

## Supplemental file 2: Characteristics of included studies in alphabetical order

Study	World Bank Income Classification*	Country	Study design	Disease population (ICD10 code)	N	Delivery model (context / key health care professional [HCP] involved)	Exercise component	Risk factor management	Geographic context†	Implicit and explicit considerations with respect to LRS
<b>Abdelhalem 2018<sup>25</sup></b>	LM	Egypt	RCT	CVD (I25)	40	- Outpatient cardiac rehabilitation clinic at university hospital  - HCP not reported	High-intensity treadmill exercise	- Education about heart disease and importance of risk factor modification  - Advice regarding home-based activities	Metro (L)	- Patients who live in distant rural areas or have no means of transportation and cannot participate regularly in the program were excluded.
<b>Ajiboye 2015<sup>26</sup></b>	LM	Nigeria	RCT	CVD (I50)	69	- Physiotherapy outpatient department of university teaching hospital  - Researcher / research assistant	Combined aerobic and resistance training	- Health talks on prevention of complications, lifestyle modification and healthy living	Metro (L)	
<b>Ali 2014<sup>27</sup></b>	LM	India	Case/Control (P)	Respiratory (J44)	30	- Centre for respiratory diseases  - HCP not reported	Three different types of exercises: walking, biking and resistance exercises	- Self-management education related to Chronic Obstructive Respiratory Disease	Metro (M)	- A short-term program was chosen to obtain maximum physiological benefits and

										compliance in minimum number of sessions. - Respiratory physicians (in India) largely unaware of benefits of add-on pulmonary rehabilitation.
<b>Babu 2010<sup>28</sup></b>	LM	India	Case/Control (R)	CVD (125)	30	- Rural hospital - HCP not reported	Inpatient low intensity, short duration, early mobilization; followed by unsupervised exercise program	- Dietary advice - Patient education - Identification of red flags - Risk factor modification - Compliance with medical treatment	Rural	- Limited technology has forced the authors to rely on vital signs (pulse and blood pressure), auscultation, and perceived exertion as indicators for stressful situations during exercise.
<b>Babu 2011<sup>29</sup></b>	LM	India	RCT	CVD (150)	30	- Inpatient clinic; followed by home-based - Physical therapist	Inpatient physical therapy (including breathing exercises, range of motion, walking) followed by structured home-based walking program	- Education (exercise safety)	Town (L)	- Cost-effective treatment options are needed in countries where patients pay out-of-pocket for health care. - Barriers to this home-based program were assessed through a semi-structured interview on the patients who completed the rehab program

										([family] fear and concerns, lack of interest, lack of motivation).
<b>Basri 2017<sup>30</sup></b>	LM	Pakistan	RCT	Respiratory (J44)	60	- Medical ward, Hospital - Physiotherapist	Respiratory muscle and breathing exercises	- Smoking cessation - Lifestyle and diet modification	Metro (M)	
<b>Biswas 2017<sup>31</sup></b>	LM	India	Case / Control (P)	Cancer (C91 - 97)	30	- Medical college - HCP not reported	Active movement, flexibility and resistive exercises	- Relaxation training - Cognitive behavioural therapy	Metro (L)	
<b>Chakraborty 2007<sup>32</sup></b>	LM	India	Cohort (P)	CVD (I25)	52	- Department of Physical Medicine and Rehabilitation - Rehabilitation team	A one-week inpatient acute rehabilitation program (including walking and specific exercise), followed by home-based, self-directed exercise. Resistance training was added 6-wk post-surgery.	- Diet counselling - Smoking cessation - Drug adherence - Sexual rehabilitation	Metro (L)	- Lots of illustrations and sketches were used instead of lengthy texts to make it comprehensible to even the illiterate patients. - Low-cost, home-based program designed to extend beyond urban boundaries. - Family members asked to adopt lifestyle changes.
<b>Chi-Jane 2012<sup>33</sup></b>	HIC	Taiwan	RCT	Diabetes (E11 / I10)	50	- Community-based district health centre - Researcher,	Education in exercise and weight loss; exercise diary	- Education (weight[loss]) - Education (knowledge) - Education (nutrition)	Rural	- Study in a remote village in southwestern Taiwan with limited medical resources.

						public health nurse, physician, nutritionist and exercise physiologist		- Education (behaviour)		
<b>Chockalingam 2016<sup>34</sup></b>	LM	India	Cohort (P)	CVD (I25)	33	- Cardiac wellness institute  - multidisciplinary team of healthcare professionals including a physician, physiotherapist, nutritionist and psychologist	Active exercise component including treadmill walking, recumbent cycling, resistance exercises with free weights and TheraBand floor exercises.	- Nutritional counselling  - Goal-setting to promote behaviour modification  - Psychosocial counselling  - Education about risk factors, adherence to treatment, resuming normal activities and self- management	Metro (L)	- A home-based modified program was offered to those patients with >2hrs one way travelling distance.  - Family members were encouraged to attend the education and counselling sessions.  - Work-out sessions were made safe for participants wearing traditional clothing.  - Nutritional counselling was adapted to local cooking and eating habits.
<b>Chung 2018<sup>35</sup></b>	UM	Peru	Cohort (P)	CVD (I10)	104	- Health centre  - Trained nurses and nutritionists	- Physical exercise training	- Health assessment  - Lifestyle education  - Nutrition education  - Self-care education	Metro (L)	- Four targeted health centres in deprived and poor areas of Lima, Peru where large influxes of migrants from rural

										areas have resulted in poorer access to health care services.
<b>Daabis 2017</b> <sup>36</sup>	LM	Egypt	RCT	Respiratory (J44)	45	- Inpatient chest department and home-based - HCP not reported	Treadmill training plus low-intensity resistance training	- Education in the form of self-management of the disease, nutrition and lifestyle changes	Metro (L)	- Early rehabilitation may provide a window of opportunity for patient education and increases the continuity of care.
<b>Davis 2012</b> <sup>37</sup>	HIC	USA	Cohort (P)	Diabetes (E11)	247	- Federally qualified health centres and home-based component - Trained non-medical research assistants	Physical activity goal setting / action plan	- Self-management guide covering diet, physical activity, blood glucose monitoring, medication adherence and insulin use.	Multicentre, mixed context	- Resource poor and rural community clinics - Materials written in simple language to accommodate low level of literacy.
<b>Dehdari 2009</b> <sup>38</sup>	LM	Iran	RCT	CVD (I25)	110	- Outpatient cardiac rehabilitation clinic - HCP not reported	Exercise training (as part of usual care)	- Education - Progressive muscular relaxation training (intervention)	Metro (L)	
<b>Dhameja 2013</b> <sup>39</sup>	LM	India	Case/Control (P)	CVD (I10)	60	- Cardiopulmonary laboratory - Yoga expert	Yoga-based postures and (breathing) exercises	- Dietary advice	Metro (L)	

<b>Edla 2016<sup>40</sup></b>	LM	India	Cohort (P)	CVD (I10)	104	- Inpatient / Residential naturopathy hospital - Multidisciplinary team	Yoga-based exercise (postures, breathing, encourage to do aerobic exercises)	- Diet - Rest / Relaxation - Education (empowerment, personality development, stress management, meditation)	Metro (L)	
<b>El-Demerdash 2015<sup>41</sup></b>	LM	Egypt	Cohort (R)	CVD (I25)	40	- Outpatient cardiac rehabilitation unit - HCP not reported	Low-intensity exercise training	- Risk factor modification - Psychosocial management - Nutritional counselling - Physical activity counselling	Metro (L)	
<b>El-Helow 2015<sup>42</sup></b>	LM	Egypt	RCT	CVD (I63)	60	- Inpatient stroke rehabilitation unit - "Therapist"	Strengthening and range-of-motion exercises (as part of standard therapy) plus constrained movement and shaping (adapted task practice)	- Standard rehabilitation including posture, management of spasticity, standard occupational therapy	Metro (L)	
<b>Elshazly 2018<sup>43</sup></b>	LM	Egypt	Cohort (P)	CVD (I21)	50	- Outpatient cardiac rehabilitation unit at university hospital	Moderate intensity treadmill training at 40–60% of heart rate reserve	- Risk factor modification - Psychosocial management - Nutritional counselling - Physical activity counselling	Metro (L)	

						- Nurse and study team member				
<b>Embarak 2015<sup>44</sup></b>	LM	Egypt	Case/Control (P)	Respiratory (J44)	95	- Outpatient clinic of respiratory and rheumatology departments - HCP not reported	Aerobic treadmill training plus resistance training exercises	- An education course - Instructed on how to perform muscle exercises and respiratory training daily at home for the entire duration of the program	Metro (M)	
<b>Eraballi 2018<sup>45</sup></b>	LM	India	RCT	CVD (I25)	300	- Institute of Cardiac Sciences - Yoga-therapist, nutritionist	- Breathing, physiotherapy exercises and yoga	- Pharmacotherapy - Nutrition and lifestyle counselling - Relaxation techniques	Metro (L)	
<b>Evans-Hudnall 2014<sup>46</sup></b>	HIC	USA	RCT	CVD (I63)	60	- Large county hospital - A health educator	Physical activity goal setting	- Workbook (stroke, risk factors, behavioural strategies, resources) - Diet / Activity tracking forms - Self-care education sessions	Metro (L)	- Underserved ethnic minority individuals included. - Linking with available community and national resources.
<b>Ghanem 2010<sup>47</sup></b>	LM	Egypt	RCT	Respiratory (J44)	39	- Inpatient training (before discharge) at chest department and home-based component	Respiratory muscle training, endurance training and resistance training	- Healthy lifestyle lectures with hand-outs including disease pathology, disease management, prevention of infections and nutrition.	Metro (M)	- A home-based rehabilitation program was assessed as “pulmonary rehabilitation is not yet widely utilized in many developing countries.” The

						- Unclear which HCP provided inpatient training				home-based program under bi-weekly outpatient supervision can be considered a more viable and realistic paradigm in terms of manpower or finance, especially in low-income countries. - The post-discharge program was based on an assessment phase which included availability of resources and patients' culture and traditions.
<b>Ghashghaei 2012<sup>48</sup> and Sadeghi 2012<sup>49</sup></b>	LM	Iran	Cohort (P)	CVD (I25)	156 and 585	- Cardiovascular research institute (outpatient) - supervision of a physician, a nurse and exercise physiologist	Combined aerobic and resistance training	- Individual dietary instruction	Metro (L)	

<b>Gupta 2011</b> <sup>50</sup>	LM	India	Cohort (P)	CVD (I50)	123	- Inpatient, group-based, hospital; transferred to local yoga centre for daily follow-up - clinician, psychologist, Rajyoga meditation teacher, dietician, exercise expert	- Moderate aerobic exercise (brisk walk)	- Risk assessment - Education on aetiology of heart disease, importance of healthy lifestyle. - Diet modification	Mixed	- Spouses were invited to follow lifestyle program as well. - Project team visited regional medical centres for follow-up assessments; the inaccessible were sent questionnaires.
<b>Hassan 2016</b> <sup>51</sup>	LM	Egypt	RCT	CVD (I25)	60	- Outpatient physiotherapy department - HCP not reported	Mild to moderate-intensity aerobic exercise	- Risk factor (e.g. smoking) assessment - "Patients were provided an idea about risk factor control and secondary prevention according to AHA guidelines for secondary prevention 2011"	Metro (L)	
<b>Hassan 2016</b> <sup>52</sup>	LM	Egypt	Cohort (P)	Respiratory (J44)	40	- Outpatient department - HCP not reported	Interval resistance training for lower extremity muscles.	- Education on disease self-management (prevention and	Metro (L)	- Patients were allocated to specific groups based on the number of comorbidities

								early treatment of exacerbations, breathing strategies and bronchial hygiene techniques)		(unclear how that affected the intervention).
<b>Jayasheela 2017<sup>23</sup></b>	LM	India	RCT	Respiratory (J44)	30	- Inpatient, rural hospital - HCP not reported	Yoga-based exercise and breathing exercises	- Education on smoking cessation and lifestyle modification	Town (S)	- Nurse-delivered, community-based intervention through rural hospital.  - Literacy, cultural background and socio-economic profile included in sample description.
<b>Jayasuriya 2015<sup>53</sup></b>	LM	Sri Lanka	RCT	Diabetes (E11)	85	- Community-based, primary care clinic / teaching hospital  - Trained nursing staff	Physical activity intervention targeted to increase culturally appropriate exercise during household work (for women) and to introduce brisk walking	- Goal-setting - Pedometer - Diet intervention	Metro (L)	- Model designed specifically to the Sri Lanka health care system.  - Training of nursing staff  - Culturally appropriate exercise (household work, brisk walking).
<b>Jyotsna 2013<sup>54</sup></b>	LM	India	RCT	Diabetes (E11)	64	- Outpatient clinic at Institute for Medical Sciences  - "Certified teacher"	Comprehensive yoga-based movements and breathing program	- Dietary advice - Brisk walking for 45 minutes daily	Metro (L)	- To increase compliance, only patients from nearby were selected.

										- A relative signed off the activity diary on a weekly basis.
<b>Karimi 2017<sup>55</sup></b> <b>and</b> <b>Shakil-Ur-Rehman 2017<sup>56</sup></b>	LM	Pakistan	RCT	Diabetes (E11)	102	- Outpatient; Rehabilitation and Research Centre - HCP not reported	Aerobic exercise training	- Dietary plan	Metro (L)	
<b>Ko 2011<sup>57</sup></b>	HIC	S. Korea	Cohort (P)	Diabetes (E11)	96	- Home-based - Visiting, registered nurses with >10yrs experience	Individual education in exercise with trained nurse	- Knowledge assessment - Education (disease management) - Education (lifestyle factors) - Education (foot care) - Education (complications)	Metro (M)	- Low-income participants were defined according to the criteria of the 2006 Ordinance of the Ministry for Health, Welfare and Family Affairs of Korea.
<b>Maharaj 2016<sup>58</sup></b>	LM	Nigeria	RCT	Diabetes (E11)	90	- Rural outreach program / gymnasium - Dietician, rehabilitation specialist	Rebound (trampoline) exercise	- Dietary counselling	Rural	- Part of outreach program
<b>Masrul 2016<sup>59</sup></b>	LM	Indonesia	Case/Control (P)	Diabetes (E11)	110	- Consultation at diabetes clinic + Home-based - HCP not reported	Exercise consultation	- Diet consultation	Metro (L)	

<b>Mayer-Davis 2004<sup>60</sup></b>	HIC	USA	RCT	Diabetes (E11)	187	- Primary health care centres - Nutritionists	Behavioural strategies for weight loss and physical activity, such as self-monitoring of diet and physical activity	- Additional behavioural strategies to assist with achieving weight loss goals	Rural	- Medically underserved rural communities. - Modified program including regular use of group sessions, considerable simplification and reduction in the amount of written materials, encouragement of physical activity at low to moderate intensity for individuals who had very sedentary lifestyles, and inclusion of additional regionally /culturally appropriate examples and suggestions for physical activity.
<b>Mehani 2013<sup>61</sup></b>	LM	Egypt	RCT	CVD (I50)	40	- Outpatient physical therapy department - Physical therapist	Circuit-interval aerobic training	- Simple disease information sessions aimed to reinforce patient education about chronic heart failure signs and symptoms, ensure compliance with medications, identify recurrent symptoms amenable	Metro (L)	

								to treatment, advice on how to live with heart failure and special emphasis was given to dietary counselling.		
<b>Mohammed 2018<sup>62</sup></b>	LM	Egypt	Cohort (P)	CVD (I50)	80	- Department of Cardiology, university hospital - HCP not reported	Individualized, aerobic, treadmill training	- Risk factor assessment - Physical activity counselling	Metro (L)	
<b>Moncrieft 2016<sup>63</sup></b>	HIC	USA	RCT	Diabetes (E11)	111	- Community health clinic - Therapist	Physical activity goal; brisk walking or aerobic activity up to 150 min / week	- Goal setting (diet / weight loss) - Multi-component education sessions (physical activity, weight loss, stress, nutrition, goals)	Metro (L)	- Low-income minority patients
<b>Najafi 2015<sup>64</sup> and Nalini 2014<sup>65</sup></b>	LM	Iran	Cohort (R)	CVD (I25)	887	- Inpatient hospital + outpatient cardiac rehabilitation clinic - "Rehabilitation team"	Inpatient exercise training followed by outpatient program (hospital-based or hybrid)	- Education (preliminary phase) - Nutritional and psychological assessment - Education meetings (complementary phase) focused on controlling risk factors, healthy diet, weight	Metro (M)	- A hybrid program was offered to take into consideration socioeconomic status, level of education and access to health care service.

								control and stress management. - Relaxation techniques		
<b>Naser 2008</b> <sup>66</sup>	LM	Iran	RCT	CVD (I25)	100	- Outpatient clinic consultations + home-based - Program manager	Aerobic exercise	- Manual to help home-based exercise, dietary modifications and nutrition facts. - Risk factor assessment and individualized lifestyle counselling	Metro (L)	
<b>Pande 2005</b> <sup>67</sup>	LIC	India	Cohort (P)	Respiratory (J44)	24	- Home-based program - HCP not reported	Leg exercises, and respiratory muscle training / breathing exercises	- Education (causes, manifestations, and management) - Nutritional support - Psychosocial support	Metro (L)	
<b>Raghuram 2014</b> <sup>68</sup>	LM	India	RCT	CVD (I25)	250	- Division of yoga and life sciences - Intensive care nurse, and yoga therapist	Yoga-based movement and breathing exercises OR physiotherapy-based exercises	- Counselling on lifestyle modification included the concepts of right living from Indian yoga psychology	Metro (L)	- Patients were included living within <200 km from study centre to ensure compliance for follow up.
<b>Ramirez 2017</b> <sup>69</sup>	HIC	USA	RCT	Diabetes (E11)	42	- Ambulatory care clinic	- Participants received an activity monitor,	- Behaviour change education	Metro (L)	- Low-income, Latino patients were included from a safety-net ambulatory clinic.

						- Short-message or voice message service directed by research assistant	targeted step goals and tailored feedback			- A family member / friend was invited to participate. - Service offered in Spanish.
<b>Ranjita 2016<sup>70</sup></b>	LM	India	RCT	Respiratory (J44)	81	- Outpatient clinic - Yoga instructors	Yoga-based exercises	- Lifestyle counselling and lectures (e.g. health, lifestyle modification, stress)	Metro (L)	- A specific working population was sampled (coal miners).
<b>Rifaat 2014<sup>71</sup></b>	LM	Egypt	Cohort (P)	Respiratory (J84)	30	- Rheumatology and rehabilitation outpatient department; university hospital - HCP not reported	Upper and lower extremity exercises, breathing exercise, and chest physical therapy	- "Psychological support and patient education rounded out the program"	Metro (S)	
<b>Shagufta 2011<sup>72</sup></b>	LM	India	RCT	CVD (I51)	30	- Physiotherapy outpatient department or home-based - Researcher, dietician	Supervised OR home-based exercises sessions including range of motion, walking, and stair climbing	- Education and counselling - Nutritional advice	Metro (L)	
<b>Shah 2015<sup>73</sup></b>	HIC	USA	Cohort (P)	Diabetes (E11)	60	- Home-based / Telemedicine - Three community members aged 37–45	Individual education home-visit on exercise / physical activity (150 min / week)	- Monthly home-based educational interventions to encourage healthy lifestyles,	Mixed	- Underserved, minority populations (Zuni Indians). - Home visits to complete baseline measurements.

						with a background in health-related work were recruited, trained and certified as lay interventionists		including diet, and alcohol and cigarette avoidance		- Community health workers were trained as lay-interventionists.
<b>Sindhwani 2011<sup>74</sup></b>	LM	India	Case / Control (P)	Respiratory (J44)	20	- Home-based with regular follow-ups - Dietician, respiratory physiotherapist, psychologist	Respiratory muscle training	- Dietary instructions - Mental health counselling	Town (S)	- Difficult to deliver conventional pulmonary rehabilitation programs in resource-limited settings.
<b>Singh 2003<sup>75</sup></b>	LIC	India	RCT	Respiratory (J44)	40	- Home-based with weekly outpatient follow-ups - HCP not reported	Lower extremity exercise and breathing exercises	- Secretion removal - Energy conservation and work simplification of activities of daily living	Metro (L)	- A home-based program was offered with walking as primary mode of exercise. - Home-based rehabilitation was chosen as it is more convenient in the context of the adverse situations found in India when implementing rehabilitation programs (Illiteracy, ignorance, poverty, lack of motivation, inclination

										towards drug therapy, and smoking as a social custom).
<b>Suseelal 2016</b> <sup>76</sup>	LM	India	RCT	Diabetes (E10 - E11)	400	- Community-based - Researcher	Muscle strengthening and stretching exercises	- Educational booklet including information on blood sugar, glucose monitoring, meal plans, stretching exercises, medication, insulin injection, and foot care - Nutritional counselling	Rural	- "Cultural background of the patients was respected". - Randomization at the level of rural village.
<b>Toufan 2009</b> <sup>77</sup>	LM	Iran	Cohort (P)	CVD (I51)	65	- Outpatient cardiac rehabilitation centre - Psychologist; unclear who provided the exercise component	Aerobic training	- Health education counselling - Psychotherapy - Stress management - Smoking cessation - Relaxation training	Metro (L)	
<b>Van Rooijen 2004</b> <sup>78</sup>	LM	S. Africa	RCT	Diabetes (E11)	158	- Community hospital; home-based program -	Incremental daily home exercise (walking) program	- Education (exercise) - Education (disease management) - Education (nutrition)	Metro (M)	- Home-based program was chosen due to the participants' home responsibilities, as well as to ensure a safe environment for this women-only patient sample.

										<ul style="list-style-type: none"> <li>- Participants were encouraged to form small groups.</li> <li>- Common activities were visualized in the activity log.</li> </ul>
<b>Wang 2018<sup>79</sup></b>	HIC	USA	RCT	Diabetes (E11)	26	<ul style="list-style-type: none"> <li>- Underserved minority community health centre</li> <li>- Lifestyle counsellors</li> </ul>	- Pedometer based activity plan	- Education on healthy eating, physical activity, stress and behaviour change.	Metro (L)	<ul style="list-style-type: none"> <li>- Patients from underserved minority community health centre who are uninsured / underinsured.</li> <li>- Three different delivery models (mobile, paper/pen, usual) were tested.</li> </ul>
<b>Wattana 2007<sup>80</sup></b>	LM	Thailand	RCT	Diabetes (E11)	147	<ul style="list-style-type: none"> <li>- Community-based hospital in rural Thailand; part home-based</li> <li>- Researcher</li> </ul>	- Education on appropriate physical activity	<ul style="list-style-type: none"> <li>- Education on meal planning, foot care, use of medicine, complications and stress reduction</li> <li>- Education manual "Living well with diabetes"</li> </ul>	Rural	<ul style="list-style-type: none"> <li>- Rural, community centre.</li> </ul>
<b>Wayne 2015<sup>81</sup></b>	HIC	Canada	RCT	Diabetes (E11)	138	- Community Health Centre	Supervised exercise education program including exercise prescription, monitoring	- Health-related goal setting including food, blood glucose, exercise and mood. Secure	Metro (L)	<ul style="list-style-type: none"> <li>- People living in lower socioeconomic status communities were included.</li> </ul>

						- eHealth counselling through certified exercise physiologists	and adherence support. Experimental group received additional mobile wellness platform	messaging with health counsellor.		- Smartphones were provided by the research team including data plan.
<b>Wiyono 2006</b> <sup>82</sup>	LM	Indonesia	RCT	Respiratory (J44)	56	- Asthma clinic - HCP not reported	Stationary cycling exercise program	- Education - Chest physiotherapy	Metro (L)	
<b>Yadav 2015</b> <sup>83</sup>	LM	India	RCT	CVD (I25)	80	- Yoga Lab of the Physiology Department - Yoga instructor	Yoga-based exercises	- Lectures and group discussions aimed at understanding the need for lifestyle change, weight management and stress and anxiety management. - Dietary counselling	Metro (L)	- Five-fold higher burden of coronary heart disease in urban India incurs greater economic burden. - Only patients from the middle socio-economic class were included.
<b>Yadav 2016</b> <sup>84</sup>	LM	India	RCT	CVD (I63)	30	- Outpatient Department of Physical Medicine and Rehabilitation - HCP not reported	Modified constraint-induced movement therapy in conjunction with strengthening exercises and endurance training	- ADL training - Stretching and Range of Motion exercises - Gait training and/or orthosis - Education	Metro (L)	- Literacy and income status included as descriptive variable.
<b>Yogendra 2004</b> <sup>85</sup>	LM	India	RCT	CVD (I25)	113	- Yoga institute	Individualized aerobic walking exercise	- Diet modification (low fat, low cholesterol)	Metro (L)	

						- Cardiologist / Nutritionist provided supervised sessions. Intervention was family-based.		- Lifestyle modification including sleep, recreation, relationships, faith, positive attitudes and correct attitude to work.		
Zhang 2017 <sup>86</sup>	UM	China	RCT	CVD (I21)	62	- Community health service centre - Multidisciplinary research team comprising of dietitian, psychologist, physiotherapist, cardiologist and nursing staff	Aerobic training plan according to their preferred training modality in their home environment	- Risk assessment - Counselling (diet, smoking) - Group discussion	Metro (L)	- "In the context of limited health funding and associated scarcity of medical resources, it seems difficult to provide consistent care to coronary heart disease patients depending solely on hospitals." - Randomization at the "participating centre" level.

*\*As classified at the time of participant recruitment; <sup>†</sup>Geographical context was classified in line with the United States of America's Department of Agriculture as Metro (Large [L]) > 1 million, Metro (Medium [M]) 250.000 – 1 million, Metro (Small [S]) < 250.000, Town (L) > 20.000 (not in metro area), Town (M) 2500 – 20000, Town (S) 2500 – 20.000 (adjacent to metro), Rural < 20.000 (not adjacent to metro); Abbreviations: CVD, Cardiovascular Disease; R, Retrospective; P, Prospective; LIC, Low-Income Country; LMIC, Lower-Middle Income Country; UM, Upper-Middle Income Country; HIC, High-Income Country; LRS, Low-Resource Setting; ICD, International Classification of Disease<sup>24</sup>*