sensors

MDPI

**Supplementary material**

***Search terms:***

((Peripheral arterial disease[Title/Abstract] OR Peripheral artery disease[Title/Abstract] OR peripheral vascular disease[Title/Abstract] OR PAD[Title/Abstract] OR lower extremity arterial disease[Title/Abstract]) AND ((((((Walking) OR (6MWT)) OR (6MWD)) OR (Treadmill)) OR (Claudication)) OR (MWD))) AND (Exercise[Title/Abstract])

**Supplementary Table S1.** Definition and components of adherence from the reported trials.

| Reference | Adherence definition | Exercise adherence reporting (patient reported/objective measurement) | Number of exercise sessions completed per week | Percentage of exercise sessions completed (Yes/No), % | How exercise intensity/effort level was measured | Exercise intensity/effort level at longest follow up time point | Attained exercise target intensity (Yes/No), % | Attended all scheduled onsite visits (Yes/No), % | Attended all scheduled telephone calls (Yes/No), % |
|---|---|---|---|---|---|---|---|---|---|
| Bearne 2022 [1] | (Score range, 0 to 24 [24 indicates best]; minimal clinically important difference, 5.5 points. | Objectively measured using a 6-item questionnaire of EARS. | NR | NR | Participants reported energy expenditure (MET min/week) using a 7-item questionnaire | 3846 ± 6192 MET min/week | NR | 81.2 | 74.4 |
| McDermott 2021 [2] | >80% of the participant's individualized goal for the number of minutes | Patient reported | 3.5 ± 1.5 [range, 0.1-6.4 days] | NR | Individualised intensity accelerometer counts | (median intensity, 1584 [range, 229-4710] activity units) | 63.0 | 91.9 | 85.1 |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | exercised per week | | | | | | | | |
| McDermott 2018 [3] | NR | Patient reported | 3.5 ± 4.2 | NR | Physical activity outcome using accelerometer counts | 111,767 ± 72,263 | NR | 93.0 | 79.2 |
| Gardner 2011 [4] | NR | NR | NR | 82.5±27.7 | By converting cadence of each home-based exercise session to an average speed of walking, and then estimating oxygen uptake from walking speed | 2832 ± 1491 MET min/week | NR | NR | NR |
| Gardner 2014 [5] | NR | NR | NR | 80.6±27.4 | | 2472 ± 1564 MET min/week | NR | NR | NR |
| McDermott 2013 [6] | NR | NR | NR | NR | Using a vertical accelerometer | 866.1 ± 405.4 activity units | NR | 84.0 | NR |
| Duscha 2018 [7] | NR | NR | NR | NR | NR | NR | NR | NR | NR |

*MET was measured using international physical activity questionnaire. EARS – Exercise Adherence Rating Scale. MET – Metabolic equivalents. NR – Not reported.*

**Supplementary Table S2.** Mean change in outcomes in each group from included studies.

| **Study name** | **Group** | **Outcome** | **Mean change (m)** | **SD** |
|---|---|---|---|---|
| Bearne 2022 [1] | Wearables | 6MWD | 22.3 | 1.3 |
| Bearne 2022 [1] | Control | 6MWD | 9.2 | 1.4 |
| McDermott 2021 [2] | Wearables | 6MWD | 33.1 | 70.7 |
| McDermott 2021 [2] | Control | 6MWD | -10.6 | 60.5 |
| McDermott 2018 [3] | Wearables | 6MWD | 2.9 | 69.5 |
| McDermott 2018 [3] | Control | 6MWD | 12.0 | 61.6 |
| Tew 2015 [8] | Wearables | 6MWD | 22.9 | 59.5 |
| Tew 2015 [8] | Control | 6MWD | -20.7 | 50.9 |
| Gardner 2014 [5] | Wearables | 6MWD | 44.0 | 72.5 |
| Gardner 2014 [5] | Control | 6MWD | 4.0 | 49.3 |
| McDermott 2013 [6] | Non-wearables | 6MWD | 42.4 | 63.1 |
| McDermott 2013 [6] | Control | 6MWD | -11.1 | 66.6 |
| McDermott 2014 [9] | Non-wearables | 6MWD | 26.5 | 65.3 |
| McDermott 2014 [9] | Control | 6MWD | -7.0 | 62.8 |
| Collins 2019a [10] | Non-wearables | 6MWD | 13.75 | 6.1 |
| Collins 2019a [10] | Control | 6MWD | -1.08 | 5.7 |
| Collins 2019b [10] | Non-wearables | 6MWD | -7.75 | 5.6 |
| Duscha 2018 [7] | Wearables | TMWD | 202.0 | 255.0 |
| Duscha 2018 [7] | Control | TMWD | 20.0 | 96.0 |
| Gardner-2011 [4] | Wearables | TMWD | 110.0 | 172.0 |
| Gardner-2011 [4] | Control | TMWD | -9.0 | 156.0 |
| Brenner 2020 [11] | Non-wearables | TMWD | 124.0 | 125.8 |
| Brenner 2020 [11] | Control | TMWD | 26.0 | 120.6 |
| Collins 2011 [12] | Wearables | TMWD | 24.0 | 166.0 |
| Collins 2011 [12] | Control | TMWD | 39.0 | 167.0 |
| Sandercock 2007 [13] | Non-wearables | TMWD | 59.0 | 138.0 |
| Sandercock 2007 [13] | Control | TMWD | 37 | 191.0 |
| Larsen 1966 [14] | Wearables | TMWD | 402 | 391.0 |
| Larsen 1966 [14] | Control | TMWD | -14 | 82.0 |

*6MWD – Six minute walking distance, m – Meters, TMWD – Treadmill maximum walking distance, SD – Standard deviation.*

References


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