

Supplementary References

Linked papers used in data extraction:

I Houle J, Doyon O, Vadeboncoeur N, et al. Effectiveness of a pedometer-based program using a socio-cognitive intervention on physical activity and quality of life in a setting of cardiac rehabilitation. *Can J Cardiol* 2012;28(1):27-32.

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IV Sandström L, Ståhle, A. Rehabilitation of elderly with coronary heart disease – improvement in quality of life at a low cost. *Advances in Physiotherapy* 2005;7:60-6.

V Hage C, Mattsson E, Ståhle A. Long term effects of exercise training on physical activity level and quality of life in elderly coronary patients – a three- to six-year follow up. *Physiother Res Int* 2003;8(1):13-22.

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VII Todd IC, Ballantyne D. Antianginal efficacy of exercise training: a comparison with β blockade. *Br Heart J* 1990;64:14-9.

VIII Toobert DJ, Glasgow RE, Radcliffe JL. Physiologic and related behavioural outcomes from the women's lifestyle heart trial. *Ann Behav Med* 2000;22(1):1-9.

IX Wang W, Thompson DR, Chow A, et al. An education booklet to aid cardiac patients' recovery at home. *Int Nurs Rev* 2014;61(2):290-4.

X Witham MD, Gray JM, Argo IS, et al. Effect of a seated exercise program to improve physical function and health status in frail patients ≥ 70 years of age with heart failure. *Am J Cardiol* 2005;95:1120-4.

XI Zwisler AD, Schou L, Soja AM, et al. A randomized clinical trial of hospital-based, comprehensive cardiac rehabilitation versus usual care for patients with congestive heart failure, ischemic heart disease, or high risk of ischemic heart disease (the DANREHAB trial) – design, intervention, and population. *Am Heart J* 2005;150(5):899.

Questionnaires used in studies

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XIII Taylor HL, Jacobs DR, Schucker B, et al. A questionnaire for the assessment of leisure time physical activities. *J Chron Dis* 1978;31(12):741-55.

- XIV Paffenbarger RS, Wing AI, Hyde RT. Physical activity as an index of heart attack risk in college alumni. *Am J Epidemiol* 1978;108(3):161-75.
- XV Voorrips LE, Ravelli AC, Dongelmans PC, et al. A physical activity questionnaire for the elderly. *Med Sci Sports Exerc* 1991;23(8):974-9.
- XVI Richardson MT, Ainsworth BE, Jacobs DR, et al. Validation of the Stanford 7-day recall to assess habitual physical activity. *Ann Epidemiol* 2001;11(2):145-53.
- XVII Toobert DJ, Hampson SE, Glasgow RE. The summary of diabetes self-care activities measure. *Diabetes Care* 2000;23:943-50.
- XVIII Dipietro L, Caspersen CJ, Ostfeld AM et al. A survey for assessing physical activity among older adults. *Med Sci Sports Exerc* 1993;25(5):628-42.
- XIX Gulanick M, Holm K, Kim M. Psychometric data for self efficacy scales used with recovering cardiac patients. *J Cardiopulm Rehabil* 1987;7:502.
- XX Godin G, Jobin J, Bouillon J. Assessment of leisure time exercise behaviour by self-report: a concurrent validity study. *Can J Public Health* 1986;77:359-62.
- XXI Lindskog BD, Sivarajan ES. A method of evaluation of activity and exercise in a controlled study of early cardiac rehabilitation. *Journal of Cardiac Rehabilitation* 1982;2(2):156-65.
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