

SUPPLEMENTARY DIGITAL MATERIAL 2

Table II.—Functional capacity and risk factors pre-, post-CR and follow-up. Per-protocol and intention-to-treat.

Variables	Group	Per-protocol				Intention-to-treat			
		N	Pre-CR	Post-CR(12 weeks)	Follow-up (24 weeks)	n	Pre-CR	Post-CR (12 weeks)	Follow-up (24 weeks)
Functional Capacity (meters)	TCR	2	422.61	461.74	452.17	2	415.77	472.69	464.23
		3		*	*	6		*	*
			(372.44-472.78)	(408.01-515.47)	(403.21-501.14)		(366.90-464.64)	(421.77-523.62)	(415.67-512.79)
	Home -CR	1 8	417.22	436.67	466.11	2 3	386.52	410.44	433.48
		(360.51-473.93)	(375.93-497.40)	(410.76-521.46)		(334.56-438.48)	(356.30-464.59)	(381.86-485.11)	
		$F_{within} = 5.413$; $p_{within} = 0.006$; $power_{within} = 0.832$; $F_{between} = 1.238$; $p_{between} = 0.296$; $power_{between} = 0.262$				$F_{within} = 9.733$; $p_{within} < 0.001$; $power_{within} = 0.980$; $F_{between} = 1.283$; $p_{between} = 0.283$; $power_{between} = 0.272$			

BP systolic (mmHg)	TCR	2	114.69	112.08	118.65	2	112.62	110.70	116.50
		3				6			0
			(108.19- 120.20)	(105.53 - 118.64)	(109.57 - 127.73)		(106.52 - 118.78)	(104.81 - 116.58)	(108.40 - 124.60)
	Home -CR	1 9	108.42	110	105.26	2 3	108.26	109.13	105.22
		(101.26- 115.60)	(102.79 - 117.21)	(95.27- 115.25)		(101.92 - 114.60)	(102.87 - 115.39)	(95.60- 113.83)	
			F _{within} =0.043; p _{within} =0.938; power _{within} =0.056 F _{between} = 1.688; p _{between} =0.191; power _{between} =0.346				F _{within} =0.63; p _{within} =0.916; power _{within} =0.059 F _{between} = 1.762; p _{between} =0.182; power _{between} =0.333		
BP diastolic (mmHg)	TCR	2	70.00	70.43	69.52	2	68.85	69.23	68.42
		3				6			
			(66.42- 73.59)	(66.51- 74.36)	(66.16- 72.89)		(65.53- 72.17)	(65.23- 74.36)	(66.16- 72.89)
	Home -CR	1 9	69.47	71.05	65.26	2 3	68.70	71.30	65.65
		(65.52- 73.42)	(66.73- 75.37)	(61.56- 68.96)		(65.17- 72.22)	(67.41- 75.20)	(62.26- 69.05)	
			F _{within} =2.522; p _{within} =0.087; power _{within} =0.492				F _{within} =2.522; p _{within} =0.087; power _{within} =0.492		

			$F_{\text{between}}= 1.387;$ $p_{\text{between}}=0.256;$ $\text{power}_{\text{between}}=0.290$				$F_{\text{between}}= 1.387;$ $p_{\text{between}}=0.256;$ $\text{power}_{\text{between}}=0.290$		
Waist Circumference (c m)	TCR	1 6	101.56	100.94	100.53	2 6	100.42	97.96	99.21
			(96.34- 106.77)	(95.41- 106.42)	(94.71- 106.42)		(96.57- 104.26)	(95.89- 104.11)	(95.43- 103.99)
	Home -CR	1 6	96.06	95.94	96.88	2 3	97.96	97.52	98.17
			(90.85- 101.28)	(90.41- 101.46)	(91.02- 102.73)		(94.03- 101.88)	(93.33- 101.72)	(93.80- 102.55)
			$F_{\text{within}}=0.183; p_{\text{within}}=0.833;$ $\text{power}_{\text{within}}=0.077$ $F_{\text{between}}= 1.053;$ $p_{\text{between}}=0.355;$ $\text{power}_{\text{between}}=0.226$				$F_{\text{within}}=0.426; p_{\text{within}}=0.655;$ $\text{power}_{\text{within}}=0.117$ $F_{\text{between}}= 3.422;$ $p_{\text{between}}=0.510;$ $\text{power}_{\text{between}}=0.161$		
Glucose (mg/dL)	TCR	1 5	120.40	108.20	105.40	1 9	115.42	106.00	103.79
			(102.82- 137.98)	(97.84- 118.56)	(95.31- 115.49)		(101.13 - 129.72)	(97.56- 114.49)	(95.65- 111.93)
	Home -CR	1 3	109.15	107.39	115.15	1 6	108.56	105.94	113.44

			(90.27-128.04)	(96.26-118.51)	(104.31-125.10)		(92.98-124.14)	(96.74-115.13)	(104.57-122.30)
			$F_{\text{within}}=0.936$; $p_{\text{within}}=0.369$; $\text{power}_{\text{within}}=0.174$ $F_{\text{between}}= 2.058$; $p_{\text{between}}=0.155$; $\text{power}_{\text{between}}=0.331$				$F_{\text{within}}=1.035$; $p_{\text{within}}=0.339$; $\text{power}_{\text{within}}=0.223$ $F_{\text{between}}= 1.953$; $p_{\text{between}}=0.165$; $\text{power}_{\text{between}}=0.320$		
Cholesterol total (mg/dL)	TCR	19	153.74	211.79	144.89	24	150.54	193.67	140.71
			(127.76-179.71)	(120.66-302.95)	(129.39-160.38)		(130.17-170.92)	(123.66-263.67)	127.65-153.77)
	Home-CR	14	160.36	138.07	140.07	20	158.35	142.70	142.00
			(130.10-190.61)	(118.53-161.60)	(122.01-158.13)		(136.03-180.67)	(101.69-190.39)	(127.69-156.31)
			$F_{\text{within}}=0.606$; $p_{\text{within}}=0.457$; $\text{power}_{\text{within}}=0.121$ $F_{\text{between}}= 1.084$; $p_{\text{between}}=0.312$; $\text{power}_{\text{between}}=0.179$				$F_{\text{within}}=0.744$; $p_{\text{within}}=0.406$; $\text{power}_{\text{within}}=0.139$ $F_{\text{between}}= 1.072$; $p_{\text{between}}=0.313$; $\text{power}_{\text{between}}=0.180$		

*P<0.05 compared to pre-CR e **P<0.05 after 3 months (24 weeks) compared with post intervention (12 weeks). by mixed factor ANOVA test.

TCR: traditional cardiac rehabilitation; CR: cardiac rehabilitation; BP: blood pressure (mmHg). Data are presented as mean (CI 95%).