Table III.—Quality of Life and health behaviors pre-, post-CR and at follow-up. Per-protocol and Intention-to-treat.

			Per protocol				Intention-to-treat		
Variables	Group	n	Pre-CR	Post-CR (12 weeks)	Follow-up (24 weeks)	n	Pre-CR	Post-CR (12 weeks)	Follow-up (24 weeks)
Quality of life (physical health)	TCR	18	67.61	75.32*	71.28*,**	26	69.51	76.11*	73.31*,**
			(58.33-76.89)	(66.89-83.75)	(61.61-80.95)		(61,36-77.66)	(69.04-83.17)	(65.50-81.12)
	Home-CR	19	61.35	72.78*	67.55*,**	23	60.75	70.87*	66.55*,**
			(52.32-70.38)	(65.57-80.97)	(58.13-76.97)		(52.08-69.41)	(63.36-78.38)	(58.25-74.86)
		$F_{within}=10.264$; $p_{within}=<0.001$; $power_{within}=0.960$ $F_{between}= 0.405$; $p_{between}=0.619$; $power_{between}=0.106$					$F_{within}=12.247$; $p_{within}=<0.001$; $power_{within}=0.982$ $F_{between}= 0.545$; $p_{between}=0.536$; $power_{between}=0.126$		
Quality of life (mental health)	TCR	18	76.53	79.89*	81.28*	26	75.85	78.75*	79.71*
			(68.46-84.59)	(72.76-87.02)	(73.62-88.93)		(68.45-83.26)	(72.17-85.33)	(72.82-86.60)

	Home-CR	19	71.48	78.98*	78.85*	23	69.60	76.62*	76.52*
			(63.63-79.33)	(72.04-85.91)	(71.39-86.30)		(61.72-77.47)	(69.63-83.62)	(69.20-83.84)
		F_{within}=5.540; p_{within}=0.006; $power_{within}$=0.839 $F_{between}$= 0.545; $p_{between}$=0.583; $power_{between}$=0.137					F_{within}=7.467; p_{within}=0.001; $power_{within}$=0.936 $F_{between}$= 0.957; $p_{between}$=0.388; $power_{between}$=0.212		
Functional Capacity (DASI)	TCR	23	41.39	48.07*	45.96*	26	40.88	48.23*	46.39*
			(36.76-46.00)	(44.09-52.05)	(41.09-50.88)		(36.30-45.46)	(44.51-51.94)	(41.93-50.84)
	Home-CR	19	38.41	45.09*	44.30*	23	37.01	43.54*	42.89*
			(33.33-43.49)	(40.72-49.47)	(38.92-49.70)		(32.14-41.88)	(39.59-47.49)	(38.15-47.63)
		F_{within}=10.206; p_{within}=<0.001; $power_{within}$=0.984 $F_{between}$= 0.115; $p_{between}$=0.891; $power_{between}$=0.067					F_{within}=14.258; p_{within}=<0.001; $power_{within}$=0.994 $F_{between}$= 0.097; $p_{between}$=0.867; $power_{between}$=0.063		
	TCR	23	13.91	15.22*	15.17*	26	13.69	15.23*	15.19*

Knowledge (CADEQ-SV)			(13.04-14.78)	(14.45-15.97)	(14.42-15.93)		(12.86-14.53)	(14.52-15.95)	(14.50-15.89)
	Home-CR	20	13.80	15.35*	15.80*	23	13.19	15.57*	15.96*
			(12.87-14.73)	(14.53-16.17)	(14.99-16.60)		(13.03-14.80)	(14.80-16.33)	(15.22-16.69)
		$F_{within}=19.793$; $p_{within}=<0.001$; $power_{within}=1.000$ $F_{between}= 0.843$; $p_{between}=0.364$; $power_{between}=0.190$					$F_{within}=25.532$; $p_{within}=<0.001$; $power_{within}=1.000$ $F_{between}= 0.551$; $p_{between}=0.550$; $power_{between}=0.131$		

*$P<0.05$ compared to pre-CR e **$P<0.05$ follow-up compared to post-CR by mixed factor ANOVA test.

TCR: traditional cardiac rehabilitation; CR: cardiac rehabilitation; DASI: Duke Activity Status Index Score; CADEQ-SV: Coronary Artery Disease Education Questionnaire-Short Version. Data are presented as mean (CI 95%).