

Project Title:

Home-based digital exercise training program to improve physical function of older sepsis survivors - HEAL Sepsis Trial

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Statistical Analyses

Feasibility was evaluated based on retention, exercise adherence, and participant feedback regarding the exercise program and ease of app use. Retention rate was defined as the proportion of randomized participants who attended study visits. Exercise adherence was defined as the proportion of days participants logged into the app to attempt or complete exercise training (with 5 days/week over 12 weeks representing 100% adherence, regardless of session duration). Safety, measured by the number of adverse events reported that are related to the study, was monitored through regular contact with participants, with active solicitation of reports related to discomfort, injury, or other concerns. The primary efficacy analysis was performed using an intent-to-treat approach. For quantitative outcomes, mean change scores, standard deviations, and effect sizes were calculated. Baseline characteristics were summarized as mean and standard deviation (SD). Normality was assessed using the Shapiro–Wilk test; normally distributed data were compared between groups using independent samples t-tests, and non-normally distributed data were compared using the Wilcoxon rank-sum test. Given the relatively small sample size and potential for imbalance in pre-randomization covariates, hypothesis-testing results were interpreted cautiously.