

CARDIAC REHABILITATION BARRIERS SCALE-REVISED

Cardiac rehabilitation is a program where you have sessions of exercise and education / counseling over time in-person and/or via technology, and work with a healthcare team to reduce your heart risk factors. The following questions ask about the factors influencing your participation in cardiac rehabilitation. Please select one option for **each question row** regardless of whether you attended or **did not** attend a cardiac rehabilitation program.

I did not attend a cardiac rehabilitation program, or if I did participate, I missed or may miss some sessions with the therapist(s) or home exercise because:	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree	Not Applicable
1. ...of distance (e.g., no program located in your area, too far to travel for in-person sessions)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. ...of cost (e.g., program services if applicable; transportation costs such as parking, gas; rehab supplies such as shoes, exercise equipment, devices / trackers, education materials)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. ...of challenges getting to in-person sessions (e.g., access to suitable motor vehicle/car or public transportation)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. ...of bad weather conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. ...I didn't know about cardiac rehab (e.g., doctor didn't tell me about it or refer me, or there does not seem to be a program to which I could be referred)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. ...I don't need cardiac rehab (e.g., feel well, heart problem treated, not serious)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. ...my doctor or other healthcare providers did not feel it was necessary or encourage me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. ... I don't think it will help me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. ...I already exercise at home, or in my community so don't feel I need cardiac rehab, or I already had a chronic disease management program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. ...of work responsibilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. ...of family responsibilities (e.g., caregiving)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 12. ...of other time constraints (e.g., too busy, inconvenient class time)
- 13. ...of travel (e.g., holidays, business, cottage, visiting family out-of-town)
- 14. ...I don't have the energy, or am feeling down / hopeless
- 15. ...I find exercise tiring or painful
- 16. ...other health problems prevent me from going (specify: _____)
- 17. ...I am too old
- 18. ... I can manage my heart problem without a cardiac rehab program
- 19. ... I am not interested in the program or motivated to go, or I do not like it (e.g., staff, exercises)
- 20. ...it took too long to get into the program
- 21. ...I prefer to exercise alone, not in a group

22. Other reason (s) for not attending cardiac rehabilitation:
