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Title: How was remote technology accepted among cardiac rehabilitees in outpatient self-rehabilitation context?

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Table 1. Characteristics of the participants

Characteristics	Participants (n=32)
Age (years), mean (SD)	62.3 (6.3)
Men sex, n (%)	24 (75.0)
BMI, mean (SD)	29.0 (5.2)
Education: primary school	6 (18.7)
Education: college	18 (56.3)
Education: university	3 (9.4)
Steps per day, mean (SD)	7325 (4579)
MVPA[a] (min/week), mean (SD)	217 (248)
Uses computer, %	86
Uses smartphone, %	62
Has self-monitoring devices for PA[b], %	38

[a] MVPA: Moderate to vigorous physical activity
[b] PA: Physical activity

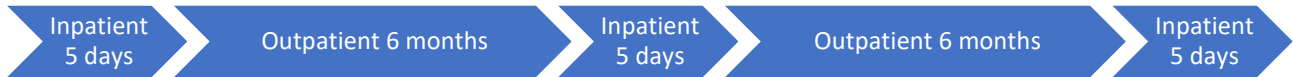Table 2. Technology acceptance questionnaire questions in their original order

Internet software	Activity monitor
I have actively used the internet software	I have actively used the activity monitor
I haven't been willing to use the internet software	I haven't been willing to use the activity monitor
I haven't remembered to use the internet software	I haven't remembered to use the activity monitor
*The internet software has been difficult to use	*The activity monitor has been difficult to use
The use of the internet software has often been frustrating	The use of the activity monitor has often been frustrating
**The internet software has enough functions that I need	**The functions of the activity monitor have been useful to me
*Versatile use of the internet software is easy	*Versatile use of the activity monitor is easy
**The internet software has helped me to set my goals	*The functions of the activity monitor have been clear and understandable
**The internet software has helped me to monitor my goals	**The activity monitor has helped me to set my goals
**The internet software has helped me to be physically more active	**The activity monitor has helped me with monitoring my goals
**The internet software has helped me to be physically more active also when I otherwise wouldn't have been	**The activity monitor has helped me to be physically more active
**The content of the internet software has been useful to me	**The activity monitor has helped me to be physically more active also when I otherwise wouldn't have been
*The content of the internet software has been clear and understandable	**The use of the activity monitor has improved the quality of the rehabilitation
**The internet software has given me feedback sufficiently	**Overall, I have experienced the activity monitor as beneficial in my rehabilitation
**The use of the internet software has improved the quality of the rehabilitation	* Overall, I think that the activity monitor is easy to use
**Overall, I have experienced the internet software as beneficial in my rehabilitation	
*Overall, I think that the internet software is easy to use	

*Included in the sum variable: ease of use

**Included in the sum variable: usefulness

Table 3. Spearman's correlation coefficient (r) in internet software items in technology acceptance questionnaire (modified from the technology acceptance model (17)).

	I haven't been willing to use the internet software	I haven't remembered to use the internet software	The internet software has been difficult to use	The use of the internet software has often been frustrating	The internet software has sufficient functions that I need	Versatile use of the internet software is easy	The internet software has helped me to set my goals	The internet software has helped me to monitor my goals	The internet software has helped me to be physically more active	The internet software has helped me to be physically more active also when I otherwise	The content of the internet software has been useful to me	The content of the internet software has been clear and understandable	The internet software has given me feedback sufficiently	The use of the internet software has improved the quality of the rehabilitation	Overall I have experienced the internet software as beneficial in my rehabilitation	Overall, I think that the internet software is easy to use
I have actively used the internet software	-.61 $p<.01$ n=29				.46 $p<.01$ n=24		.69 $p<.01$ n=24	.73 $p<.01$ n=27	.64 $p<.01$ n=26	.58 $p<.01$ n=22	.64 $p<.01$ n=24		.65 $p<.01$ n=22	.55 $p<.01$ n=23	.46 $p<.05$ n=25	
I haven't been willing to use the internet software	-	.38 $p<.05$ n=28		.78 $p<.01$ n=26					-.55 $p<.01$ n=26	-.59 $p<.01$ n=22	-.55 $p<.01$ n=24			-.51 $p<.05$ n=23	-.41 $p<.05$ n=25	
I haven't remembered to use the internet software		-									-.46 $p<.05$ n=23					
The internet software has been difficult to use			-	-.42 $p<.05$ n=25									.44 $p<.05$ n=21			.46 $p<.05$ n=24
The use of the internet software has often been frustrating				-							-.45 $p<.05$ n=23					
The internet software has sufficient functions that I need					-		.65 $p<.01$ n=23	.63 $p<.05$ n=23	.72 $p<.01$ n=24	.51 $p<.05$ n=22	.45 $p<.05$ n=20		.58 $p<.01$ n=22	.74 $p<.01$ n=22	.74 $p<.01$ n=23	
Versatile use of the internet software is easy						-	.78 $p<.01$ n=23	.71 $p<.01$ n=23	.46 $p<.05$ n=21				.61 $p<.01$ n=21	.68 $p<.01$ n=21	.72 $p<.01$ n=22	
The internet software has helped me to set my goals							-	.87 $p<.01$ n=24	.45 $p<.05$ n=22		.49 $p<.05$ n=23		.74 $p<.01$ n=21	.60 $p<.01$ n=21	.63 $p<.01$ n=23	.46 $p<.05$ n=23
The internet software has helped me to monitor my goals								-	.60 $p<.01$ n=25	.64 $p<.01$ n=22	.61 $p<.01$ n=24		.82 $p<.01$ n=22	.69 $p<.01$ n=23	.77 $p<.01$ n=25	
The internet software has helped me to be physically more active									-	.97 $p<.01$ n=21	.65 $p<.01$ n=23		.70 $p<.01$ n=21	.71 $p<.01$ n=22	.53 $p<.01$ n=24	
The internet software has helped me to be physically more active also when I otherwise wouldn't have been										-	.69 $p<.01$ n=21		.57 $p<.01$ n=21	.72 $p<.01$ n=20	.55 $p<.01$ n=22	
The content of the internet software has been useful to me											-	.43 $p<.05$ n=24	.74 $p<.01$ n=22	.48 $p<.05$ n=22	.44 $p<.05$ n=24	
The content of the internet software has been clear and understandable												-	.59 $p<.01$ n=22			.63 $p<.01$ n=24
The internet software has given me feedback sufficiently													-	.57 $p<.01$ n=21	.62 $p<.05$ n=22	.47 $p<.05$ n=22
The use of the internet software has improved the quality of the rehabilitation														-	.84 $p<.01$ n=23	
Overall, I have experienced the internet software as beneficial in my rehabilitation															-	

Table 4. Spearman's correlation coefficient (r) in activity monitor items in technology acceptance questionnaire (modified from the technology acceptance model (17)).

	I haven't been willing to use the activity monitor	I haven't remembered to use the activity monitor	The activity monitor has been difficult to use	The use of the activity monitor has often been frustrating	The functions of the activity monitor have been useful to me	Versatile use of the activity monitor is easy	The functions of the activity monitor have been clear and understandable	The activity monitor has helped me with setting my goals	The activity monitor has helped me with monitoring my goals	The activity monitor has helped me to be physically more active	The activity monitor has helped me to be physically more active also when I otherwise wouldn't have been	The use of the activity monitor has improved the quality of the rehabilitation	Overall I have experienced the activity monitor as beneficial in my rehabilitation	Overall I think activity monitor is easy to use
I have actively used the activity monitor	-.41 p<.05 n=32	-.37 p<.05 n=31		-.37 p<.05 n=31	.59 p<.01 n=29				.53 p<.01 n=32			.47 p<.05 n=29	.50 p<.01 n=30	.43 p<.05 n=32
I haven't been willing to use the activity monitor	-	.52 p<.01 n=31	-.44 p<.05 n=31	.55 p<.01 n=31										
I haven't remembered to use the activity monitor		-	-.47 p<.01 n=31		-.42 p<.05 n=28									
The activity monitor has been difficult to use			-	-.46 p<.05 n=31	.46 p<.05 n=28									
The use of the activity monitor has often been frustrating				-										
The functions of the activity monitor have been useful to me					-	.46 p<.05 n=29	.44 p<.05 n=28	.68 p<.01 n=29	.50 p<.01 n=29	.43 p<.05 n=29	.44 p<.05 n=27	.40 p<.05 n=26		.60 p<.01 n=31
Versatile use of the activity monitor is easy						-	.94 p<.01 n=30	.55 p<.01 n=31	.47 p<.01 n=31		.47 p<.05 n=28	.60 p<.01 n=28	.42 p<.05 n=29	.57 p<.01 n=31
The functions of the activity monitor have been clear and understandable							-	.50 p<.01 n=30	.52 p<.01 n=31		.46 p<.05 n=28	.61 p<.01 n=29	.39 p<.05 n=30	.56 p<.01 n=31
The activity monitor has helped me with setting my goals								-	.75 p<.01 n=31	.72 p<.01 n=30	.66 p<.01 n=28	.67 p<.01 n=28	.56 p<.01 n=29	.62 p<.01 n=31
The activity monitor has helped me with monitoring my goals									-	.58 p<.01 n=30	.71 p<.01 n=28	.60 p<.01 n=29	.50 p<.01 n=30	.44 p<.05 n=32
The activity monitor has helped me to be physically more active										-	.76 p<.01 n=28	.71 p<.01 n=27	.63 p<.01 n=28	.49 p<.01 n=30
The activity monitor has helped me to be physically more active also when I otherwise wouldn't have been											-	.86 p<.01 n=26	.67 p<.01 n=27	.57 p<.01 n=28
The use of the activity monitor has improved the quality of the rehabilitation												-	.71 p<.01 n=29	.61 p<.01 n=29
Overall I have experienced the activity monitor as beneficial in my rehabilitation													-	.70 p<.01 n=30

| Inpatient 5 days | Outpatient 6 months | Inpatient 5 days | Outpatient 6 months | Inpatient 5 days |

Inpatient rehabilitation

- In a rehabilitation centre
- Max. 10 participants in each group
- Exercise and group-based discussion sessions guided by a doctor, a physiotherapist, and a nurse
- Optionally counselling sessions with a social worker, a psychologist, or a dietitian
- Introduction and guidance to the use of both technologies.

Outpatient rehabilitation

Technology: Internet software

- Goal setting and monitoring
- Monthly tasks to increase patients´ ability to cope with all day life
- Monthly feedback from a physiotherapist
- Monthly automatic reminder to engage in PA

Technology: activity monitor

- Self-monitoring

Physical activity

- Individual goals set by the participants themselves
- General goal to perform moderate intensity PA at least 150 min per week