Table 3 Factors affecting adherence to the pulmonary rehabilitation programme of 51 patients with chronic lung diseases

Variable	Adherent (n = 32)	Non-adherent (n = 19)	P-value
Mean (SD) age (years)	55.9 (14.1)	59.2 (11.6)	0.40
Sex [no. (%) of patients]			
Men	9 (28.1)	6 (31.6)	
Women	23 (71.9)	13 (68.4)	0.791
Right ventricle abnormality [no. (%) of patients]			
Absent	29 (90.6)	16 (84.2)	
Present	3 (9.4)	3 (15.8)	0.489
Respiratory/exercise parameters [mean (SD) values]			
BMI (kg/m^2)	29.5 (8.2)	30.9 (9.7)	0.587
FEV_1 (% of predicted)	62.3 (21.3)	63.1 (19.0)	0.892
FVC (% of predicted)	67.4 (19.2)	73.2 (19.0)	0.301
PaO_2 (mm Hg)	47.5 (15.2)	45.3 (8.0)	0.563
$PaCO_2$ (mm Hg)	65.4 (19.5)	65.0 (11.0)	0.987
6-min. walking distance (m)	226 (111)	174 (112)	0.108
Distance on treadmill (m)	120 (80)	124 (80)	0.849
Distance on bicycle (m)	1041 (440)	1011 (498)	0.823
Distance on ergometer (m)	525 (154)	573 (255)	0.410
Health care utilization [mean (SD) values]			
Emergency department visits (no.)	2.5 (2.9)	1.6 (1.1)	0.049
Admissions to the hospital (no.)	0.1 (0.4)	0.4 (0.7)	0.034
Outpatient department visits (no.)	5.3 (2.1)	2.6 (1.4)	< 0.001
Short-acting bronchodilator inhalers (no.)	7.3 (5.0)	6.6 (3.7)	0.619
Cumulative prednisone dose (mg)	117 (162)	346 (386)	0.004
Antibiotics courses (no.)	2.0 (2.2)	3.7 (4.8)	0.029

BMI = body mass index; FEV1 = forced expiratory volume in 1 sec; FVC = forced vital capacity; PaO_2 = partial pressure of oxygen in the arterial blood; $PaCO_2$ = partial pressure of carbon dioxide in the blood.