

About the data set

This data relates to the methodology and abstraction process of articles for the following systematic review:

The changes in health-related quality of life after attending cardiac rehabilitation: A qualitative systematic review of the perspective of patients living with heart disease.

Short title: heart disease and health-related quality

Amineh Rashidi¹, Lisa Whitehead¹, Helena Halton², Lisa Munro¹, Ian Jones³, Lisa Newson^{3*}

¹ School of Nursing and Midwifery, Edith Cowan University Joondalup Campus, Australia

² Nursing, TBHI: Telehealth.org.

³ Faculty of Health, Liverpool John Moores University, Liverpool, England, UK.

* Corresponding Author: Dr Lisa Newson, Reader of Applied Health Psychology, School of Psychology, Faculty of Health, Liverpool John Moores University, Byrom Street, Liverpool, L3 3AF, UK. Email: l.m.newson@ljmu.ac.uk, Telephone: 0044 151 9046343.

This article has been accepted for publication in PLoS ONE, November 2024.

Abstract

Background: Although the benefits of engaging in cardiac rehabilitation are well established, patient perceptions of the changes in their health-related quality of life are poorly documented. This systematic review synthesized qualitative studies on patients' perspectives of change in their health-related quality of life after attending cardiac rehabilitation.

Objective: To identify and synthesize the best available evidence on the perspective of patients living with heart disease about the changes in their health-related quality of life after attending cardiac rehabilitation.

Methods: Eight databases were used to identify relevant papers published in English and peer-reviewed, and no date restrictions were considered for the search. This systematic review followed the Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA) guidelines. The Joanna Briggs Institute (JBI) Critical Appraisal Checklist was used to appraise the quality of each paper, and two independent reviewers conducted it. A meta-aggregation approach was used to synthesize the findings of the included studies.

Results: The search identified 10813 titles. Thirty-five full-text papers were reviewed after duplicates were removed, and the titles and abstracts were reviewed. Thirteen papers were retained for data synthesis. The synthesized findings were divided into three categories: building healthier habits, peer interaction, and improving mental health.

Conclusion: This review demonstrates the positive changes in health-related quality of life for those patients engaged in cardiac rehabilitation. Peer interaction with other patients improved both mental and physical health. This review indicated that adopting healthier habits, including healthy eating and regular physical activity, had substantial benefits in formulating healthy behavior. The role of peers in supporting the development of a healthy lifestyle appears to be an understudied avenue and has potential for development.

Keywords: 'Cardiac rehabilitation', 'heart diseases', 'health-related quality of life', 'perception', 'qualitative study'

Description

Data provided include:

File 1: PRIMSA Checklist

File 2: search strategy

File 3: Prisma Flow- outlining inclusion/ exclusion

File 4: Full text Article Screening

File 5: Characteristics of Included studies for methodological review

File 6: Dependability Assessment of Included Studies

2024

File 7: Data Extraction

File 8: Themes and Categories

Contact details

Lisa Newson l.m.newson@ljmu.ac.uk

Amineh Rashidi amineh.rashidi@uwa.edu.au

Terms of use

creative commons licence

Please cite : Rashidi, Amineh, Whitehead, Lisa, Munro, Lisa, Halton, Helena, Jones, Ian and Newson, Lisa (2024) The changes in health-related quality of life after attending cardiac rehabilitation: A qualitative systematic review of the perspective of patients living with heart disease. [Data Collection]

Project and funding information

The changes in health-related quality of life after attending cardiac rehabilitation: A qualitative systematic review of the perspective of patients living with heart disease.

Short title: **heart disease and health-related quality**

June 2022- Nov 2024.

Collaboration Australia & UK

No specific funding

Contents

'data file. Docx' contains:

File 1: PRIMSA Checklist

File 2: search strategy

File 3: Prisma Flow- outlining inclusion/ exclusion

File 4: Full text Article Screening

File 5: Characteristics of Included studies for methodological review

File 6: Dependability Assessment of Included Studies

File 7: Data Extraction

File 8: Themes and Categories

Methods

This systematic review process and methodology, with data extracted, relates to the following published article:

Amineh Rashidi A., Whitehead L., Halton H., Munro L., Jones I., Newson L. The changes in health-related quality of life after attending cardiac rehabilitation: A qualitative systematic review of the perspective of patients living with heart disease. Accepted Oct 2024. PLoS ONE. IN PRESS