Initial Outcome Measurements and Program Adherence for Respiratory Rehabilitation
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Abstract
Introduction: Respiratory rehabilitation (RR) has shown beneficial in slowing progression of chronic respiratory diseases. Attendance in RR is dependent, in part, on self-efficacy. Therefore, psychosocial status of respiratory patients may play a major role in the adherence of patients attending RR programs. Purpose: Compliance is a consistent obstacle for RR patients. The purpose of this current study was to evaluate the relationship between RR compliance and initial self-reported psychosocial status, as measured by the PHQ-9 survey, in respiratory patients. Design: The current study is a retrospective cohort study. Methods: Data was collected from sixty patients (Mean ± SD: 67.1±14.9 years, 91.9 ± 27.9kg, 169.1 ± 11.2cm) participating in RR. All participants voluntarily enrolled in the RR program. Participants were separated into categories depending on their PHQ-9 score: Low (0-4), Moderate (5-14), and High (15 and greater). Compliance data for each patient for each group were then analyzed using a Kruskal-Wallis One-Way Analysis of Variance with Mann-Whitney U Tests for post-hoc analyses. Results: There was no statistically significant differences detected between groups (p >0.05). Despite no statistical differences, the data showed a trend indicating individuals who scored lower upon initial PHQ-9 screening attended more RR sessions when compared to individuals who scored higher. Thus, patients in the Low category tended to attend more RR sessions. Conclusion: The results from the current study highlight the potential impact and importance psychosocial status has on RR compliance. With a lower initial PHQ-9 score, it can be speculated that patients attend more RR session and thus, increase the likelihood of achieving many of the benefits associated with regular physical activity. Considering the trends of the current study, further research is warranted.

Purpose
Compliance is a consistent obstacle for RR patients. The purpose of this current study was to evaluate the relationship between RR compliance and initial self-reported psychosocial status, as measured by the PHQ-9 survey, in respiratory patients.

Methods
A retrospective cohort study of sixty adults participating in respiratory rehab were used in the analyses. All participants voluntarily enrolled in the RR program. Participants were separated into categories depending on their PHQ-9 score: Low (0-4), Moderate (5-14), and High (15 and greater). Compliance data for each patient for each group were then analyzed using a Kruskal-Wallis One-Way Analysis of Variance with Mann-Whitney U Tests for post-hoc analyses.

Conclusions
The results from the current study highlight the potential impact and importance psychosocial status has on RR compliance. With a lower initial PHQ-9 score, it can be speculated that patients attend more RR session and thus, increase the likelihood of achieving many of the benefits associated with regular physical activity. Considering the trends of the current study, further research is warranted.

Implications
These findings suggest that a lower PHQ-9 score or depression screening may lead to higher adherence for RR. These results can aid in patient interaction, education, and encouragement to attend RR sessions so they may receive more long-term benefits.