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*Correction*

# Correction: Campos et al. Beyond Handgrip: Associations Between Trunk Strength, Gait Speed, Resting Metabolic Rate, and Muscle Mass in Brazilian Older Women with Probable Sarcopenia. *Int. J. Environ. Res. Public Health* 2026, *23*, 338

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## Affiliation Correction

In the published publication [1], there was an error regarding the affiliation for Juliana de Alcantara Silva Fonseca. The correct affiliation should be "Programa de Pós-Graduação em Biologia Humana Experimental (BHEx), Laboratório de Pesquisas Clínicas e Experimentais em Biologia Vascular (BioVasc), Universidade do Estado do Rio de Janeiro (UERJ), Rio de Janeiro 20550-013, Brazil". The order of the affiliations was rearranged.

## Errors in Tables

In the original publication, errors were identified in Tables 1–3 and 5.

In Table 1, the arithmetic means for the total sample were recalculated directly from the individual-level data of all 38 participants. The corrected values were 66.4 kg for body mass, 27.1 kg/m$^2$ for body mass index, 86.6 cm for waist circumference, 92.6 cm for abdominal circumference, 103.9 cm for hip circumference, 27.5 cm for upper-arm circumference, and 25.0 cm for forearm circumference. The label "Waste and hip ratio" was also corrected to "Waist-to-hip ratio".

Check for updates

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**Table 1.** Anthropometric characteristics of the study participants overall and according to handgrip strength classification. Values are presented as mean ± standard deviation (SD) for the total sample (N = 38) and for groups defined by handgrip strength (<16 kg, n = 17; ≥16 kg, n = 21). Between-group comparisons are expressed as mean difference with 95% confidence intervals (CI), Cohen's d effect size, and *p*-values.

| Anthropometric Parameters | Mean ± SD (N = 38) | Mean ± SD | | Mean Difference (95% CI) | Cohen's d | *p*-Value |
|---|---|---|---|---|---|---|
| | | <16 kg (n = 17) | ≥16 kg (n = 21) | | | |
| Age (y) | 69.9 ± 6.6 | 70.4 ± 6.5 | 69.3 ± 5.9 | −1.0 (−5.1–3.0) | 0.18 (trivial) | 0.61 |
| Height (m) | 1.6 ± 0.1 | 1.6 ± 0.1 | 1.6 ± 0.1 | −0.02 (−0.07–0.03) | 0.00 (trivial) | 0.39 |
| Body mass (kg) | 66.4 ± 12.9 | 64.6 ± 12.5 | 67.9 ± 13.3 | 3.3 (−5.3–11.8) | 0.25 (small) | 0.44 |
| BMI (kg/m$^2$) | 27.1 ± 5.0 | 26.7 ± 4.7 | 27.5 ± 2.7 | 0.8 (−1.7–3.2) | 0.21 (small) | 0.51 |
| Waist circumference (cm) | 86.6 ± 10.3 | 84.8 ± 7.8 | 88.0 ± 7.4 | 3.3 (−1.7–8.3) | 0.41 (small) | 0.19 |
| Abdominal circumference (cm) | 92.6 ± 11.2 | 90.9 ± 10.7 | 93.9 ± 7.9 | 3.1 (−3.0–9.2) | 0.32 (small) | 0.31 |
| Hip circumference (cm) | 103.9 ± 10.2 | 103.8 ± 9.9 | 103.9 ± 4.5 | 0.05 (−4.8–4.9) | 0.01 (trivial) | 0.98 |
| Waist-to-hip ratio | 0.8 ± 0.1 | 0.81 ± 0.06 | 0.84 ± 0.07 | 0.02 (−0.01–0.06) | 0.46 (small) | 0.21 |
| Upper Arm Circumference (cm) | 27.5 ± 3.2 | 25.8 ± 3.3 | 28.8 ± 2.4 | 2.9 (1.1–4.8) | 1.08 (large) | 0.002 |
| Forearm Circumference (cm) | 25.0 ± 2.3 | 23.6 ± 1.3 | 26.2 ± 1.3 | 2.6 (1.8–3.5) | 2.02 (large) | 0.0001 |
| Calf Circumference (cm) | 35.7 ± 3.8 | 35.0 ± 1.1 | 36.3 ± 0.7 | 1.2 (0.6–1.8) | 1.57 (large) | 0.0002 |

BMI: Body mass index.

In Table 2, the previously omitted Cohen's d values and their corresponding magnitude classifications were added for blood glucose, resting heart rate, diastolic blood pressure, mean arterial pressure, and systolic blood pressure. The alcohol-consumption row was corrected from 34 (89.5%), 25 (73.5%), and 9 (26.5%) to 14 (36.8%), 9 (52.9%), and 5 (23.8%) for the total sample, HG < 16 kg group, and HG ≥ 16 kg group, respectively. The smoker percentages were recalculated using the corresponding group totals, resulting in 3 (17.6%) and 1 (4.8%) for the HG < 16 kg and HG ≥ 16 kg groups, respectively.

**Table 2.** Cardiometabolic parameters, lifestyle characteristics and history of illness of the participants overall and stratified by handgrip strength (<16 kg vs. ≥16 kg). Continuous variables are presented as mean ± SD, with mean differences (95% CI), Cohen's d, and *p*-values. Categorical variables are presented as N (%).

| Cardiometabolic Parameters | Mean ± SD (N = 38) | Mean ± SD | | Mean Difference (95% CI) | Cohen's d | *p*-Value |
|---|---|---|---|---|---|---|
| | | <16 kg (n = 17) | ≥16 kg (n = 21) | | | |
| Blood glucose (mg/dL) | 107.2 ± 46.4 | 116.3 ± 66.9 | 102.0 ± 16.1 | −14.3 (−44.9–16.3) | 0.31 (small) | 0.34 |
| HR rest (bpm) | 72.3 ± 11.7 | 75.8 ± 7.5 | 69.9 ± 6.4 | −5.9 (−10.5–−1.3) | 0.85 (large) | 0.01 |
| DBP (mmHg) | 80.1 ± 11.5 | 77.4 ± 9.4 | 77.2 ± 10.1 | −0.14 (−6.6–6.4) | 0.02 (trivial) | 0.96 |
| MAP (mmHg) | 101.2 ± 11.8 | 95.7 ± 14.6 | 93.7 ± 15.1 | −2.0 (−11.9–7.8) | 0.13 (small) | 0.67 |
| SBP (mmHg) | 143.4 ± 16.5 | 132.5 ± 35.3 | 126.6 ± 29.9 | −5.9 (−27.3–15.6) | 0.18 (small) | 0.58 |
| Lifestyle characteristics | n (%) | <16 kg (n = 17) | ≥16 kg (n = 21) | | | |
| Alcohol consumption | 14 (36.8%) | 9 (52.9%) | 5 (23.8%) | | | |
| Smoker | 4 (10.5%) | 3 (17.6%) | 1 (4.8%) | | | |
| History of illness | n (%) (N = 38) | <16 kg (n = 17) | ≥16 kg (n = 21) | | | |
| Cancer | 1 (2.6%) | 1 (5.8%) | 0 (0%) | | | |
| Diabetes | 7 (18.4%) | 6 (35.3%) | 1 (4.8%) | | | |
| Dyslipidemia | 3 (7.9%) | 3 (17.6%) | 0 (0%) | | | |
| Hypertension | 23 (60.5%) | 14 (82.3%) | 9 (42.9%) | | | |
| Hypothyroidism | 4 (10.5%) | 4 (23.5%) | 0 (0%) | | | |

Blood glucose and resting hemodynamic values, including SBP, DBP, MAP, and resting heart rate (HR), were expressed as mean ± SD. The frequencies of smoking and alcohol consumption, as well as the prevalence of comorbidities such as hypertension, diabetes, dyslipidemia, hypothyroidism, and cancer, are presented as absolute values and percentages.

In Table 3, the arithmetic mean for weekly exercise frequency in the total sample was corrected from 3.3 ± 1.2 to 3.8 ± 1.2 days/week, and the label "Time (mouths)" was corrected to "Time (months)". In the 0-to-3-month category, the total and HG < 16 kg values were corrected from 11 (28.9%) and 7 (41.1%) to 9 (23.7%) and 5 (29.4%), respectively. In the 6-to-9-month category, the total and HG ≥ 16 kg values were corrected from 5 (13.2%) and 2 (9.5%) to 7 (18.4%) and 4 (19.0%), respectively.

**Table 3.** Physical activity modalities and habits of participants (N = 38), overall and stratified by handgrip-defined probable sarcopenia. Values are expressed as n (%) or mean ± SD. Groups: HG < 16 kg (n = 17) and HG ≥ 16 kg (n = 21). The modalities are not mutually exclusive.

| **Exercise Modalities** | **n (%) (n = 38)** | **<16 kg n (%) (n = 17)** | **≥16 kg n (%) (n = 21)** |
|---|---|---|---|
| Beauty Salon | 5 (13.2) | 4 (23.5%) | 1 (4.8%) |
| Choir | 3 (7.9) | 3 (17.6%) | 0 (0%) |
| Crafts | 3 (7.9) | 3 (17.6%) | 0 (0%) |
| Dance | 7 (18.4) | 2 (11.8%) | 5 (23.8%) |
| Global Postural Re-education (GPR) | 2 (5.3) | 2 (11.8%) | 0 (0%) |
| Gymnastics | 17 (44.7) | 6 (35.3%) | 11 (52.4%) |
| Memory Workshop | 8 (21.1) | 7 (41.2%) | 1 (4.8%) |
| Physical Therapy and Acupuncture | 8 (21.1) | 5 (29.4%) | 3 (14.3) |
| Pilates | 5 (13.2) | 3 (17.6%) | 2 (9.5%) |
| Tai Chi Chuan | 6 (15.8) | 2 (11.8%) | 4 (19.0%) |
| Water Aerobics | 18 (47.4) | 12 (70.5% | 6 (28.6%) |
| Yoga | 16 (42.1) | 8 (47.1%) | 8 (38.1%) |
| **Physical activity habits** | **Mean ± SD** | **<16 kg n (%) (n = 17)** | **≥16 kg n (%) (n = 21)** |
| Duration (min) | 45–60 | 45–60 | 45–60 |
| Frequency (days/week) | 3.8 ± 1.2 | 3.0 ± 1.2 | 4.5 ± 0.8 **** |
| Intensity (RPE) | 3.4 ± 1.4 | 3.8 ± 1.6 | 3.1 ± 1.2 |
| **Time (months)** | **n (%)** | **<16 kg n (%) (n = 17)** | **≥16 kg n (%) (n = 21)** |
| 0 to 3 | 9 (23.7) | 5 (29.4%) | 4 (19.0%) |
| 3 to 6 | 3 (7.9) | 2 (11.8%) | 1 (4.8%) |
| 6 to 9 | 7 (18.4) | 3 (17.6%) | 4 (19.0%) |
| 9 to 12 | 7 (18.4) | 3 (17.6%) | 4 (19.0%) |
| >12 | 12 (31.6) | 4 (23.5%) | 8 (38.1%) |

The number and percentage of individuals engaged in various forms of exercise, including water aerobics, gymnastics, yoga, Pilates, and Tai Chi Chuan. Physical activity habits are expressed as weekly frequency (days/week), perceived exertion intensity (rate of perceived exertion [RPE]), session duration, and duration of engagement (in months). These data provide an overview of the participants' exercise behaviors and adherence to physical activity routines. **** $p = 0.0001$.

In Table 5, the gait-speed values were transposed between the handgrip-strength groups. The values were corrected from 1.5 ± 0.3 m/s to 1.0 ± 0.5 m/s in the HG < 16 kg group and from 1.0 ± 0.5 m/s to 1.5 ± 0.3 m/s in the HG ≥ 16 kg group. Accordingly, the mean difference and its 95% confidence interval were corrected from −0.4 (−0.7 to −0.1) to +0.4 (+0.1 to +0.7). The p-value and the absolute magnitude of Cohen's d remained unchanged. The preserved-strength category was standardized as HG ≥16 kg throughout the corrected tables, consistent with the EWGSOP2 threshold.

**Table 5.** Study variables stratified by handgrip strength thresholds proposed by EWGSOP2. Data are presented as mean ± standard deviation (SD). Between-group differences were analyzed using independent-sample *t*-tests. Mean differences with 95% confidence intervals (CI) and standardized effect sizes (Cohen's d) are reported.

| Strength and Physical Ability Tests | Mean ± SD | | Mean Difference (95% CI) | Cohen's d | *p*-Value |
|---|---|---|---|---|---|
| | <16 kg | ≥16 kg | | | |
| CRT (s for 5 rises) | 13.8 ± 3.5 | 10.5 ± 1.6 | −3.3 (−5.0–−1.6) | 1.21 (large) | 0.0004 |
| GS (m/s) | 1.0 ± 0.5 | 1.5 ± 0.3 | 0.4 (0.1–0.7) | 1.10 (large) | 0.002 |
| HG (kg) | 12.3 ± 3.6 | 21.3 ± 2.7 | 9.2 (7.1–11.2) | 2.87 (large) | 0.0001 |
| MIHE (kg) | 43.7 ± 15.7 | 59.1 ± 11.1 | 15.4 (6.6–24.2) | 1.13 (large) | 0.001 |
| MM (kg) | 37.6 ± 4.2 | 41.5 ± 3.9 | 3.9 (1.2–6.5) | 0.96 (large) | 0.005 |
| RMR (kcal/day) | 1008 ± 174 | 1149 ± 110 | 141.1 (47.2–235.0) | 0.97 (large) | 0.004 |
| TUG (s) | 9.8 ± 1.9 | 7.9 ± 0.7 | −1.8 (−2.8–−0.9) | 1.33 (very large) | 0.0002 |

Maximal isometric hip extension (MIHE), gait speed (GS), timed up and Go (TUG), chair rise performance (CRT), resting metabolic rate (RMR), and muscle mass (MM) in older women stratified by handgrip strength thresholds proposed by the EWGSOP2.

## Text Correction

There was an error in the original publication. The abbreviation of the word "handgrip strength" is wrong. A correction has been made to the caption of Figure 1.

**Figure 1.** Correlation matrix heatmap illustrating the strength and direction of linear relationships among neuromuscular functions (handgrip strength (HS), maximal isometric hip extension (MIHE), chair rise test (CRT), gait speed (GS), Timed Up and Go (TUG), resting metabolic rate (RMR), and muscle mass (MM)). Pearson's correlation coefficients were color-coded, ranging from perfect positive (r = +1.0, white) to perfect negative correlations (r = −1.0, black).

The authors state that these corrections do not affect the scientific conclusions of the article. This correction was approved by the Academic Editor. The original publication has also been updated.

## Reference

1. Campos, L.F.d.S.; Fonseca, J.d.A.S.; Oliveira, A.C.d.S.; Moreira, G.; Correa, L.d.S.; Louza, P.H.d.A.; Dutra Tavares, A.C.; de Souza, L.L.; Castiglione, R.C.; Freitas, H.R.; et al. Beyond Handgrip: Associations Between Trunk Strength, Gait Speed, Resting Metabolic Rate, and Muscle Mass in Brazilian Older Women with Probable Sarcopenia. *Int. J. Environ. Res. Public Health* **2026**, *23*, 338. [CrossRef] [PubMed]

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