**Table 21d. Adherence outcomes in interventional studies cardiovascular disease and/or type 2 diabetes mellitus**

| **Author, year** | **Arm** | **Outcome Defined** | **Baseline N** | **Baseline Adherence, mean** | **Final measure** | **N at Final measure** | **Adherence, final measure, mean** | **Change from BL** | **Measure of Association** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Physical activity interventions** |  |  |  |  |  |  |  |  |  |  |
| Anderssen, 199511 | 2 | Percentage of supervised exercise sessions attended (plus individual sessions) | 49 | Not applicable |  | 49 | 57% | Not applicable |  | Average of 1.8 hours per week spent in exercise  |
| **Combination interventions** |  |  |  |  |  |  |  |  |  |  |
| Gram, 20106 | 1 | Adherence reported as overall mean attendance rate (%) during the intervention (4-months) |  |  | over 4 mo of intervention | 24 | 64.6 |  |  | Adherence reported as overall mean attendance rate (%) during the intervention (4-months)12 (50%) participants in the EP group had adherence corresponding to ≥70% attendance rate12 (54.5%) participants in the NW group had adherence corresponding to ≥70% attendance rateA 70% attendance rate was interpreted as successful attendance in this study |
|  | 2 |  |  |  | over 4 mo of intervention | 21 | 63.5 |  |  |  |
| Samaras, 19977 | 2 | Compliance with exercise sessions |  |  |  |  | 100% |  |  |  |
| Toobert, 201115 | 1 | mean attendance at sessions between 12 and 24 mo (%) | 138 |  | 24 months | 93 |  |  |  |  |
|  | 2 |  | 142 |  |  | 97 | 46% |  |  |  |

EP = Exercise on Prescription; Mo = month; NW = Nordic Walking

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