

Understanding barriers to cardiac rehabilitation attendance and adherence and exploring solutions among women-identifying patients

Location: Across Canada

Description: This research study aims to determine the barriers to attending cardiac rehabilitation programs and to determine the preferences for these programs among self-identifying women in Canada. Through an online survey, this study asks women questions about their experience in cardiac rehabilitation, what they liked, and what they disliked about the program. Those participants who would like to participate in a one-on-one interview with the researchers, will be given that opportunity to further explain their experiences. The goal of this work is to create more inclusive cardiac rehabilitation programs for self-identifying women to allow for more women in Canada to reap the benefits associated with these programs.

Language: English only

Eligibility:

- Adults (18 years and up) who self-identify as a woman
- have been referred to a cardiac rehab program
- ability to complete the questionnaires independently
- ability to read and write in English

Participant requirements:

An online survey administered using Survey Monkey and is composed of questionnaires about gender-identity, disease type and severity, physical and mental health status, and cardiac rehabilitation barriers. The questionnaire is estimated to take 20 minutes to complete. If interested participants are also interested, they can engage in a semi-structured one-on-one interview with either the primary researcher or Honours student. Interview questions will be used to better understand the real and perceived barriers to cardiac rehabilitation attendance and adherence and to explore possible solutions to these issues. Interviews will be conducted using Zoom and are expected to take 30 minutes.

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