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| **Study reference** | **Study characteristics** | **Patient characteristics** | **Intervention (I)** | **Comparison / control (C)** | **Follow-up** | **Outcome measures and effect size** | **Comments** |
| Risom, 2020 | Type of study: RCT  Setting and country: university hospital, Denmark  Funding and conflicts of interest: Non-commercial | Inclusion criteria: Patients treated with ablation for AF, ≥18 years of age and Danish speaking.  Exclusion criteria:  Patients unable to understand trial instructions, pregnant or breastfeeding, reduced ability to follow the planned program due to other physical illness, engaged in intense physical exercise or sports at a competitive level, patients who did not wish to participate, or were enrolled in a clinical trial that prohibited participation in addi- tional trials.  N total at baseline:  Intervention: 105  Control: 105  Important prognostic factors2:  Age ± SD:  I: 60 (±9)  C: 59 (±12.25)  Sex:  I: 70% M  C: 73% M  Percentage smokers (current):  I:2%  C:3%  Groups comparable at baseline? yes | Physical exercise and psychoeducational consultations.  Physical exercise: A 12-week physical exercise program aimed at increasing exercise capacity.  Psychoeducational consultations provided emotional support and aimed to improve coping skills and illness appraisal to enable the patients to respond appropriately to physical and psychological symptoms. | No cardiac rehabilitation | Length of follow-up:  24 months  Loss-to-follow-up:  I:15%  C:11%  Reason: unclear  Incomplete outcome data:  I:25.7%  C:22.9% | Outcome measures and effect size (include 95%CI):  **Hospitalization (crucial): no effect measure reported**  Percentage hospitalization  I: n=71 (68%)  C: n=60 (57%)  Admissions:  total number (mean):  I:327 (4.6) C:247 (4.1)  p-value=0.51  **Quality of life (crucial): after 24 months of follow-up**  **(no effect measure reported, no SD/SE/CI)**  Bodily pain  I: 85.69  C: 85.84  The p-value between-group change= 0.12  General health perception  I: 62.64  C: 66.9  The p-value between-group change= 0.63  Mental health index  I: 78.82  C: 81.41  The p-value between-group change= 0.28  Physical functioning index  I: 86.61  C: 86.95  The p-value between-group change= 0.95  Role emotional index  I: 80.17  C: 78.73  The p-value between-group change= 0.43  Role physical index  I: 74.22  C: 75.61  The p-value between-group change= 0.43  Social functioning index  I: 88.89  C: 89.13  The p-value between-group change= 0.81  Vitality index  I: 66.37  C: 66.36  The p-value between-group change= 0.85  **Psychosocial recovery (important): no effect measure reported**  HADS-A (after 24 months)  I: 3.90 points C: 4.73 points  HADS-D (after 24 months)  I:2.57 C:2.86 | Authors conclusion: cardiac rehabilitation program for patients treated for atrial fibrillation with catheter ablation found sustained improvements with respect to anxiety compared to usual care but showed no difference on hospital admission.  Comment: only one author received received grants, personal fees, and other support from Medtronic and grants from Gilead, **outside the submitted work**. The other authors have nothing to disclose. |