



## **Factors that influence participation in cardiac rehabilitation and long-term exercise training: semi-structured interviews with coronary artery disease patients and their significant others**

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<b>Related Publications</b> <sup>(if applicable)</sup> :
Thompson, G., Davison, G.W., Crawford, J. and Hughes, C.M. (2020) Exercise and inflammation in coronary artery disease: a systematic review and meta-analysis of randomised trials. <i>Journal of Sports Sciences</i> , 38 (7), 814-826.
<b>Abstract*</b>
<b>Introduction:</b> Despite the clinical benefits, coronary artery disease (CAD) patient participation rates in cardiac rehabilitation (CR) and long-term exercise are poor. This study explored the factors related to participation in these interventions from the perspectives of CAD patients and their significant others.
<b>Methods:</b> Semi-structured interviews were performed with post-acute myocardial infarction (AMI) CAD patients (number ( $n$ ) = 10) and their significant others ( $n$ = 10) following phase-III and phase-IV CR. Reflexive thematic analysis with an inductive orientation was utilised to identify themes within the dataset (ClinicalTrials.gov identifier: NCT03907293).
<b>Results:</b> The overarching theme of the data was a perceived need to improve health, with the participants viewing health benefits as the principal motive for participating in CR and long-term exercise training. Three further themes were identified: motivation, extrinsic influences, and CR experience. These themes captured the underlying elements of the participants' decision to take part in CR and long-term exercise training for the purpose of health improvements.

**Conclusion:**

An AMI collectively impacts the attitudes and beliefs of patients and their significant others in relation to CR participation, long-term exercise, and health. Strategies to promote CAD patient enrollment in CR and adherence to long-term exercise may involve supplying more information about the health benefits during the referral process, providing patients with insights into the experiences of CR graduates, fostering positive affective experiences with exercise by assisting with the identification of an enjoyable exercise modality, and empowering significant others with knowledge regarding the purpose of CR and long-term exercise.

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