

Supplementary material

This appendix formed part of the original submission and has been peer reviewed. We post it as supplied by the authors.

Supplement to: Rebelo C, Bastos JM, Afreixo V, Abreu A (2024). P25 - The impact of balance as a marker of health status in patients with left ventricular ejection fraction (LVEF) \leq 40 participating in a home-based cardiac rehabilitation programme. *Journal of Statistics on Health Decision*, 6(1), e37036-p28.

<https://doi.org/10.34624/jshd.v6i1.37036>; published online June 4, 2024

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The impact of balance as a marker of health status in patients with left ventricular ejection fraction (LVEF) \leq 40 participating in a home-based cardiac rehabilitation programme

Table 1 – Multiple linear mixed model coefficients table for all outcomes

Outcomes	Multiple			
	Beta	95% CI ¹	p-value	p-value adjusted
Left ventricular ejection fraction	13	11, 14	<0.001	<0.001
Abdominal perimeter	-1.8	-3.4, -0.17	0.030	0.481
Body mass index	-0.08	-0.58, 0.42	0.750	1
Lower limb strength (rep/ 30'')	2.6	2.1, 3.0	<0.001	<0.001
Upper-limb muscle strength (rep/ 30'')	4.7	4.1, 5.3	<0.001	<0.001
Right lower limb flexibility (cm)	4.5	3.4, 5.6	<0.001	<0.001
Left lower limb flexibility (cm)	5.0	3.7, 6.3	<0.001	<0.001
Right upper limb flexibility (cm)	5.2	3.6, 6.8	<0.001	<0.001
Left upper limb flexibility (cm)	7.0	5.3, 8.6	<0.001	<0.001
Time up-and-go test (seconds)	-2.5	-3.3, -1.8	<0.001	<0.001
6MWT (meters)	157	141, 173	<0.001	<0.001
Right handgrip strength (kg)	2.5	1.4, 3.7	<0.001	<0.001
Left handgrip strength (kg)	2.5	1.6, 3.5	<0.001	<0.001
Fullerton balance score (points)	7.3	6.4, 8.2	<0.001	<0.001
IPAQ (MET.min.week)	708	451, 965	<0.001	<0.001
EQ 5D (%)	-0.18	-0.25, -0.12	<0.001	<0.001

Model adjusted to age and sex; 1CI = Confidence Interval