



Research article

Health behavior and disease self-management indicators in patients with cardiovascular diseases using a health app: Findings from an RCT

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Supplementary

Table S1. Information on medical contraindications of using the app (exclusion criteria).

ICD-10 Code	Description of ICD-10 Code
A41.0	Sepsis due to <i>Staphylococcus aureus</i>
E05	Thyrotoxicosis [hyperthyroidism]
I24.9	Acute ischemic heart disease, unspecified
I26.0	Pulmonary embolism with acute cor pulmonale
I33	Acute and subacute endocarditis
I40	Acute myocarditis
I50.05	Congestive heart failure with symptoms at rest
I50.14	Left ventricular failure: With symptoms at rest
I71	Aortic aneurysm and dissection
I80	Phlebitis and thrombophlebitis
Z73	Problems related to life-management difficulty

Table S2. Results of the ANCOVA with sitting (in HRS per day) as dependent variable, adjusted for baseline (T0), sex and age.

Project	Sum Sq	df	F value	p (>F)	Effect Size	
					Eta ² partial	95% CI
(Intercept)	3.36	1	1.71	0.21		
Group	0.00	1	0.00	0.96	0.00	[0.00, 0.00]
SittingT ₀	10.86	1	5.53	0.03*	0.20	[0.00, 0.47]
Sex	4.26	1	2.17	0.16	0.09	[0.00, 0.35]
Age	3.53	1	1.8	0.19	0.08	[0.00, 0.33]
Residuals	43.19	22				

Note: *** $p < 0.001$; ** $p < 0.01$; * $p < 0.05$.

Table S3. Results of the ANCOVA with physical activity (total MET in min per week) as dependent variable, adjusted for baseline (T0), sex and age.

Project	Sum Sq	df	F value	p (>F)	Effect Size	
					Eta ² partial	95% CI
(Intercept)	9,012,174	1	1.90	0.19		
Group	782,502	1	0.17	0.69	0.01	[0.00, 0.26]
Physical ActivityT ₀	89,125,109	1	18.74	<0.001***	0.56	[0.18, 0.75]
Sex	7,116,081	1	1.5	0.24	0.09	[0.00, 0.41]
Age	449,493	1	0.10	0.76	0.00	[0.00, 0.24]
Residuals	71,344,851	15				

Note: *** $p < 0.001$; ** $p < 0.01$; * $p < 0.05$.



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