

Table 1: Sociodemographic and clinical characteristics of study participants (patients with cardiovascular disease enrolled for an outpatient cardiac rehabilitation program).

Variable	Mean (SD) or n (%)
Age	66.45 (9.63)
Gender = Male	9 (81.8)
Ethnicity = Greek	11 (100)
Marital status:	
Married	10 (90.9)
Widower	1 (9.1)
The highest educational level	
Elementary school	7 (63.6)
High school	1 (9.1)
College or University	3 (27.3)
Occupation = Retired	11 (100)
Years being diagnosed	
≤ 1 year	1 (9.0)
≤ 10 years	5 (45.5)
> 10 years	5 (45.5)
Presence of symptoms = Yes	5 (45.5)
Comorbidity = Yes	8 (72.7)
Level of perceived stress	
Normal	5 (45.5)
Moderate	6 (54.5)
Average night sleep duration in hours	6.98 (0.89)
Average amount of weekly moderate-intensity physical activity in hours	
Moderate daily physical activity	11.18 (5.60)
Household-related activity	5.10 (4.56)
Leisure time activity	8.13 (3.96)
Children-related activity	2.03 (3.57)

Values are expressed as mean ± standard deviation or number with percentage in brackets (%), SD: standard deviation, n: number.