

**Table 2. Exercise Test Results**

Variable	Before Exercise training	After Exercise training	t-value
	Mean (SD)	Mean (SD)	
HR rest (bpm)	99.5 (13.3)	94.7 (11.7)	1.49
HR peak (bpm)	133.2 (14.1)	128.7 (16.0)	1.04
SBP rest (mmHg)	128.6 (17.3)	119.5 (9.9)	2.78*
SBP peak (mmHg)	163.1 (20.9)	156.5 (19.3)	1.35
Estimated VO <sub>2max</sub> (MET)	5.4 (2.0)	8.1 (2.0)	-8.43***
Walking time (min)	11.9 (6.1)	20.1 (5.7)	-8.38***

MET = metabolic equivalent; 1 MET = 3.5 ml O<sub>2</sub> kg<sup>-1</sup>min<sup>-1</sup>.

\*p < 0.05, \*\*\*p < 0.0001.

**Table 3. Results of Lung Function Tests**

Variable	Before exercise training	After exercise training	t-value
	Mean (SD)	Mean (SD)	
FEV1	2.39 (0.97)	2.23 (1.07)	0.749
FEV1% predicted	89.85 (34.1)	84.23 (32.4)	0.658
FVC	2.70 (1.3)	2.63 (0.98)	0.255
FVC% predicted	82.92 (35.3)	81.08 (21.9)	0.219
FEV1/FVC%	145.6 (90.2)	160.0 (84.7)	0.607

**Table 4. Activity Status of Patients with Orthotopic Heart Transplantation before and after Exercise Training**

Item of activity	Before exercise training	After exercise training	Weight
	n (%)	n (%)	
1. Taking care of oneself, that is, eating, dressing, bathing, or using the toilet	13 (100%)	13 (100%)	2.75
2. Walking indoors, such as around the house	13 (100%)	13 (100%)	1.75
3. Walking a block or 2 on level ground	13 (100%)	13 (100%)	2.75
4. Climbing a flight of stairs or walking up a hill	13 (100%)	13 (100%)	5.50
5. Running a short distance	4 (31%)	10 (77%)	8.00
6. Doing light work around the house	13 (100%)	12 (92%)	2.70
7. Doing moderate work around the house	11 (85%)	12 (92%)	3.50
8. Doing heavy work around the house	4 (31%)	9 (69%)	8.00
9. Doing yard work	11 (85%)	10 (77%)	4.50
10. Engaging in sexual activities	8 (62%)	10 (77%)	5.25
11. Participating in moderate recreational activities	2 (15%)	6 (46%)	6.00
12. Participating in strenuous sports	2 (15%)	3 (23%)	7.50
Total value: Mean (SD)	33.9 (12.6)	42.2 (15.6)	

not significantly change after exercise training (Table 3). However, more subjects reported being capable of performing moderate activities after exercise training (Table 4). The mean scores on the Duke Activity Status Index significantly increased after training ( $t = -2.54$ ,  $p = 0.026$ ).

#### Exercise Self-efficacy, Body Image, and Physical Symptoms

In order to evaluate the psychological effects of exercise training, the subject's body image, exercise

self-efficacy, and physical symptoms were measured before and after training. Table 5 reveals that body image significantly improved ( $t = -2.54$ ,  $p = 0.026$ ) after training, but a significant change in physical symptoms was not observed. Exercise self-efficacy significantly increased after training ( $t = -5.22$ ,  $p < 0.0001$ ).

#### Influence of Gender and Intervals after Heart Transplantation on Psychological and Physiological Adaptations after Exercise Training

Table 6 shows that body image, self-efficacy, esti-