

eTable 1. Pre-Test Participant Characteristics by CR Model Randomization

Characteristics	Women-Only	Mixed-sex	Home-Based	Total
	n=55 (32.5%)	n=59 (34.9%)	n=55 (32.5%)	n=169
<u>Sociodemographic^s</u>				
Age, years (mean±SD)	66.22±10.21	61.56±9.73	63.13±10.94	63.64±10.42
Marital Status (% married)	28 (63.6%)	20 (39.2%)	24 (49.0%)	72 (50.0%)
Work Status (% retired)	26 (59.1%)	24 (47.1%)	22 (44.9%)	72 (50.0%)
Ethnicity (% white)	26 (59.1%)	32 (62.7%)	32 (65.3%)	90 (62.5%)
Education, (% post-secondary)	18 (40.9%)	18 (35.3%)	18 (36.7%)	54 (37.5%)
Gross Annual Family Income (% <\$50,000 CDN)	15 (39.5%)	23 (51.1%)	20 (47.6%)	58 (46.4%)
Provide care to someone in household (% yes)	6 (20.0%)	5 (15.2%)	5 (16.7%)	16 (17.2%)
Children (% yes)	39 (88.6%)	39 (79.6%)	42 (87.5%)	120 (85.1%)
<u>Clinical (% yes)</u>				
<i>Indication for CR</i>				
PCI	26 (47.3%)	28 (50.0%)	27 (50.0%)	81 (49.1%)
Angina/ACS/CAD	20 (36.4%)	20 (36.4%)	19 (35.8%)	59 (36.2%)
MI	19 (34.5%)	22 (38.6%)	18 (34.0%)	59 (35.8%)
CABG	16 (29.1%)	12 (21.4%)	14 (25.9%)	42 (25.5%)
Valve	10 (18.5%)	11 (19.3%)	11 (20.4%)	32 (19.4%)
<i>Risk Factors</i>				
Dyslipidemia	33 (84.6%)	38 (80.9%)	33 (84.6%)	104 (83.2%)
Hypertension	38 (88.4%)	32 (68.1%)	31 (70.5%)	101 (75.4%)
Obesity	16 (45.7%)	19 (46.3%)	14 (35.0%)	49 (42.2%)
Diabetes	16 (40.0%)	14 (36.8%)	8 (21.6%)	38 (33.0%)

Comorbidities

Musculoskeletal Impairment	7 (14.3%)	6 (12.8%)	7 (19.4%)	20 (15.2%)
Depression	5 (10.4%)	6 (12.8%)	4 (11.1%)	15 (11.5%)
Cancer	2 (4.2%)	2 (4.3%)	4 (11.4%)	8 (6.2%)
Hyperthyroid	0 (0.0%)	3 (6.3%)	3 (8.6%)	6 (4.6%)
Renal Disease	1 (2.1%)	2 (4.3%)	1 (2.9%)	4 (3.1%)
PAD/PVD	0 (0.0%)	1 (2.1%)	1 (2.9%)	2 (1.5%)

Intake Assessment

Resting Heart Rate (bpm)	75.98±12.77	76.27±17.55	74.24±14.44	75.54±15.06
Waist Circumference (cm)	96.03±16.99	92.49±12.59	93.60±12.24	94.15±14.34
Peak VO ₂ (mL/(kg·min))	17.34±4.77	18.12±7.57	17.39±8.29	17.62±6.97

The equivalence of participant baseline sociodemographic and clinical characteristics by program model was tested using ANOVA and chi-square as appropriate.

All $P > .05$

SD, Standard Deviation; PCI, Percutaneous Coronary Intervention; ACS, Acute Coronary Syndrome; CAD, Coronary Artery Disease; MI, Myocardial Infarction; CABG, Coronary Artery Bypass Graft; PAD/PVD, Peripheral Arterial Disease/ Peripheral Vascular Disease; Peak VO₂, Peak Oxygen Uptake; CR, cardiac rehabilitation.

§n=144 participants completed the baseline sociodemographic survey. Some participants did not respond to certain items, and therefore valid percentages are reported.

eTable 2. Participant Characteristics by Retention Status – Post-Program

CardioPulmonary Assessment

Characteristics	CPET at discharge	No CPET/did not enroll	Total
	n=62 (36.7%)	n=107 (63.3%)	n=169
<u>Sociodemographic</u>[§]			
Age, years (mean±SD)	63.93±8.53	63.47±11.40	63.64±10.42
Marital Status, n (% married)	31 (57.4%)	41 (45.6%)	72 (50.0%)
Work Status, n (% retired)	29 (53.7%)	43 (47.8%)	72 (50.0%)
Ethnicity, n (% white)	30 (55.6%)	60 (66.7%)	90 (62.5%)
Education, n (% post-secondary)	20 (37.0%)	34 (37.8%)	54 (37.5%)
Gross Annual Family Income (% <\$50,000 CDN)	24 (47.1%)	34 (45.9%)	58 (46.4%)
Provide care to someone in household, n (% yes)	3 (8.8%)	13 (22.0%)	16 (17.2%)
Have children, n (% yes)	44 (83.0%)	76 (86.4%)	120 (85.1%)
<u>Clinical</u> (% yes)			
<i>Indication for CR</i>			
PCI	32 (53.3%)	49 (46.7%)	81 (49.1%)
Angina/ACS/CAD	19 (32.8%)	40 (38.1%)	59 (36.2%)
MI	15 (25.0%)	44 (41.9%)	59 (35.8%)*
CABG	15 (25.0%)	27 (25.7%)	42 (25.5%)
Valve	13 (21.7%)	19 (18.1%)	32 (19.4%)
<i>Risk Factors</i>			
Dyslipidemia	35 (94.6%)	69 (78.4%)	104 (83.2%)*

Hypertension	35 (81.4%)	66 (72.5%)	101 (75.4%)
Obesity	14 (40.0%)	35 (43.2%)	49 (42.2%)
Diabetes	10 (32.3%)	28 (33.3%)	38 (33.0%)
<i>Comorbidities</i>			
Musculoskeletal Impairment	3 (6.1%)	17 (20.5%)	20 (15.2%)*
Depression	6 (12.2%)	9 (11.0%)	15 (11.5%)
Cancer	1 (2.0%)	7 (8.8%)	8 (6.2%)
Hyperthyroid	3 (6.0%)	3 (3.7%)	6 (4.6%)
Renal Disease	1 (2.0%)	3 (3.7%)	4 (3.1%)
PAD/PVD	1 (2.0%)	1 (1.2%)	2 (1.5%)
<i>Intake Assessment</i>			
Resting Heart Rate (bpm)	72.35±14.11	77.36±15.35	75.54±15.06*
Waist Circumference (cm)	91.35±12.46	96.90±15.60	94.15±14.34*
Peak VO ₂ (mL/(kg•min))	16.33±4.74	18.63±8.19	17.62±6.97
<i>CR Utilization</i>			
Adherence (% sessions)	75.39±19.12	41.58±36.54	54.46±35.14**

Sociodemographic and clinical characteristics of participants retained for stress testing versus those lost to follow-up were compared to evaluate if there was a retention bias in the sample, using t-tests and chi-square as appropriate.

*T-test or chi-square $P < .05$; ** $P < .001$

SD, Standard Deviation; PCI, Percutaneous Coronary Intervention; ACS, Acute Coronary Syndrome; CAD, Coronary Artery Disease; MI, Myocardial Infarction; CABG, Coronary Artery Bypass Graft; PAD/PVD, Peripheral Arterial Disease/ Peripheral Vascular Disease; Peak VO₂, Peak Oxygen Uptake.

§n=144 participants completed the baseline sociodemographic survey. Some participants did not respond to certain items, and therefore valid percentages are reported.

eTable 3. Functional Capacity Indicators in Participants Completing CardioPulmonary Exercise Test Both Pre and Post-Program

Peak VO ₂ (n=58)	Per Protocol			As-treated		
	Pre-CR	Post-CR	Change	Pre-CR	Post-CR	Change
Overall	16.34±4.66	19.23±5.14	2.89***			
Mixed-sex	15.50±3.39	19.40±4.97	3.91**	15.76±4.04	19.11±5.18	3.35***
Women-only	17.29±3.91	19.54±4.70	2.26**	18.01±5.94	20.07±5.53	2.06*
Home-based	16.05±6.52	18.63±6.11	2.58**	14.92±3.01	17.32±3.67	2.40

Assessment of change in functional capacity from pre to post-test was conducted using paired t-tests; * $P < .05$;

** $P < .01$; *** $P < .001$

Peak VO₂, Peak Oxygen Uptake