Bypass, Right"[Mesh:NoExp] OR Cavopulmonary Anastomos*[tiab] OR Right Heart Bypass*[tiab] OR Cavopulmonary Shunt*[tiab]	

la

"Meditation"[Mesh:NoExp] OR meditation*[tiab] OR	
"health education"[Mesh:NoExp] OR health educat*[tiab] OR health coach*[tiab] OR	
"Patient Education"[Mesh:NoExp] OR patient education*[tiab] OR education of patient*[tiab] OR interprofessional education*[tiab] OR educational intervention*[tiab] OR	
"Relaxation Therapy"[Mesh:NoExp] OR relaxation Technique*[tiab] OR relaxation Technic*[tiab] OR relaxation therap*[tiab] OR muscle relaxation*[tiab] OR	

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<p>trauma intervention*[tiab] OR trauma therap*[tiab] OR</p>	
<p>"Stress, psychological"[Mesh:NoExp] OR "stress management"[tiab] OR "distress management"[tiab] OR</p>	
<p>"Tobacco Use Cessation"[Mesh:NoExp] OR "Tobacco use cessation"[tiab] OR</p>	
<p>"Smoking Cessation"[Mesh:NoExp] OR "Smoking cessation"[tiab] OR</p>	
<p>"Diet Therapy"[Mesh:NoExp] OR diet therap*[tiab] OR eating habit*[tiab] OR</p>	
<p>"Diet, Mediterranean"[Mesh:NoExp] OR "Mediterranean diet"[tiab] OR</p>	
<p>"Diet, Fat-Restricted"[Mesh:NoExp] OR "Fat Restricted"[tiab] OR "fat reduced"[tiab] OR "fat reducing"[tiab] OR "fat reduction"[tiab] OR "Low Fat"[tiab] OR "Fat Free"[tiab] OR</p>	
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"Mind-Body Therapies"[Mesh:NoExp] Or Mind Body Therap*[tiab] OR "Mind Body Medicine" [tiab] OR "Mind body relaxation" [tiab] OR	
"Counseling"[Mesh:NoExp] OR counseling*[tiab] OR counselling*[tiab] OR	
"Cognitive Therapy"[Mesh:NoExp] OR Cognitive Therap*[tiab] OR Cognition Therap*[tiab] OR	

<p>"Behavior Therapy"[Mesh:NoExp] OR Conditioning Therap*[tiab] OR Behavior Modificat*[tiab] OR "Behavior modify"[tiab] OR Behavior Therap*[tiab] OR "Behavior change" [tiab] OR Behavioral Therap*[tiab] OR Behaviour Modificat*[tiab] OR "Behaviour modify"[tiab] OR Behaviour Therap*[tiab] OR "Behaviour change" [tiab] OR Behavioural Therap*[tiab] OR "conversational therapy"[tiab] OR "conversation therapy"[tiab] OR Behavioral intervention*[tiab] OR Behavioural intervention*[tiab] OR cbt[tiab] OR</p>	
<p>"Anxiety management"[tiab] OR "Anxiety Assessment"[tiab] OR "Anxiety Avoidance"[tiab] OR "Anxiety scale"[tiab] OR "Anxiety Evaluation"[tiab] OR "Anxiety Improvement"[tiab] OR "Anxiety Rating"[tiab] OR Anxiety Reduc*[tiab] OR Anxiety Regulat*[tiab] OR Anxiety Diagnos*[tiab] OR Anxiety Intervention*[tiab] OR Anxiety Measur*[tiab] OR Anxiety Control*[tiab] OR</p>	
<p>Hypnotherap*[tiab] OR</p>	
<p>Goal setting*[tiab] OR "Setting goals" [tiab] OR</p>	
<p>Psychoeducat*[tiab] OR Psycho educat*[tiab] OR</p>	
<p>"Motivation"[Mesh:NoExp] OR disincentive*[tiab] OR incentive*[tiab] OR motivational interview*[tiab] OR "motivational intervention"[tiab] OR</p>	
<p>"Psychopathology"[Mesh] OR Psychopatholog*[tiab] OR "Autogenic Training"[Mesh:NoExp] OR Autogenic Training*[tiab] OR</p>	
<p>"Social Support"[Mesh:NoExp] OR social network*[tiab] OR psychosocial*[tiab] OR social support*[tiab]</p>	

1b

<p>"Weight Lifting"[Mesh] OR "Weight Lifting"[tiab] OR "Weight Bearing"[tiab] OR "Weightbearing"[tiab] OR Loadbearing[tiab] OR "Load Bearing"[tiab] OR Weightlifting[tiab] OR</p>	
<p>"High intensity interval training"[tiab] OR "high intensity interval exercise"[tiab] OR "low intensity training"[tiab] OR "high intensity training"[tiab] OR</p>	
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<p>"Sports"[Mesh:NoExp] OR</p>	
<p>"Ergometry"[Mesh] OR "Ergometer training"[tiab]</p>	

C

<p>usual care"[tiab]</p>	
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Studies

"Randomized Controlled Trials as Topic"[Mesh] OR "Controlled Clinical Trial" [Publication Type] OR "Controlled Clinical Trials as Topic"[Mesh] OR "Random Allocation"[Mesh] OR "Double-Blind Method"[Mesh] OR "Single-Blind Method"[Mesh] OR "Research Design"[Mesh] OR "Clinical Trials as Topic"[Mesh] OR single blind*[tiab] OR double blind*[tiab] OR triple blind*[tiab] OR treble blind*[tiab] OR single mask*[tiab] OR double mask*[tiab] OR triple mask*[tiab] OR treble mask*[tiab] OR "blinded single"[tiab] OR "blinded double"[tiab] OR "blind single"[tiab] OR "blind double"[tiab] OR "Clinical Trial"[Publication Type] OR clinical trial*[tiab] OR trial clinic*[tiab]	
--	--

Filters humans

NOT ("Animals"[Mesh] NOT "Humans"[Mesh])	
--	--

Filters Publication Year

("1999/01/01"[PDAT] : "3000/12/31"[PDAT])	
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Comments

Web of Science

Number of hits	Date
96	12.02.2019

P

"heart fail*" OR "cardiac fail*" OR "failing heart*" OR "myocardial fail*" OR "myocardial insufficiency" OR "failing myocard*" OR "failure myocard*" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR	
"Diastolic Heart Failure" OR	
"Systolic Heart Failure" OR	
"Paroxysmal Dyspnea" OR	
"Cardiac Edema*" OR	

<p>"Mitral Valve Regurgitation*" OR "Mitral Regurgitation*" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR</p>	
<p>"New York Heart Association 1*" OR "New York Heart Association 2" OR "New York Heart Association 3" OR "New York Heart Association i" OR "New York Heart Association ii" OR "New York Heart Association iii*" OR "New York Heart Association class 1" OR "New York Heart Association class 2" OR "New York Heart Association class 3" OR "New York Heart Association class i" OR "New York Heart Association class ii" OR "New York Heart Association class iii*" OR "New York Heart Association classes 1" OR "New York Heart Association classes 2" OR "New York Heart Association classes 3" OR "New York Heart Association classes i" OR "New York Heart Association classes ii" OR "New York Heart Association classes iii*" OR "New York Heart Association classification i" OR "New York Heart Association classification ii" OR "New York Heart Association classification iii" OR "NYHA 1*" OR "NYHA 2" OR "NYHA 3" OR "NYHA i" OR "NYHA ii" OR "NYHA iii*" OR "NYHA class 1" OR "NYHA class 2" OR "NYHA class 3" OR "NYHA class i" OR "NYHA class ii" OR "NYHA class iii*" OR "NYHA classes 1" OR "NYHA classes 2" OR "NYHA classes 3" OR "NYHA classes i" OR "NYHA classes ii" OR "NYHA classes iii*" OR "NYHA classification i" OR "NYHA classification ii" OR "NYHA classification iii*" OR</p>	
<p>"ischemic heart*" OR "ischaemic heart*" OR "heart ischem*" OR "heart ischaem*" OR "myocardial ischem*" OR "myocardial ischaem*" OR "ischemic myocard*" OR "ischaemic myocard*" OR</p>	

"Coronary Artery Bypass*" OR "coronary bypass*" OR "Aortocoronary Bypass*" OR cabg* OR "cardiac bypass*" OR "acute occlusive dissection*" OR PTCA OR "cardiac Stent" OR	
"coronary artery disease*" OR "coronary heart disease*" OR "coronary arterioscleros*" OR "coronary atheroscleros*" OR	
Revascularization* OR "Internal Mammary Artery Implantation*" OR	
"Cardiovascular Stroke*" OR "Myocardial Infarct*" OR "Heart infarct*" OR	
stenocardia* OR "angor pectoris" OR "angina pectoris" OR	
"Heart Disease*" OR "Cardiac Disease*" OR	
"Left Heart Bypass*" OR "Cavopulmonary Anastomos*" OR "Right Heart Bypass*" OR "Cavopulmonary Shunt*" OR	

la

meditation* OR "health educat*" OR "health coach*" OR "patient education*" OR "education of patient*" OR "interprofessional education*" OR "educational intervention*" OR "relaxation Technique*" OR "relaxation Technic*" OR "relaxation therap*" OR "muscle relaxation*" OR	
"psychologic treatment*" OR "psychologic intervention*" OR "psychologic therap*" OR "psychological treatment*" OR "psychological intervention*" OR "psychological therap*" OR "psychological support" OR	
"trauma intervention*" OR "trauma therap*" OR	
"stress management" OR "distress management" OR	

"Tobacco use cessation" OR "smoking cessation" OR	
"diet therap*" OR "eating habit*" OR	
Mediterranean diet* OR	
"Fat Restricted" OR "fat reduced" OR "fat reducing" OR "fat reduction" OR "Low Fat" OR "Fat Free" OR	
"Protein Restricted" OR "Protein reduced" OR "Protein reducing" OR "Protein reduction" OR "Low Protein" OR "Protein Free" OR	
Vegetarian* OR Vegan* OR	
"Omega 3" OR PUFA OR "Fatty Acids" OR	
"weight loss" OR "body weight" OR	
"Occupational Therap*" OR	
yoga OR "Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise*" OR	
"life style chang*" OR "life style intervent*" OR "life style programmes" OR "lifestyle chang*" OR "lifestyle intervent*" OR "lifestyle program*" OR "lifestyle treatment*" OR "Life Change Event*" OR "Event History Analys*" OR	
"self care" OR "self management" OR	
"ambulatory care*" OR "Outpatient Care*" OR "Outpatient Health Service*" OR "Urgent Care*" OR "Clinic Visit*" OR •	

"Mind Body Therap*" OR "Mind Body Medicine" OR "Mind body relaxation" OR	
counseling* OR counselling* OR	
"Cognitive Therap*" OR "Cognition Therap*" OR	
"Conditioning Therap*" OR "Behavior Modificat*" OR "Behavior modify" OR "Behavior Therap*" OR "Behavior change" OR "Behavioral Therap*" OR "Behaviour Modificat*" OR "Behaviour modify" OR "Behaviour Therap*" OR "Behaviour change" OR "Behavioural Therap*" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention*" OR "Behavioural intervention*" OR cbt OR	
"Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR "Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*" OR	
Hypnotherap* OR	
"Goal setting*" OR "Setting goals" OR	
Psychoeducat* OR "Psycho educat*" OR	
"motivational interview*" OR "motivational intervention" OR	
Psychopatholog* OR "Autogenic Training*" OR	
"social network*" OR psychosocial* OR "social support*" OR	

1b

Weight Lifting" OR "Weight Bearing" OR "Weightbearing" OR Loadbearing OR "Load Bearing" OR Weightlifting OR	
"high intensity interval exercise" OR "low intensity training" OR "high intensity training" OR	
"cardiorespiratory fitness" OR walking OR running* OR jogging OR swimming OR gymnastic* OR calisthenic* OR "bicycle training" OR physiotherap* OR "Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR Pilates OR	

<p>"dynamic exercise*" OR "dynamic training" OR "endurance training" OR "exercise based" OR "Exercise Movement*" OR "exercise training*" OR "Physical Enduranc*" OR "resistance exercise*" OR "resistance training*" OR "Aerobic exercise*" OR "aerobic training" OR "endurance exercise" OR "Ergometer training" OR "Exercise aerobic" OR "Exercise intervent*" OR "exercise intolerance" OR "exercise performance" OR "Exercise program*" OR "exercise therap*" OR "exercise tolerance" OR "Exercise treatment" OR "Fitness intervent*" OR "Fitness program*" OR "Interval training*" OR "muscle endurance" OR "Strength Training*" OR "Training exercise*" OR "training strength*" OR Physical Effort*" OR Physical Exertion*" OR</p>	
<p>"physical exercise*" OR "Physical Fit*" OR "physical training" OR "physical therap*" OR "physical activit*" OR</p>	
sport	

C

"usual care"	
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Studies

<p>"singl* blind*" OR "doubl* blind*" OR "tripl* blind*" OR "trebl* blind*" OR "singl* mask*" OR "doubl* mask*" OR "tripl* mask*" OR "trebl* mask*" OR "Clinic* trial*" OR "Research Design" OR "Random Allocation" OR "Controlled Trials"</p>	<p>Search setting "Topic" only for studies, as the type of study is often mentioned only in the abstract.</p>
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Number of hits	Date
416	12.02.2019

P

"heart fail*" OR "cardiac fail*" OR "failing heart*" OR "myocardial fail*" OR "myocardial insufficiency" OR "failing myocard*" OR "failure myocard*" OR "Heart Decompensation" OR "impaired myocardial function" OR "reduced myocardial function" OR	
"Diastolic Heart Failure" OR	
"Systolic Heart Failure" OR	
"Paroxysmal Dyspnea" OR "Cardiac Edema*" OR	
"Mitral Valve Regurgitation*" OR "Mitral Regurgitation*" OR "Mitral Valve Incompetence" OR "Mitral Incompetence" OR "Mitral Insufficiency" OR "Mitral Valve Insufficiency" OR	

<p> "New York Heart Association 1" OR "New York Heart Association 2" OR "New York Heart Association 3" OR "New York Heart Association I" OR "New York Heart Association ii" OR "New York Heart Association iii" OR "New York Heart Association class 1" OR "New York Heart Association class 2" OR "New York Heart Association class 3" OR "New York Heart Association class I" OR "New York Heart Association class ii" OR "New York Heart Association class iii" OR "New York Heart Association classes 1" OR "New York Heart Association classes 2" OR "New York Heart Association classes 3" OR "New York Heart Association classes I" OR "New York Heart Association classes ii" OR "New York Heart Association classes iii" OR "New York Heart Association classification i" OR "New York Heart Association classification ii" OR "New York Heart Association classification iii" OR "NYHA 1" OR "NYHA 2" OR "NYHA 3" OR "NYHA I" OR "NYHA ii" OR "NYHA iii" OR "NYHA class 1" OR "NYHA class 2" OR "NYHA class 3" OR "NYHA class I" OR "NYHA class ii" OR "NYHA class iii" OR "NYHA classes 1" OR "NYHA classes 2" OR "NYHA classes 3" OR "NYHA classes I" OR "NYHA classes ii" OR "NYHA classes iii" OR "NYHA classification I" OR "NYHA classification ii" OR "NYHA classification iii" OR </p>	
<p> "ischemic heart*" OR "ischaemic heart*" OR "heart ischem*" OR "heart ischaem*" OR "myocardial ischem*" OR "myocardial ischaem*" OR "ischemic myocard*" OR "ischaemic myocard*" OR </p>	
<p> "Coronary Artery Bypass*" OR "coronary bypass*" OR "Aortocoronary Bypass*" OR cabg* OR "cardiac bypass*" OR "acute occlusive dissection*" OR PTCA OR "cardiac Stent" OR </p>	
<p>"coronary artery disease*" OR</p>	

"coronary heart disease*" OR "coronary arterioscleros*" OR "coronary atheroscleros*" OR	
Revascularization* OR "Internal Mammary Artery Implantation*" OR	
"Cardiovascular Stroke*" OR "Myocardial Infarct*" OR "Heart infarct*" OR	
stenocardia* OR "angor pectoris" OR "angina pectoris" OR	
"Heart Disease*" OR "Cardiac Disease*" OR	
"Left Heart Bypass*" OR	
"Cavopulmonary Anastomos*" OR "Right Heart Bypass*" OR "Cavopulmonary Shunt*"	

1a

DE "Meditation" OR meditation* OR	
"health educat*" OR "health coach*" OR "patient education*" OR "education of patient*" OR "interprofessional education*" OR "educational intervention*" OR	
DE "Relaxation Therapy" OR DE "Muscle Relaxation" OR DE "Progressive Relaxation Therapy" OR "relaxation Technique*" OR "relaxation Technic*" OR "relaxation therap*" OR "muscle relaxation*" OR	
DE "Psychotherapy" OR psychotherap* OR "psychologic treatment*" OR "psychologic intervention*" OR "psychologic therap*" OR "psychological treatment*" OR "psychological intervention*" OR "psychological therap*" OR "psychological support" OR	
Trauma N1 intervention* OR trauma N1 therap* OR	
DE "Stress Management" OR "stress management" OR "distress management" OR	
DE "Smoking Cessation" OR tobacco* OR smok* OR	
"diet therap*" OR	

"eating habit*" OR	
Mediterranean diet* OR	
DE "Body Fat" OR "Fat Restricted" OR "fat reduced" OR "fat reducing" OR "fat reduction" OR "Low Fat" OR "Fat Free" OR	
"Protein Restricted" OR "Protein reduced" OR "Protein reducing" OR "Protein reduction" OR "Low Protein" OR "Protein Free" OR	
Vegetarian* OR Vegan* OR	
"Omega 3" OR PUFA OR "Fatty Acids" OR	
DE "Weight Control" OR "weight loss" OR "body weight" OR	
"Occupational Therap*" OR	
DE "Rehabilitation" OR rehabilitation* OR	
DE "Yoga" OR yoga OR "Respiratory Muscle Training" OR "Inpiratory Muscle Training" OR "breathing exercise*" OR	
DE "Lifestyle Changes" OR "life style chang*" OR "life style intervent*" OR "life style programmes" OR "lifestyle chang*" OR "lifestyle intervent*" OR "lifestyle program*" OR "lifestyle treatment*" OR "Life Change Event*" OR "Event History Analys*" OR	
DE "Self Care Skills" OR "self care*" OR "self management" OR	
"ambulatory care*" OR "Outpatient Care*" OR "Outpatient Health Service*" OR "Urgent Care*" OR "Clinic Visit*" OR	
DE "Mind Body Therapy" OR "Mind Body Therap*" OR "Mind Body Medicine" OR	

"Mind body relaxation" OR	
DE "Counseling" OR counseling* OR counselling* OR	
DE "Cognitive Therapy" OR "Cognitive Therap*" OR "Cognition Therap*" OR	
DE "Conditioning" OR DE "Behavior Modification" OR DE "Behavior Therapy" OR "Conditioning Therap*" OR "Behavior Modificat*" OR "Behavior modify" OR "Behavior Therap*" OR "Behavior change" OR "Behavioral Therap*" OR "Behaviour Modificat*" OR "Behaviour modify" OR Behaviour Therap* OR "Behaviour change" OR "Behavioural Therap*" OR "conversational therapy" OR "conversation therapy" OR "Behavioral intervention*" OR "Behavioural intervention*" OR Cbt OR	
"Anxiety management" OR "Anxiety Assessment" OR "Anxiety Avoidance" OR "Anxiety scale" OR "Anxiety Evaluation" OR "Anxiety Improvement" OR "Anxiety Rating" OR "Anxiety Reduc*" OR "Anxiety Control*" OR "Anxiety Regulat*" OR "Anxiety Diagnos*" OR "Anxiety Intervention*" OR "Anxiety Measur*" OR	
DE "Hypnosis" OR Hypnotherap* OR	
Goal N1 setting* OR "Setting goals" OR	
Psychoeducat* OR "Psycho educat*" OR	
DE "Motivational Interviewing" OR DE "Educational Incentives" OR disincentive* OR incentive* OR "motivational interview*" OR "motivational intervention" OR	
Psychopatholog* OR	
DE "Autogenic Training" OR "Autogenic Training*" OR	
DE "Social Networks" OR DE "Psychosocial Rehabilitation" OR "social network*" OR psychosocial* OR "social support*" OR	

Ib

<p>“Weight Lifting” OR “Weight Bearing” OR “Weightbearing” OR Loadbearing OR “Load Bearing” OR Weightlifting OR</p>	
<p>“High intensity interval training” OR “high intensity interval exercise” OR “low intensity training” OR “high intensity training” OR</p>	
<p>“cardiorespiratory fitness” OR</p> <p>“resistance training*” OR “resistance exercise*” OR “strength training*” OR</p> <p>walking OR</p> <p>running* OR</p> <p>jogging OR</p> <p>swimming OR</p> <p>gymnastic* OR calisthenic* OR</p> <p>"bicycle training" OR</p> <p>“Physical Enduranc*” OR</p> <p>“exercise tolerance” OR “exercise intolerance” OR “endurance exercise” OR "endurance training" OR</p> <p>“Physical Fit*” OR “physical activit*” OR “physical training” OR “physical therap*” OR “physical exercise*” OR "exercise based" OR</p> <p>"Tai Chi" OR "Tai Ji Quan" OR Taiji OR Taijiquan OR "T ai Chi" OR</p> <p>Exercise Movement* OR Pilates OR</p> <p>“exercise therap*” OR “exercise training” OR "dynamic training" OR “dynamic exercise*” OR</p> <p>physiotherap* OR</p> <p>“exercise performance” OR</p>	

"Aerobic Exercise*" OR "Exercise aerobic" OR "aerobic training" OR "muscle endurance" OR "Interval training*" OR	
Physical Exertion* OR Physical Effort* OR	
"Exercise treatment" OR "Exercise intervent*" OR "Exercise program*" OR "Fitness intervent*" OR "Fitness program*" OR "Strength Training" OR "training strength*" OR "Training exercise*" OR	
"Sports" OR	
"Ergometer training"	

C

"usual care"	
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Studies

DE "Clinical Trials"	
singl* N1 blind* OR	
doubl* N1 blind* OR	
tripl* N1 blind* OR	
trebl* N1 blind* OR	
singl* N1 mask* OR	
doubl* N1 mask* OR	
tripl* N1 mask* OR	
trebl* N1 mask* OR	
Clinic* N1 trial* OR	
Research N1 Design OR	
Random*	

Excluded Studies	Study included in Taylor et al. (T) or Long et al. (L)	The primary reason for study exclusion according to the HF_CREXOS study PICO-criteria			
		Population	Intervention	Control and study Design	Outcome
Alves AJ et al. Med & Science in Sports and Exercise 2012;776-85		LV-EF < 45 %			
Antonicelli R, et al. Aging 2016;8:860-72.	L	LV-EF > 40 %			
Beckers PJ et al. EHJ 2008;29:1858-66				No usual care control group	
Beckers PJ et al. EJCP 2010; 17:660-66				Randomization after phase II CR	
Bernocchi P et al. Age and Ageing 2018;47:82-88		Population CHF and COPD; LVEF > 40 %			
Blumenthal JA et al. JAMA 2012;308:456-74 (*)					No relevant outcome
Bobenko A et al. ESC Heart Failure 2018;5:53-62					No relevant outcomes
Bocalini DS et al. Clinics 2008;64:437-42	L	Inclusion LV-EF < 45 %, LV-EF-values not reported			
Brubaker P et al. J Cardiopulm Rehabil 200;20:50-56				Randomization after phase II CR	
Chen YW et al. Heart Lung. 2018;47:24-31	L	Inclusion NYHA II u. III LV-EF > 40 %			
Chen YW et al. Medicine 2018;97(4):e9629.		Inclusion LV-EF < 50 % (mean values UC: 32 ± 11 %, Crex: 36 ± 9 %)		90 day follow up	
Cowie A et al. EJCP 2011; 18:158-166				No usual care control group, Follow up < 6 months	
Cowie A, et al. Intern J Cardiology 2012;158:295-98.				No usual care control group, Follow up < 6 months	
Cowie A & Moseley O Br J Cardiol 2014;21:76	L	Inclusion NYHA II u. III LV-EF mild to severe, no LV-EF values reported			
Davidson MD et al. EJCP 2010;17:393-402	L	LV-EF-values not reported			
Deljanin-Ilic M et al. Srp Arh Celok Lek 2007;135:516-20				Randomization after phase II CR	
Doletsky A et al. Eur J Prev Cardiol. 2018;25:9-18.				Follow up < 6 months	
Du H et al. Eur J Cardiovasc Nursing 2018;17:235-45.	L	Inclusion NYHA-Class II- III. LVEF 32 ± 12.5 % (UC: 33 ± 13.5 %; CR-ex: 32 ± 11.6 %)	amount of exercise unclear		
Duncan K, Rehab Nursing 2003;28:117-21				No usual care control group	
Erbs S et al. EJCP 2003;10:336-44 (**)					No relevant outcomes
Edelmann F et al. JACC;2011;1781-91				Follow up < 6 months	
Evangalista L.S. et al. Phys Sportsmed 2010;38:28-36					No relevant outcomes

Fu T et al. Int J Cardiol 2013;167:41-50				Follow up < 6 months	
Freyssin C et al. Arch Phys Med Rehabil 2012;93:1359-64				Follow up < 6 months, no usual care control group	
Fernhall J Physiotherapy 2013;59:56-56					No relevant outcome
Gary R & Lee SY Prog Cardiovasc Nurs. 2007;22:72-80	L			Follow up < 6 months,	
Gary R et al. J Psychosom Res. 2010;69:119-31	L	LV-EF-values not reported			
Gitt AK et al. Circulation 2002;106:3079-84				Study design; follow up < 6 months: no control group	
Gielen S et al. JACC 2003;42:861-68 (**)	L				No relevant outcomes
Gielen S et al. EJCPR 2005;12:393-40					No relevant outcomes
Gottlieb SS J Cardiac Failure 1999;5:188-94	L			Incorrect crossover design	
Giallauria F. Eur J Cardiovasc Prev Rehabil. 2008;15:113-8	L	LV-EF > 40 %			No relevant outcomes
Hambrecht R et al. EJCPR 2005;12:401-06					No relevant outcomes
Haykowsky M et al. Can J Cardiol. 2005;21:1277-80				No usual care control group	
Horwich TB et al. Am Heart J. 2011;158(4 Suppl):31-36 (*)					No relevant outcomes
Isaksen K et al. J Rehabil Med 2016;48:300-306				Non-randomized; patients unable to participate in CR due to logistic reason served as a control group	
Jonsdottir S et al. Eur J Heart Failure 2006;8:97-101	L	Inclusion NYHA II-III mean LV-EF > 40 %			
Kaltsatou ACH et al. Clinical Rehab 2014;28:128-138	L	NYHA-Class II-III; LV-EF 49 %			
Koufaki P et al. J Rehabil Med 2014;46:348-56		Inclusion LV-EF < 45 %			
Korzeniowska-Kubacka I et al. Cardiol J. 2010;17:136-42				Follow up < 6 months	
Kitzman DW et al. JAMA. 2016 January 5; 315: 36-46				20 weeks follow up	
Kucio C et al. Journal of Human Kinetics 2018;65:151-164		Inclusion NYHA Class II -III, mean LV-EF 36,6 ± 5.34% – 38.3 ± 4.68 %		No non-exercising usual care control group.	
Kiilavuori K et al. Eur J of Heart Failure 1999;2:53-63		Inclusion NYHA II-III			
Lang CC et al. BMJ Open 2018;8(4)	L				
Lans C et al. ESC Heart Fail. 2018; 5:241-248.				No non-exercising usual care control group	
Larsen AI et al. Eur Heart Journal 2001;22:684-92				No usual care control group	
Larsen AI et al. EJCPR 2004;11:162-67				No usual care control group	
Liu MH et al. Int J Nursing Studies 2018;87:94-102		Inclusion EF ≤ 40 % but the mean LV-EF values show other results 35,8 ± 15.2% to 38.6 - ± 14.6%		Incorrect randomization to exercise group - patients not willing or not able to exercise were included in the CR group without exercise	

Martin B et al. Can J Cardiol 2012;28:290-91				No usual care control group	
Mehani SHM. J Advanced Research 2013;4:189-200.	L	Inclusion LVEF <45 % (mean values UC: 35.8 ± 6.87 % CR-ex: 33.1± 4.77 %)			
Mehani SHM et al. J. Phys. Ther. Sci 2017;29:1803-1810				No non-exercising usual care control group, follow up < 6 months	
Mudge AM et al. JACC: HEART FAILURE 2018; 6,143-152				No non-exercising usual care control group	
Nakanishi M et al. Circ J 2017;81:1307-1314				no usual care control group	
Peng X et al. Medicine 2018;97(35):e12069		Inclusion NYHA I-III, mean LV-EF Values CR-ex: 34± 6.64 % and UC: 34± 6.66%			
Phil E et al. Eur J Cardiovasc Nursing 2011;10:150-58		LV-EF-values not reported			
Pozehl B, Prog Cardiovasc Nurs 2003;18:177-83.					No relevant outcomes
Pozehl B et al. E J Cardiovasc Nursing 2008;7 127-32	L				No relevant outcomes
Pozehl B et al. Heart Lung 2010;39:1-13				Follow up < 6 months	
Porzehl B et al. J Card Fail 2018; 24:654-660		Mixed population HFrEF and HFpEF			no relevant outcomes
Prescot E et al. EJCPR 2009;16:430-37				Randomization after an initial 8 week exercise program	
Reeves GR et al. JACC Heart Fail 2017;5:359-366	L	Mixed population; LV-EF <45 % or ≥ 45 %			
Rengo JL et al. J Cardiopulm Rehabil Prev 2018;38:38-41				Non-controlled Cohort study	
Ricca Mallada R et al. J Electrocardiology 2012;45:214-19					No relevant outcome
Sabelis LW et al. Clinical Science 2004;106:459-466 (***)					No relevant outcomes.
Shen YQ et al. Zhonghua Yi Xue Za Zhi. 2011 91:2678-82.	▲	LV-EF < 49 %			
Smart NA et al. Am Heart J 2005;150:140-47				Randomization after an initial 8 months exercise program; no usual care control group	
Smart NA et al. Congest Heart Fail.2012;18:295-301				Follow up < 6 months	
Smolis-Bak E et al. Arch Med Sci 2017; 13, 5: 1094–1101				Randomization after an initial hospital based exercise program	
Teng HC et al. Eur J Cardiovasc Nursing 2018;17:717–727		LVEF > 40% ; mixed HFrEF and HFpEF population		Follow up only 12 weeks;	no relevant outcomes
Wall HK et al. Int J Cardiol. 2010;145:267-70	L				No relevant outcomes
Wielenga RP et al. Eur Heart J 1999;20:872-879	T			Follow up < 6 months; outcomes only after 12 weeks of Intervention	
Willenheimer R et al. Int J Cardiol 2001;77:25–31	L, T	LV-EF < 45 %			

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Witham MD et al. Am J Cardiol 2005;95:1120-1124	L, T	LV-EF < 45 %			
Witham HD et al. Circ Heart Fail 2012;5:209-216	L, T	LV-EF-values not reported			
Zwisler AD et al. Am Heart J 2008 155:1106-13 DANREHAB 2008	L, T	Mixed population			No relevant outcomes; only for mixed population
Yeh GJ et al. Arch Intern Med. 2011;171:750-757	L, T		Intervention not meeting the PICO-criteria		
75		24	1	35	15

LV-EF = left ventricular ejection fraction, CR = cardiac rehabilitation,

(*) = HF-Action study

(**) = Overlapping with the population in Hambrecht et al. JAMA 2000;283:3095-101.

(***) = Overlapping with the population in Belardinelli R et al. J Am Coll Cardiol 2012;60:1521-8.

(****) = Overlapping with the population in Sabelis LW et al. Eur J Clin Invest. 2004;34:583-9.

Commented [HM1]: Ist das richtig? Taylor et al. hat die „DANREHAB“ auch inkludiert

Table SM3 Overview over the assessment of exercise capacity (VO₂peak ml/min/kg) in the included studies

Study	Cardiopulmonary exercise testing				Included in analysis
	Test-Protocol	respiratory exchange ratio (RER)	Definition of VO ₂ peak,	Unit	
Belardinelli et al. 1999 (21)	Cycle ergometer, ramp protocol (1 watt every 5 second)	Mean RER > 1,0	"Peak oxygen uptake was mean oxygen uptake over the last 30 seconds of exercise" (p. 1174)	mL/min/kg	Yes
Keteyian et al. 1999 (22)	Cycle ergometer, step protocol (25 watt every < 3 minutes)	Mean RER > 1,0	not defined,	mL/min/kg	Yes
Myers et al. 2000 (23)	Cycle ergometer, individualised ramp protocol	Mean RER < 1,0	Not defined,	mL/min/kg	Yes
Hambrecht et al. 2000 (9)	Cycle ergometer, step protocol (25 watt every 3 minutes)	Mean RER > 1,0	not defined,	mL/min/kg	Yes
McKelvie et al. 2002 (24)	Cycle ergometer, step protocol (17 watt every 2 minutes)	No RER values reported	"Peak oxygen uptake was measured with commercially available metabolic carts (Sensor Medics model 2900, Yorba Linda, Calif, or Quinton Q-plex 1, Seattle, Wash) and defined as the highest oxygen consumption during the final 2 minutes of exercise." (p. 24)	L/min	No
Giannuzzi et al. 2003 (25)	Cycle ergometer, ramp protocol 10 watt /min	Mean RER > 1,0	"VO ₂ was determined as the average value observed over the last 20 seconds of exercise and was expressed in mL kg ⁻¹ min" (p. 555)	mL/min/kg	Yes
Koukouvou et al. 2004 (26)	Treadmill, modified Bruce protocol	Mean RER > 1,0	"Peak oxygen uptake (VO ₂ peak) was considered, by 2 independent clinicians, as the highest VO ₂ value obtained, characterized by a plateau of oxygen uptake before the patient had to stop exercising because of exhaustion or other symptoms" (p. 37)	mL/min/kg	Yes
Sabelis et al. 2004 (27)	Cycle ergometer, step protocol (20 watt every 3 minutes)	No RER values reported	"Oxygen uptake at peak exercise (peak VO ₂) was calculated as the mean of the values during the final 30 s of exercise" (p. 585)	mL/min/kg	Yes
Klocek et al. 2005 (30)	Treadmill, Naughton protocol	no RER values reported	Not defined,	mL/min/kg	Yes
de Mello Franco et al. 2006 (31)	Cycle ergometer, ramp protocol 5-10 watt /min	No RER Values reported	"Peak oxygen uptake (VO ₂) was defined as maximum attained VO ₂ at the end of the exercise period in which the patient could not maintain the cycle ergometer velocity at 60 rpm." (p. 852),	mL/min/kg	Yes

Passino et al. 2006 (32)	Cycle ergometer, ramp protocol 10 watt /min	No RER Values reported	"the highest value at end-exercise, as a 20-s average" (p. 1836)	mL/min/kg	Yes
Mueller et al. 2007 (33)	Cycle ergometer individualised ramp protocol	Mean RER >1.0	Not defined, (Volitional fatigue/dyspnoea)	mL/min/kg	Yes
Klecha et al. 2007 (34)	Treadmill, according to ESC-Guidelines	No RER values reported	"Peak oxygen consumption was determined as the mean of measurements taken in the last 30 s of the exercise" (p. 86).	mL/min/kg	Yes
Dracup et al. 2007 (35)	Cycle ergometer, ramp protocol 15 watt /min	No RER values reported	"Peak oxygen was determined as the highest 10-second average value observed over the last 30 seconds of exercise" (p. 879)	mL/min/kg	Yes
O'Connor et al. 2009 (37)	Treadmill, Naughton protocol	RER >1,0	Not defined,	mL/min/kg	Yes
Belardinelli et al. 2012 (40)	Cycle ergometer, ramp protocol (1 watt every 5 second)	No RER Values reported	"Peak VO ₂ was the average oxygen uptake over the last 15 s of exercise." (p. 1523),	mL/min/kg	Yes
de Meirelles et al. 2014 (42)	Treadmill, modified Bruce protocol	Mean RER >1.0	Not defined,	mL/min/kg	Yes
Höllriegel et al. 2016 (44)	Cycle ergometer Step protocol (25 watt every < 3 minutes)	No RER values reported	"VO _{2max} was averaged from the last 30 seconds of the maximal workload" (p.118)	mL/min/kg	Yes
Ellingsen et al. 2016 (45)	Cycle ergometer, ramp protocol 10-20 watt /min	Mean RER >1.0	"The mean of the three highest 10 second consecutive measurements were identified as peak oxygen uptake" (p. 8)	mL/min/kg	Yes