

age with an increase of 13% in males and an increase of 53% in females after exercise training. Physical signs/symptoms increased in male patients but decreased in female patients after exercise training which may explain why female patients had greater improvement in body image than male patients. Also a significant improvement in body image was found in patients who had undergone OHT over 1 year rather than patients who had undergone OHT less than 1 year. The reasons for this discrepancy could be the same as those for the gender difference.

In summary, the estimated VO_{2max} , ability in physical performance, body image, and exercise self-efficacy significantly improved after 10 weeks of exercise training. The findings of this study suggest that a well-designed cardiopulmonary rehabilitation center is needed to improve the quality of care of patients with OHT in Taiwan. However, because of the lack of a control group and small sample size in this study, generalization of these findings is limited.

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