# Data Explanation:

This word document provides an explanation of the data contained in the excel spreadsheet. The attached spreadsheet contains all data collected as part of this study and is separated into 11 tabs. This is to help present the outcome measures more clearly.

There were 3 groups of participants within this study, and the outcome measures for each group are provided separately. The 3 groups were:

* Intermittent Claudication Control Group (IC Control Group)
* Intermittent Claudication Treatment Group (IC Treatment Group)
* Coronary Artery Disease Group (CAD Group)

An overview of each tab (including abbreviations used) is provided below.

## Tab 1 – Demographics

This tab contains all the demographic information for the three groups within the study. Scrolling down the spreadsheet you will see that it starts with the IC Control Group, then presents the IC Treatment Group, and finally the CAD Group.

This spreadsheet has highlighted cells to show when data was missing (not collected) or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/explanation |
| ABPI | Ankle brachial pressure index |
| AF | Atrial fibrillation |
| AV | Aortic valve |
| Ca | Cancer |
| CABG | Coronary artery bypass graft |
| CKD | Chronic kidney disease |
| COPD | Chronic obstructive pulmonary disorder |
| CPD | Cigarettes per day |
| CVA | Cerebrovascular accident (stroke) |
| GORD | Gastro-oesophageal reflux disorder |
| HTN | Hypertension |
| Hip op | Hip replacement operation |
| IBS | Irritable bowel syndrome |
| IC | Intermittent claudication |
| IGT | Impaired glucose tolerance |
| IHD | Ischaemic heart disease |
| Lipids | Hyperlipidaemia |
| LVSD | Left ventricular systolic dysfunction |
| MI | Myocardial Infarction |
| Mod LV | Moderate left ventricular dysfunction (40-49% ejection fraction) |
| MV | Mitral valve |
| PAD | Peripheral artery disease |
| OA | Osteoarthritis |
| PCI | Percutaneous coronary intervention |
| PMR | Polymyalgia rheumatica |
| PPCI | Primary percutaneous coronary intervention |
| PPM | Permanent pacemaker |
| STEMI | ST segment elevation myocardial infarction |
| TIA | Transient ischaemic attack |
| TKR | Total knee replacement |
| T2DM | Type 2 diabetes mellitus |

## Tab 2 – Anthropometrics

This tab contains the baseline and follow up assessment outcomes for each of the 3 groups. Scrolling down the spreadsheet you will find the IC Control Group anthropometrics, followed by the IC Treatment and then the CAD Group.

This spreadsheet has highlighted cells to show when data was missing (not collected) or when participants did not complete the programme so no follow up data was collected (see legend below).

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|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| BMI | Body mass index |
| DBP | Diastolic blood pressure |
| HR | Heart rate |
| SBP | Systolic blood pressure |

## Tab 3 – IC Control Activity Data

This section contains the activity data for the IC Control group only (the IC Treatment and CAD Group data is presented in Tab 4 and 5, respectively).

This spreadsheet has highlighted cells to show when collected data was under the 4 days required to be included, data was missing (not collected), or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | under 4 days |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| METs | Metabolic equivalent of task |
| No. | Number |

## Tab 4 - IC Treatment Activity Data

This section contains the activity data for the IC Treatment group only (the IC Control and CAD Group data is presented in Tab 3 and 5, respectively).

This spreadsheet has highlighted cells to show when collected data was under the 4 days required to be included, data was missing (not collected), or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | under 4 days |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| METs | Metabolic equivalent of task |
| No. | Number |

## Tab 5 – CAD Group Activity Data

This section contains the activity data for the CAD group only (the IC Control and IC Treatment data is presented in Tab 3 and 4, respectively).

This spreadsheet has highlighted cells to show when collected data was under the 4 days required to be included, data was missing (not collected), or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | under 4 days |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| METs | Metabolic equivalent of task |
| No. | Number |

## Tab 6 - IC Control GXT Data

This tab contains all the data collected from the Gardner Skinner treadmill tests conducted on the IC Control Group, both pre and post.

This spreadsheet has highlighted cells to show when data was missing (not collected) or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| GXT | Graded exercise test |
| MWD (m) | Maximal walking distance (metres) |
| Max METS | Maximal METs achieved |
| PFWD (m) | Pain-free walking distance (m) |

## Tab 7 - IC Treatment GXT Data

This tab contains all the data collected from the Gardner Skinner treadmill tests conducted on the IC Treatment Group, both pre and post.

This spreadsheet has highlighted cells to show when data was missing (not collected) or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| GXT | Graded exercise test |
| MWD (m) | Maximal walking distance (metres) |
| Max METS | Maximal METs achieved |
| PFWD (m) | Pain-free walking distance (m) |

## Tab 8 – CAD group GXT Data

This tab contains all the data collected from the Incremental Shuttle Walk Test (ISWT) conducted on the CAD Group, both pre and post.

This spreadsheet has highlighted cells to show when data was missing (not collected) or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| Max METS | Maximal METs achieved |

## Tab 9 - IC Control WIQ Pre & Post

This tab contains all the Walking Impairment Questionnaire (WIQ) data collected for the IC Control Group, both pre and post.

This spreadsheet has highlighted cells to show when data was missing (not collected) or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| Ft | Foot (unit of distance) |
| WIQ | Walking Impairment Questionnaire |

## Tab 10 - IC Treatment WIQ Pre & Post

This tab contains all the Walking Impairment Questionnaire (WIQ) data collected for the IC Treatment Group, both pre and post.

This spreadsheet has highlighted cells to show when data was missing (not collected) or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| Ft | Foot (unit of distance) |
| WIQ | Walking Impairment Questionnaire |

**N.B.** The WIQ was not collected for the CAD Group as this is a PAD-specific tool.

## Tab 11 - IC Control VascQoL Pre&Post

This tab contains all the data for the King’s College Vascular Quality of Life (25 question) questionnaire for the IC Control Group, both pre and post.

This spreadsheet has highlighted cells to show when data was missing (not collected) or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| VascQoL | King’s College Vascular Quality of Life questionnaire |

## Tab 12 - IC Treatment VascQoL Pre&Post

This tab contains all the data for the King’s College Vascular Quality of Life (25 question) questionnaire for the IC Treatment Group, both pre and post.

This spreadsheet has highlighted cells to show when data was missing (not collected) or when participants did not complete the programme so no follow up data was collected (see legend below).

|  |  |
| --- | --- |
|  | missing data |
|  | did not complete |

**Abbreviations used in this section:**

|  |  |
| --- | --- |
| Abbreviation | Detail/Explanation |
| VascQoL | King’s College Vascular Quality of Life questionnaire |

**N.B.** The WIQ was not collected for the CAD Group as this is a PAD-specific tool.