SUPPLEMENTARY MATERIAL

This document includes:

SUPPLEMENTARY TABLE 1

Title

Supplementary Table 1. Cardiac rehabilitation activities among the 1,568 patients participating in the initial meeting

Description

This table demonstrates the number and percentages of patients accepting the cardiac rehabilitation activities decided by agreed personalised planning at the initial cardiac rehabilitation meeting.

Supplementary Table 1. Cardiac rehabilitation activities among the 1,568 patients participating in the initial meeting

CR activities	Accept to participate, n (%)
Closing MEE alone	41 (2.6)
PE alone	13 (0.8)
PET alone	173 (11.0)
Closing MEE + PE	10 (0.6)
Closing MEE + PET	459 (29.3)
PE + PET	169 (10.8)
Closing MEE + PE + PET	588 (37.5)
No acceptance + missing values	39 (2.5)
Missing values on all three	76 (4.8)

CR, cardiac rehabilitation; closing MEE, closing cardiac rehabilitation meeting; PE, patient

education; PET, physical exercise training.

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SUPPLEMENTARY TABLE 2

Title

Supplementary Table 2. Baseline characteristics of 1,568 patients with ischemic heart disease participating in the initial cardiac rehabilitation meeting.

Description

This table demonstrates the patients´ baseline characteristics stratified according to the indicators of socioeconomic status among patients participating in the initial cardiac rehabilitation meeting. These patients compose the study population for the analysis of dropout.

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Supplementary Table 2. Baseline characteristics of 1,568 patients with ischemic heart disease participating in the initial cardiac rehabilitation meeting.

Indicators of SES	Dropout	Characteristics					
	n (%)[*]	Age mean (SD)	Male[**] n (%)	Danish origin[***] n (%)	Charlson Comorbidity Index[****] n (%)		
					Low, score 0	Moderate, score 1–2	High, score 3–8
Educational level							
- High	76 (21.7)	64.2 (10.0)	264 (75.2)	328 (93.5)	-	-	-
- Medium	160 (22.5)	63.8 (10.5)	573 (80.5)	680 (95.5)	-	-	-
- Low	133 (27.7)	66.4 (11.1)	312 (64.9)	446 (92.7)	-	-	-
- Missing	8 (33.3)	63.6 (11.9)	15 (62.5)	15 (62.5)	-	-	-
Family income level							
- High	119 (20.7)	61.6 (9.2)	483 (83.9)	563 (97.7)	364 (63.2)	173 (30.0)	39 (6.8)
- Medium	108 (20.4)	65.5 (10.3)	397 (75.1)	499 (94.3)	287 (54.3)	177 (33.5)	65 (12.3)
- Low	150 (32.4)	67.6 (11.8)	284 (61.3)	407 (87.9)	228 (49.2)	149 (32.2)	86 (18.6)
Occupational status							

- Employment	129 (21.2)	56.9 (7.5)	507 (83.3)	585 (96.1)	417 (68.5)	164 (26.9)	28 (4.6)
- Age-related pension	175 (22.1)	72.9 (5.8)	549 (69.4)	758 (95.8)	379 (47.9)	273 (34.5)	139 (17.6)
- Social benefit	73 (43.5)	54.5 (7.9)	108 (64.3)	126 (75.0)	83 (49.4)	62 (36.9)	23 (13.7)
Living alone							
- No	258 (21.6)	64.7 (10.3)	945 (79.1)	1,116 (93.4)	686 (57.4)	376 (31.5)	133 (11.1)
- Yes	119 (31.9)	64.6 (11.8)	219 (58.7)	353 (94.6)	193 (51.7)	123 (33.0)	57 (15.3)

SES, socioeconomic status; SD, standard deviation.

[*] The inverse percentage that adds up to 100% represents the patients in the specific category of the SES indicator who did not dropout.

[**] Sex (male/female). The inverse percentage, that adds up to 100%, represents females.

[***] Nationality (Danish/not Danish). The inverse percentage, that adds up to 100%, represents persons not of Danish origin.

[****] The tabulation of educational level and CCI is not shown in order to protect personal data. This table shows similar tendencies to those observed in Table 1 of the article.

SUPPLEMENTARY TABLE 3

Title

Supplementary Table 3. Associations between socioeconomic status and the three activities in the composite measure of dropout (n=1,568).

Description

This table shows the results of a sensitivity analysis assessing the individual associations between the four indicators of socioeconomic status and each of the three cardiac rehabilitation activities in the composite measure of dropout.

Supplementary Table 3. Associations between socioeconomic status and the three activities in the composite measure of dropout (n=1,568)

Indicators of SES	No closing CR meeting within 180 days			Adherence to < 75 % of planned sessions of PET			Adherence to < 75 % of planned sessions of PE		
		Unadjusted	Adjusted[*]		Unadjusted	Adjusted[*]		Unadjusted	Adjusted[*]
	n (%)	OR (95 % CI)	OR (95 % CI)	n (%)	OR (95 % CI)	OR (95 % CI)	n (%)	OR (95 % CI)	OR (95 % CI)
Educational level									
- High	104 (29.6)	1 (reference)	1 (reference)	93 (30.2)	1 (reference)	1 (reference)	48 (27.9)	1 (reference)	1 (reference)
- Medium	193 (27.1)	0.88 (0.67-1.17)	0.86 (0.64-1.14)	215 (34.7)	1.23 (0.91-1.65)	1.21 (0.89-1.63)	128 (39.6)	1.70 (1.14-2.53)	1.60 (1.06-2.42)
- Low	165 (34.3)	1.24 (0.92-1.67)	1.20 (0.88-1.62)	155 (38.4)	1.44 (1.05-1.97)	1.39 (1.00-1.92)	70 (33.8)	1.32 (0.85-2.05)	1.24 (0.79-1.97)
Family income level									
- High	151 (26.2)	1 (reference)	1 (reference)	165 (33.3)	1 (reference)	1 (reference)	84 (32.2)	1 (reference)	1 (reference)
- Medium	141 (26.7)	1.02 (0.78-1.34)	1.06 (0.81-1.40)	133 (29.3)	0.83 (0.63-1.09)	0.87 (0.65-1.16)	83 (32.9)	1.03 (0.72-1.50)	1.09 (0.74-1.60)
- Low	178 (38.4)	1.76 (1.35-2.29)	1.86 (1.39-2.48)	165 (43.2)	1.53 (1.16-2.01)	1.64 (1.21-2.22)	79 (41.8)	1.51 (1.03-2.23)	1.59 (1.04-2.44)
Occupational status									
- Employment	164 (26.9)	1 (reference)	1 (reference)	193 (36.6)	1 (reference)	1 (reference)	106 (37.2)	1 (reference)	1 (reference)
- Age-related pension	214 (27.1)	1.01 (0.79-1.28)	1.19 (0.83-1.71)	192 (28.7)	0.70 (0.55-0.89)	0.70 (0.48-1.03)	104 (29.4)	0.70 (0.50-0.98)	0.65 (0.39-1.08)
- Social benefit	92 (54.8)	3.28 (2.31-4.67)	2.72 (1.87-3.95)	78 (57.4)	2.33 (1.59-3.42)	1.89 (1.26-2.83)	36 (57.1)	2.25 (1.29-3.92)	1.70 (0.94-3.08)

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Living alone									
- No	328 (27.4)	1 (reference)	1 (reference)	331 (32.3)	1 (reference)	1 (reference)	174 (33.3)	1 (reference)	1 (reference)
- Yes	142 (38.1)	1.62 (1.27-2.08)	1.62 (1.26-2.09)	132 (43.0)	1.58 (1.22-2.05)	1.57 (1.19-2.06)	72 (40.0)	1.33 (0.94-1.89)	1.27 (0.88-1.84)

SES, socioeconomic status; CR, cardiac rehabilitation; PET, physical exercise training; PE, patient education; OR, odds ratio; CI, confidence interval.

[*] Adjusted for age, sex, nationality, and Charlson Comorbidity index.

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SUPPLEMENTARY TABLE 4

Title

Supplementary Table 4. Associations between socioeconomic status and no uptake of cardiac
rehabilitation among referred patients (n=2,018): recoding no uptake.

Description

This table demonstrates the results of a sensitivity analysis concerning the robustness of the
definition of the endpoint 'no uptake' of cardiac rehabilitation. After recoding 'no uptake' to
'uptake' for the 17 patients who participated in the initial cardiac rehabilitation meeting more than
30 days before the referral was registered, the associations between the indicators of socioeconomic
status and not taking up cardiac rehabilitation (recoded) were analysed.

Supplementary Table 4. Associations between socioeconomic status and no uptake of cardiac rehabilitation among referred patients (n=2,018): recoding no uptake

Indicators of SES	No uptake*	Unadjusted	Adjusted**
	n (%)	OR (95 % CI)	OR (95 % CI)
Educational level			
- High	84 (19.9)	1 (reference)	1 (reference)
- Medium	192 (21.6)	1.11 (0.84-1.48)	1.11 (0.83-1.49)
- Low	199 (29.7)	1.71 (1.27-2.28)	1.48 (1.10-1.99)
Family income level			
- High	105 (15.6)	1 (reference)	1 (reference)
- Medium	161 (23.9)	1.70 (1.29-2.24)	1.47 (1.11-1.95)
- Low	224 (33.3)	2.70 (2.08-3.52)	2.05 (1.54-2.72)
Occupational status			
- Employment	124 (17.3)	1 (reference)	1 (reference)
- Age-related pension	291 (27.4)	1.81 (1.43-2.29)	0.70 (0.49-0.99)
- Social benefit	75 (31.7)	2.22 (1.59-3.11)	2.08 (1.44-3.00)
Living alone			
- No	288 (19.8)	1 (reference)	1 (reference)
- Yes	202 (35.8)	2.26 (1.82-2.80)	2.12 (1.69-2.66)

SES, socioeconomic status; OR, odds ratio; CI; confidence interval.

* No uptake was recoded to uptake for the 17 patients who participated in the initial CR meeting >30 days before registration of the referral.

** Adjusted for age, sex, nationality, and Charlson Comorbidity index.

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SUPPLEMENTARY TABLE 5

Title

Supplementary Table 5. Associations between socioeconomic status and not taking up cardiac rehabilitation among referred patients (n=2,018): mutual adjustment for the indicators of socioeconomic status.

Description

This table demonstrates the results of a sensitivity analysis. The associations between the indicators of socioeconomic status and not taking up cardiac rehabilitation were analysed by including all four indicators of socioeconomic status in the adjusted logistic regression model in addition to age, sex, nationality, and comorbidity.

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Supplementary Table 5. Associations between socioeconomic status and not taking up cardiac rehabilitation among referred patients (n=2,018): mutual adjustment for the indicators of socioeconomic status.

Indicators of SES	No uptake n (%)	Unadjusted OR (95% CI)	Adjusted* OR (95% CI)
Educational level			
- High	86 (20.3)	1 (reference)	1 (reference)
- Medium	200 (22.5)	1.14 (0.86–1.51)	1.04 (0.77-1.41)
- Low	206 (30.8)	1.74 (1.30–2.32)	1.26 (0.92-1.72)
Family income level			
- High	109 (16.2)	1 (reference)	1 (reference)
- Medium	169 (25.1)	1.74 (1.33–2.27)	1.50 (1.10-2.04)
- Low	229 (34.1)	2.67 (2.06–3.47)	1.67 (1.17-2.36)
Occupational status			
- Employment	128 (17.8)	1 (reference)	1 (reference)
- Age-related pension	302 (28.4)	1.83 (1.45–2.32)	0.57 (0.38-0.84)
- Social benefit	77 (32.5)	2.22 (1.59–3.10)	1.32 (0.88-1.97)
Living alone			
- No	303 (20.8)	1 (reference)	1 (reference)
- Yes	204 (36.2)	2.15 (1.74–2.66)	1.74 (1.37-2.22)

SES, socioeconomic status; OR, odds ratio; CI, confidence interval.

* Adjusted for the remaining three indicators of socioeconomic status in addition to age, sex, nationality, and Charlson Comorbidity Index.

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SUPPLEMENTARY TABLE 6

Title

Supplementary Table 6. Associations between socioeconomic status and dropout from cardiac rehabilitation among participants in the initial meeting (n=1,568): mutual adjustment for the indicators of socioeconomic status.

Description

This table demonstrates the results of a sensitivity analysis. The associations between the indicators of socioeconomic status and dropout from cardiac rehabilitation were analysed by including all four indicators of socioeconomic status in the adjusted logistic regression model in addition to age, sex, nationality, and comorbidity.

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Supplementary Table 6. Associations between socioeconomic status and dropout from cardiac rehabilitation among participants in the initial meeting (n=1,568): mutual adjustment for the indicators of socioeconomic status.

Indicators of SES	Dropout n (%)	Unadjusted OR (95% CI)	Adjusted* OR (95% CI)
Educational level			
- High	76 (21.4)	1 (reference)	1 (reference)
- Medium	160 (22.5)	1.05 (0.77–1.43)	0.95 (0.69-1.31)
- Low	133 (27.7)	1.38 (1.00–1.91)	1.07 (0.75-1.52)
Family income level			
- High	119 (20.7)	1 (reference)	1 (reference)
- Medium	108 (20.4)	0.99 (0.74–1.32)	0.83 (0.60-1.16)
- Low	150 (32.4)	1.84 (1.39–2.44)	1.32 (0.91-1.93)
Occupational status			
- Employment	129 (21.2)	1 (reference)	1 (reference)
- Age-related pension	175 (22.1)	1.06 (0.82–1.37)	1.14 (0.74-1.76)
- Social benefit	73 (43.5)	2.86 (1.99–4.11)	2.02 (1.31-3.13)
Living alone			
- No	258 (21.6)	1 (reference)	1 (reference)
- Yes	119 (31.9)	1.70 (1.32–2.20)	1.48 (1.11-1.98)

SES, socioeconomic status; OR, odds ratio; CI, confidence interval.

*Adjusted for the remaining three indicators of socioeconomic status in addition to age, sex, nationality, and Charlson Comorbidity Index.