Supplement 6. Physical activity assessment across included studies.

Subjective assessment	**Number of studies (N = 8)**
Compliant vs non-compliant with exercise prescription	N = 5 (Chien, Chen, Garet, & Wang, 2014; Corvera-Tindel, Doering, Gomez, & Dracup, 2004; L. Evangelista et al., 2003; L. S. Evangelista, Berg, & Dracup, 2001; van der Wal et al., 2006)
Daily physical activity, measured using a validated scale, International Physical Activity Questionnaire (IPAQ)	N = 2 (Klompstra, Jaarsma, & Strömberg, 2018; Oka, Gortner, Stotts, & Haskell, 1996)
The European Heart Failure Self-care Behaviour Scale	N = 1 (Gallagher, Luttik, & Jaarsma, 2011)
Compliance rate	N = 1 (L. S. Evangelista et al., 2001)
Objective assessment	**Number of studies (N = 9)**
Energy expenditure average daily kcal, estimated using accelerometer	N = 4 (Chien et al., 2014; Lee et al., 2016; Moreno-Suarez, Liew, Dembo, Larbalestier, & Maiorana, 2019; Pozehl et al., 2018)
Daily accelerometry units – lowest tertile vs highest tertile	N = 1 (Snipelisky et al., 2017)
Average daily accelerometer units	N = 1 (Witham, Argo, Johnston, Struthers, & McMurdo, 2006)
Steps per day total, measured using accelerometer	N = 3 (Alosco et al., 2012; Dontje et al., 2014; Werhahn et al., 2019)
Duration, hours/day, measured using accelerometer	N = 1 (Werhahn et al., 2019)

The assessment of barriers and enablers across included studies.

Construct	*PA outcome*	*Construct and physical activity assessment*
Age	*Binary*	*Years* *Compliant vs non-compliant with exercise prescription)* (Chien, Chen, Garet, & Wang, 2014; L. Evangelista et al., 2003; L. S. Evangelista, Berg, & Dracup, 2001) *Daily accelerometry units – lowest tertile vs highest tertile* (Snipelisky et al., 2017)
	Continuous	Years *Average daily accelerometer units* (Witham, Argo, Johnston, Struthers, & McMurdo, 2006) *Energy expenditure average daily kcal* (Chien et al., 2014; Lee et al., 2016; Pozehl, Mcguire, et al., 2018) *Steps per day total* (Alosco et al., 2012; Dontje et al., 2014), *IPAQ scale* (Klompstra, Jaarsma, & Strömberg, 2018)
Comorbidity	*Binary*	Charlson Comorbidity Index *Compliant vs non-compliant with exercise prescription* (Corvera-Tindel, Doering, Gomez, & Dracup, 2004)
	Continuous	Charlson Comorbidity Index *Energy expenditure, average daily kcal* (Pozehl, Mcguire, et al., 2018)
Social support	*Binary*	High(>9) vs low(<=9) perceived social support scale score *The European Heart Failure Self-care Behaviour Scale score*[2] (Gallagher, Luttik, & Jaarsma, 2011)
	Continuous	--
Negative attitude	*Binary*	--
	Continuous	Negative Attitude Scale[3] *Energy expenditure (average daily kcal)* (Pozehl, Mcguire, et al., 2018)
Positive attitude	*Binary*	--
	Continuous	Positive Attitude Scale[4] *Energy expenditure, average daily kcal* (Pozehl, Mcguire, et al., 2018)
Six-minute Walking Test (6MWT)	*Binary*	Meter/minute *Compliant vs non-compliant with exercise prescription* (Corvera-Tindel et al., 2004) *Daily accelerometry units – lowest tertile vs highest tertile* (Snipelisky et al., 2017)

Construct	*PA outcome*	*Construct and physical activity assessment*
	Continuous	Meter/minute *Average daily accelerometer units* (Witham et al., 2006) *Energy expenditure (average daily kcal)* (Pozehl, Mcguire, et al., 2018) *Steps per day total* Werhahn et al. (2019)
Physical functioning (self-report)	*Binary*	Scale score (MOS SF-36)[5] *Compliant vs non-compliant with exercise prescription* (L. S. Evangelista et al., 2001) Scale score (KCCQ)[6] *Daily accelerometry units – lowest tertile vs highest tertile* (Snipelisky et al., 2017)
	Continuous	Scale score (KCCQ)[6] *Energy expenditure and steps per day* (Pozehl, Mcguire, et al., 2018; Werhahn et al., 2019)
Symptoms	*Binary*	--
	Continuous	KCCQ6, total symptom score (symptom subscale) *Energy expenditure*(Pozehl, Mcguire, et al., 2018)
Left Ventricular Ejection Fraction (LVEF), %	*Binary*	Percentage, % *Compliant vs non-compliant with exercise prescription* (Corvera-Tindel et al., 2004)
	Continuous	Percentage, % *Energy expenditure* (Chien et al., 2014; Lee et al., 2016; Pozehl, Mcguire, et al., 2018) *Steps per day* (Dontje et al., 2014; Werhahn et al., 2019)
Self-efficacy	*Binary*	--
	Continuous	An unspecified self-efficacy scale score *A single-item exercise scale* (Klompstra et al., 2018) Self-efficacy scale[7] *Energy. Expenditure*[8] (Lee et al., 2016) Self-efficacy scale[9]score *Daily energy expenditure* (Chien et al., 2014) Self-efficacy scale *Steps per day, total* (Dontje et al., 2014) Self-efficacy scale[10] *Daily physical activity* [11] (Oka, Gortner, Stotts, & Haskell, 1996) KCCQ self-efficacy score *Energy expenditure, kcal* (Pozehl, Mcguire, et al., 2018)
Depression	*Binary*	Presence of clinical depression *Daily accelerometry units – lowest tertile vs highest tertile* (Snipelisky et al., 2017)

Construct	*PA outcome*	*Construct and physical activity assessment*
	Continuous	Hospital Anxiety and Depression scale (HADS) subscale score *Compliant vs non-compliant with exercise prescription* (Corvera-Tindel et al., 2004) Centre for Epidemiology Surveys-Depression scale (CES-D) *Compliant vs non-compliant with exercise prescription* (van der Wal, van Veldhuisen, Veeger, Rutten, & Jaarsma, 2010) HADS score *Total steps/day* (Alosco et al., 2012) HADS score *Accelerometry counts* (Witham et al., 2006) PROMIS-29 score *Energy expenditure, kcal* (Pozehl, Mcguire, et al., 2018)
Digoxin prescription	*Binary*	*Compliant vs non-compliant with exercise prescription* (Corvera-Tindel et al., 2004)
	Continuous	--
Doppler estimated filling pressure	*Binary*	*Daily accelerometry units – lowest tertile vs highest tertile* (Snipelisky et al., 2017)
	Continuous	--
Dysphoria	*Binary*	MAACL emotional dysphoria score *Compliant vs non-compliant with exercise prescription* (Corvera-Tindel et al., 2004)
	Continuous	--
Education	*Binary*	Education above junior *Energy expenditure* (Chien et al., 2014) College or over *Energy expenditure MET/min/week* (Lee et al., 2016) College or over *Compliance rate* (L. S. Evangelista et al., 2001) Post-secondary degree *Energy expenditure, kcal* (Pozehl, Mcguire, et al., 2018)
	Continuous	Years *Accelerometer, steps per day* (Alosco et al., 2012)
Employment	*Binary*	Yes vs no *Energy expenditure* (Lee et al., 2016; Pozehl, Mcguire, et al., 2018)
	Continuous	--

Construct	*PA outcome*	*Construct and physical activity assessment*
Ethnicity	*Binary*	Caucasian vs non-Caucasian *Daily accelerometry units – lowest tertile vs highest tertile* (Snipelisky et al., 2017) *Energy expenditure* (Pozehl, Mcguire, et al., 2018)
	Continuous	-- Caucasian vs non-Caucasian *Energy expenditure* (Pozehl, Mcguire, et al., 2018)
HF duration	*Binary*	Years *Compliant vs non-compliant with exercise prescription* (Corvera-Tindel et al., 2004)
	Continuous	Years *Energy expenditure total* (Lee et al., 2016)
HFrEF (Yes)		HFrEF vs HFpEF *Energy expenditure, kcal* (Pozehl, Mcguire, et al., 2018)
		--
pro-BNP	*Binary*	--
	Continuous	ng/mL *Duration, hours/day* (Werhahn et al., 2019)
Hostility	*Binary*	MAACL hostility score *Compliant vs non-compliant with exercise prescription* (Corvera-Tindel et al., 2004)
	Continuous	
Income	*Binary*	--
	Continuous	Above poverty *Energy expenditure* (Lee et al., 2016)
Left Atrial Volume index (LAV)	*Binary*	l/m2 *Daily accelerometry units – lowest tertile vs highest tertile* (Snipelisky et al., 2017)
	Continuous	--
Left Ventricular Assist Device (LVAD)	*Binary*	Pre-post LVAD *Energy expenditure total* (Moreno-Suarez, Liew, Dembo, Larbalestier, & Maiorana, 2019)
	Continuous	--
Left Ventricular Remodelling (LVR)		Relative myocardial wall thickness

Construct	*PA outcome*	*Construct and physical activity assessment*
	Binary	*Daily accelerometry units – lowest tertile vs highest tertile* (Snipelisky et al., 2017)
	Continuous	--
Partner	*Binary*	Living with a spouse, Yes vs No *Daily energy expenditure* (Chien et al., 2014) Marital status *Compliance rate* (L. S. Evangelista et al., 2001)
	Continuous	--
PeakVO2	*Binary*	mL/kg/min *Compliant vs non-compliant with exercise prescription* (Corvera-Tindel et al., 2004)
	Continuous	mL/kg/min *Steps/day, total* (Werhahn et al., 2019)
Perceived exertion	*Binary*	--
	Continuous	*IPAQ scale* (Oka et al., 1996)
Quality of Life (QoL)	*Binary*	KCCQ scale[6] total score *Daily accelerometry units – lowest tertile vs highest tertile* (Snipelisky et al., 2017)
	Continuous	KCCQ scale [5] total score *Energy expenditure* (Lee et al., 2016; Pozehl, Mcguire, et al., 2018)
Renal function	*Binary*	Estimated glomerular filtration rate (eGFR) ml/min *Accelerometer units lowest tertile vs highest tertile* (Snipelisky et al., 2017)
	Continuous	--
Smoking	*Binary*	--
	Continuous	Smoking (yes vs no) *Energy expenditure* (Lee et al., 2016)
Symptom distress	*Binary*	--
	Continuous	MSAS-SF [12] *Energy expenditure, total daily* (Chien et al., 2014)

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