

Table 3B. Longitudinal changes and multilevel analyses in quality of life and depressive symptoms variables among exercise referral and brief counseling groups and by level of compliance. Intention to treat analysis.

Variables	Exercise referral	Brief counseling	Crude model ^a	Level of compliance		Crude model (comparing <50% vs ≥ 50%) ^a
				(50% and more)		
			P value	<50 (n=45)	≥ 50 (n= 72)	P value
Physical Component Summary Mean (SD)						
0 weeks (T0)	46.7 (8.3)	47 (4.6)		46.9 (5.8)	46.5 (5.2)	
16 weeks (T1)	46.6 (5.2)	45.7 (4.4)	0.125	47.5 (5.5)	46.1 (4.9)	0.108
24 weeks (T2)	46.8 (4.9)	45.7 (4.4)		47.6 (5.1)	46.4 (4.8)	
Mental Component Summary Mean (SD)						
0 weeks (T0)	30.7 (6.5)	30.8 (4.9)		28.1 (8.2)	32.4 (4.6)	
16 weeks (T1)	30.9 (5.1)	31.1 (4.4)	0.215	30.2 (5.2)	31.3 (4.9)	0.001
24 weeks (T2)	31.1 (5.0)	31.2 (4.4)		30.8 (5.2)	31.3 (4.9)	
Vitality Mean (SD)						
0 weeks (T0)	31.7 (24.5)	22.8 (23.0)		30.1 (22.4)	32.6 (25.6)	
16 weeks (T1)	23.2 (25.6)	13.9 (20.2)	0.001	26.7 (28.4)	22.4 (24.9)	0.928
24 weeks (T2)	23.2 (23.5)	16.5 (23.8)		22.9 (19.2)	23.3 (24.4)	
Social functioning Mean (SD)						
0 weeks (T0)	18.7 (24.2)	16.1 (25.4)		18.8 (23.4)	18.7 (24.8)	
16 weeks (T1)	12.2 (20.4)	8.1 (21.4)	0.000	11.7 (18.2)	12.3 (20.9)	0.000
24 weeks (T2)	11.9 (21.4)	4.5 (13.4)		22.9 (26.3)	9.7 (19.6)	
Role Emotional Mean (SD)						
0 weeks (T0)	18.8 (9.5)	19.2 (9.5)		17.3 (9.7)	19.7 (9.3)	
16 weeks (T1)	19.7 (9.0)	21.4 (7.5)	0.003	20.8 (7.5)	19.4 (9.3)	0.089
24 weeks (T2)	19.4 (10.5)	21.6 (6.9)		16.6 (11.9)	19.9 (10.1)	
Mental health (SD)						
0 weeks (T0)	76.9 (22.0)	80.7 (22.4)		71.8 (24.1)	79.9 (20.1)	0.860
16 weeks (T1)	82.3 (20.6)	88.2 (18.7)	0.025	75 (21.2)	84 (20.1)	
24 weeks (T2)	79.7 (20.4)	90.2 (16.9)		80.2 (20.3)	79.5 (20.5)	
Depressive symptoms (CESD-20) Mean (SD)						
0 weeks (T0)	18 (7.6)	21.3 (9.3)		19.3 (9.5)	17.1 (5.9)	0.686
16 weeks (T1)	15.6 (6.7)	17.5 (7.8)	0.037	16.4 (7.6)	15.1 (6.1)	
24 weeks (T2)	15.6 (6.9)	17.4 (7.9)		17 (7.8)	14.8 (6.2)	