UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

DAFTAR PUSTAKA

Abreu, A., Schmid, jean paul, & Piepoli, M. F. (2020). the ESC handbook of cardiovascular rehabilitation. In *oxford university press*.

Ades, P. A., FJ, P., Fletcher, G., IL, P., LR, Z., & JR, N. (2000). A controlled trial of cardiac rehabilitation in the home setting using electrocardiographic and voice transtelephonic *monitoring*. In *American heart journal* (Vol. 139, Number 3, pp. 543–548). https://doi.org/10.1016/s0002-8703(00)90100-5

Aditya, M., Wahjuni, C. U., & Isfandiari, M. A. (2018). Risk Factor Analysis of Recurrent Acute Coronary Syndrome. *Jurnal Berkala Epidemiologi*, *6*(3), 192. https://doi.org/10.20473/jbe.v6i32018.192-199

Ahmadi, M., Kazemi-Arpanahi, H., Nopour, R., & Shanbehzadeh, M. (2023). Factors influencing quality of life among the elderly: An approach using logistic regression. *Journal of Education and Health Promotion*, *12*(1). https://doi.org/10.4103/jehp.jehp_13_23

Perhimpunan Dokter Spesialis Kardiovaskular Indonesia. (2024). *Pedoman Tata Laksana* (D. A. Juzar, S. S. Danny, & S. Sungkar, Eds.; 5th ed.). Penerbit Perhimpunan Dokter Spesialis Kardiovaskular Indonesia (PERKI).

Alhani, F., Asghari-Jafarabadi, M., Norouzadeh, R., Rahimi-Bashar, F., Vahedian-Azimi, A., Jamialahmadi, T., & Sahebkar, A. (2022). The effect of family-centered empowerment model on the quality of life of adults with chronic diseases: An updated systematic review and meta-analysis. In *Journal of Affective Disorders* (Vol. 316, pp. 140–147). Elsevier B.V. https://doi.org/10.1016/j.jad.2022.07.066

Ali, S. A. (2013). Awareness of Healthier Lifestyle Change among Patients with Coronary Artery Diseases الوعي الصحي للمرضى المصابين بإمراض الشرايين التاجية حول التغيير لنمط الحياة. *Kufa Journal For Nursing Sciences*, *3*.

Almutlaq, B. A., Alanqari, A., Khalid, R., Alshammari, K. T., Alshammari, H. A., Almubrad, J., Alturkistani, H., & Turkustani, M. Z. (2017). Risk Factors Associated with Acute Coronary Syndrome in Northern Saudi Arabia. *Journal of Cardiology & Current Research*, *8*(3), 1–5. https://doi.org/10.15406/jccr.2017.08.00281

Amir, M., Kabo, P., Mappangara, I., Djafar, Z., Zainuddin, A. A., Warliani, M., & Mustafa, A. (2022). Peak oxygen uptake and metabolic equivalents explained by six-minute walk test: A prospective observational study in predicting heart failure patient readmission. *Annals of Medicine and Surgery*, *77*. https://doi.org/10.1016/j.amsu.2022.103652

Amsterdam, E. A., Wenger, N. K., Brindis, R. G., Casey, D. E., Ganiats, T. G., Holmes, D. R., Jaffe, A. S., Jneid, H., Kelly, R. F., Kontos, M. C., Levine, G. N., Liebson, P. R., Mukherjee, D., Peterson, E. D., Sabatine, M. S., Smalling, R. W., Zieman, S. J., Anderson, J. L., Halperin, J. L., … Yancy, C. W. (2014). 2014 AHA/ACC guideline for the management of patients with non-st-elevation acute coronary syndromes: A report of the American college of cardiology/American heart association task force on

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

practice guidelines. In *Circulation* (Vol. 130, Number 25, pp. e344–e426). Lippincott Williams and Wilkins. https://doi.org/10.1161/CIR.0000000000000134

Anchah, L., Hassali, M. A., Lim, M. S. H., Ibrahim, M. I. M., Sim, K. H., & Ong, T. K. (2017). Health related quality of life assessment in acute coronary syndrome patients: The effectiveness of early phase I cardiac rehabilitation. *Health and Quality of Life Outcome s*, *15*(1). https://doi.org/10.1186/s12955-016-0583-7

Anderson, R. M., & Funnell, M. M. (2010). Patient empowerment: Myths and misconceptions. *Patient Education and Counseling*, *79*(3), 277–282. https://doi.org/10.1016/j.pec.2009.07.025

Andriani, W. R., & Purwaningsih, E. (2020). Increased Activity Tolerance based on Hemodynamic Status in Patients Coronary Heart Disease After Physical Rehabilitation of Phase I (Inpatient). *Media Keperawatan Indonesia*, *3*(1), 1. https://doi.org/10.26714/mki.3.1.2020.1-9

Anggraini, D. I., & Labibah, Z. (2016). *Diet Mediterania dan Manfaatnya terhadap Kesehatan Jantung dan Kardiovaskular* (Vol. 5, Number 3).

Ardiana, M. (2022). *Buku Ajar PREVENSI DAN REHABILITASI JANTUNG*.

Arena, R., Myers, J., Williams, M. A., Gulati, M., Kligfield, P., Balady, G. J., Collins, E., & Fletcher, G. (2007). Assessment of functional capacity in clinical and research settings: A scientific statement from the American Heart Association committee on exercise, rehabilitation, and prevention of the council on clinical cardiology and the council on cardiovascular n. *Circulation*, *116*(3), 329–343. https://doi.org/10.1161/CIRCULATIONAHA.106.184461

Arnold, S. V., Smolderen, K. G., Kennedy, K. F., Li, Y., Shore, S., Stolker, J. M., Wang, T. Y., Jones, P. G., Zhao, Z., & Spertus, J. A. (2015). Risk factors for rehospitalization for acute coronary syndromes and unplanned revascularization following acute myocardial infarction. *Journal of the American Heart Association*, *4*(2), 1–8. https://doi.org/10.1161/JAHA.114.001352

Aronson, D., & Edelman, E. R. (2014). Coronary artery disease and diabetes mellitus. In *Cardiology Clinics* (Vol. 32, Number 3, pp. 439–455). W.B. Saunders. https://doi.org/10.1016/j.ccl.2014.04.001

Augustin, L., & Cathrine, T. (2025). Factors Influencing Treatment Adherence and Lifestyle Modifications of Patients Living with Coronary Artery Disease (CAD) and Their Impact on Disease *Outcome* s: A Systematic Review. *European Journal of Cardiovascular Medicine*, Pages 1015-1023. https://www.healthcare-bulletin.co.uk/

Azimi, V., Alhani, F., Ahmadi, F., & Kazemnejad, A. (2010). *Effect of family-centered empowerment model on the life style of myocardial infarction patients*.

Badriyah, F. L. (2013). Latihan Fisik Terarah penderita *post* sindrom koroner akut dalam memperbaiki otot jantung. *Universitas Muhamadiyah Yogyakarta*, 24.

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Bahall, M., & Khan, K. (2018). Quality of life of patients with first-time AMI: A descriptive study. *Health and Quality of Life Outcome s*, *16*(1), 1–10. https://doi.org/10.1186/s12955-018-0860-8

Bao, J., Wang, X.-Y., Chen, C.-H., & Zou, L.-T. (2023). Relationship between primary caregivers' social support function, anxiety, and depression after interventional therapy for acute myocardial infarction patients. *World Journal of Psychiatry*, *13*(11), 919–928. https://doi.org/10.5498/wjp.v13.i11.919

Bargehr, J., Thomas, C. S., Oken, K. R., Thomas, R. J., Lopez-Jimenez, F., & Trejo-Gutierrez, J. F. (2017). Predictors of Suboptimal Gain in Exercise Capacity After Cardiac Rehabilitation. *American Journal of Cardiology*, *119*(5), 687–691. https://doi.org/10.1016/j.amjcard.2016.08.005

Basuki, N., El-Ansary, D., Höfer, S., Dwiputra, B., & Nualnim, N. (2021). The Validity and Reliability of the MacNew Heart Disease Health Related Quality of Life Questionnaire: The Indonesian Version. In *Acta Med Indones-Indones J Intern Med* • (Vol. 53).

Batalik, L., Dosbaba, F., Hartman, M., Konecny, V., Batalikova, K., & Spinar, J. (2021). Long-term exercise effects after cardiac telerehabilitation in patients with coronary artery disease: 1-year follow-up results of the randomized study. *European Journal of Physical and Rehabilitation Medicine*, *57*(5), 807- 814. https://doi.org/10.23736/S1973-9087.21.06653-3

Beigienė, A., Petruševičienė, D., Barasaitė, V., Kubilius, R., & Macijauskienė, J. (2021). Cardiac rehabilitation and complementary physical training in elderly patients after acute coronary syndrome: A pilot study. *Medicina (Lithuania)*, *57*(6), 1–10. https://doi.org/10.3390/medicina57060529

Bethell, H. J. (2000). Cardiac rehabilitation: from Hellerstein to the millennium. *International Journal of Clinical Practice*, *54*(2), 92–97.

Bianchi, S., Maloberti, A., Peretti, A., Garatti, L., Palazzini, M., Occhi, L., Bassi, I., Sioli, S., Biolcati, M., Giani, V., Monticelli, M., Leidi, F., Ruzzenenti, G., Beretta, G., Giannattasio, C., & Riccobono, S. (2021a). Determinants of Functional Improvement After Cardiac Rehabilitation in Acute Coronary Syndrome. *High Blood Pressure and Cardiovascular Prevention*, *28*(6), 579–587. https://doi.org/10.1007/s40292-021-00473-7

Bianchi, S., Maloberti, A., Peretti, A., Garatti, L., Palazzini, M., Occhi, L., Bassi, I., Sioli, S., Biolcati, M., Giani, V., Monticelli, M., Leidi, F., Ruzzenenti, G., Beretta, G., Giannattasio, C., & Riccobono, S. (2021b). Determinants of Functional Improvement After Cardiac Rehabilitation in Acute Coronary Syndrome. *High Blood Pressure and Cardiovascular Prevention*, *28*(6), 579–587. https://doi.org/10.1007/s40292-021-00473-7

Birtwistle, S. B., Jones, I., Murphy, R., Gee, I., & Watson, P. M. (2021). Family support for physical activity post-myocardial infarction: A qualitative study exploring the

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

perceptions of cardiac rehabilitation practitioners. *Nursing and Health Sciences*, *23*(1), 227–236. https://doi.org/10.1111/nhs.12806

Bravo, P., Edwards, A., Barr, P. J., Scholl, I., Elwyn, G., & Mcallister, M. (2015). Conceptualising patient empowerment : a mixed methods study. *BMC Health Services Research*, 1–14. https://doi.org/10.1186/s12913-015-0907-z

Brouwers, R. W. M., van der Poort, E. K. J., Kemps, H. M. C., van den Akker-van Marle, M. E., & Kraal, J. J. (2021). Cost-effectiveness of Cardiac Telerehabilitation With Relapse Prevention for the Treatment of Patients With Coronary Artery Disease in the Netherlands. *JAMA Network Open*, *4*(12), e2136652. https://doi.org/10.1001/jamanetworkopen.2021.36652

Byrne, R. A., Ireland, C., Rossello, X., Coughlan, J. J., Ireland, T. F. C., Barbato, E., Berry, C., Kingdom, U., Chieffo, A., Claeys, M. J., Dan, G., Dweck, M. R., Galbraith, M., Kingdom, U., France, M. G., Jüni, P., Lorusso, R., Pedretti, R. F. E., Germany, H. T., … United, J. (2023). *2023 ESC Guidelines for the management of acute coronary syndromes Developed by the task force on the management of acute coronary syndromes of the European Society of Cardiology (ESC) (United Kingdom), (United Kingdom),*. 1–107.

Byrne, R. A., Rossello, X., Coughlan, J. J., Barbato, E., Berry, C., Chieffo, A., Claeys, M. J., Dan, G. A., Dweck, M. R., Galbraith, M., Gilard, M., Hinterbuchner, L., Jankowska, E. A., Jüni, P., Kimura, T., Kunadian, V., Leosdottir, M., Lorusso, R., Pedretti, R. F. E., … Ibanez, B. (2023a). 2023 ESC Guidelines for the management of acute coronary syndromes. *European Heart Journal*, *44*(38), 3720–3826. https://doi.org/10.1093/eurheartj/ehad191

Byrne, R. A., Rossello, X., Coughlan, J. J., Barbato, E., Berry, C., Chieffo, A., Claeys, M. J., Dan, G. A., Dweck, M. R., Galbraith, M., Gilard, M., Hinterbuchner, L., Jankowska, E. A., Jüni, P., Kimura, T., Kunadian, V., Leosdottir, M., Lorusso, R., Pedretti, R. F. E., … Ibanez, B. (2023b). 2023 ESC Guidelines for the management of acute coronary syndromes. *European Heart Journal*, *44*(38), 3720–3826. https://doi.org/10.1093/eurheartj/ehad191

Call, J. B., & Shafer, K. (2018). Gendered Manifestations of Depression and Help Seeking Among Men. *American Journal of Men's Health*, *12*(1), 41–51. https://doi.org/10.1177/1557988315623993

Campo, G., Tonet, E., Chiaranda, G., Sella, G., Maietti, E., Bugani, G., Vitali, F., Serenelli, M., Mazzoni, G., Ruggiero, R., & al., et. (2020). Exercise intervention improves quality of life in older adults after myocardial infarction: randomised clinical trial. *Heart (British Cardiac Society)*, *106*(21), 1658- 1664. https://doi.org/10.1136/heartjnl-2019-316349

Castro, E. M., Van Regenmortel, T., Vanhaecht, K., Sermeus, W., & Van Hecke, A. (2016). Patient empowerment, patient participation and patient-centeredness in hospital care: A concept analysis based on a literature review. *Patient Education and Counseling*, *99*(12), 1923–1939. https://doi.org/10.1016/j.pec.2016.07.026

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Ceyhan, Ö. (2023). Differences in Symptoms, Treatment, and Behavior Between Genders in Individuals with Acute Coronary Syndrome: A Cross-Sectional Study. *Journal of Cardiovascular Nursing*, 117_. https://doi.org/10.5543/khd.2023.85547

Changizi, A., Zeighami, R., Mirzaei, E., & Alipour, M. (2014). Family-oriented empowerment model influencing quality of life CABG patients. *Journal of Nursing and Midwifery Sciences*, *1*(2), 14. https://doi.org/10.18869/acadpub.jnms.1.2.14

Claramita, M., Nugraheni, M. D. F., van Dalen, J., & van der Vleuten, C. (2013). Doctor-patient communication in Southeast Asia: A different culture? *Advances in Health Sciences Education*, *18*(1), 15–31. https://doi.org/10.1007/s10459-012-9352-5

Cojocariu, S. A., Maştaleru, A., Sascău, R. A., Stătescu, C., Mitu, F., Cojocaru, E., Trandafir, L. M., & Leon-Constantin, M. M. (2021). Relationships between psychoeducational rehabilitation and health *outcome* s—a systematic review focused on acute coronary syndrome. In *Journal of Personalized Medicine* (Vol. 11, Number 6). MDPI AG. https://doi.org/10.3390/jpm11060440

Collet, J. P., Thiele, H., Barbato, E., Bauersachs, J., Dendale, P., Edvardsen, T., Gale, C. P., Jobs, A., Lambrinou, E., Mehilli, J., Merkely, B., Roffi, M., Sibbing, D., Kastrati, A., Mamas, M. A., Aboyans, V., Angiolillo, D. J., Bueno, H., Bugiardini, R., … Siontis, G. C. M. (2021). 2020 ESC Guidelines for the management of acute coronary syndromes in patients presenting without persistent ST-segment elevation. In *European Heart Journal* (Vol. 42, Number 14, pp. 1289–1367). Oxford University Press. https://doi.org/10.1093/eurheartj/ehaa575

Coulter, A., & Oldham, J. (2016). FHJv3n2-Oldham.indd. In *Future Hospital Journal* (Vol. 3, Number 2). www.nhs.uk

Craciun, L. M., Buleu, F., Pah, A. M., Badalica-Petrescu, M., Bodea, O., Man, D. E., Cosor, O. C., Iurciuc, S., Dragan, S., & Rada, M. (2023). The Benefits of a Comprehensive Cardiac Rehabilitation Program for Patients with Acute Coronary Syndrome: A Follow-Up Study. *Journal of Personalized Medicine*, *13*(10). https://doi.org/10.3390/jpm13101516

Dalal, H. M., Evans, P. H., Campbell, J. L., Taylor, R. S., Watt, A., Read, K. L. Q., Mourant, A. J., Wingham, J., Thompson, D. R., & Gray, D. J. P. (2007). Home-based versus hospital-based rehabilitation after myocardial infarction: A randomized trial with preference arms - Cornwall Heart Attack Rehabilitation Management Study (CHARMS). *International Journal of Cardiology*, *119*(2), 202–211. https://doi.org/10.1016/j.ijcard.2006.11.018

Dang, T. H., O'Callaghan, C., Alexander, M., Burbury, K., Jayaraman, P. P., Wickramasinghe, N., & Schofield, P. (2023). "Take the tablet or don't take the tablet?"—A qualitative study of patients' experiences of self-administering anti-cancer medications related to adherence and managing side effects. *Supportive Care in Cancer*, *31*(12). https://doi.org/10.1007/s00520-023-08122-6

Davidson, P. M., Halcomb, E., Hickman, L., & Phillips, J. L. (2006). Beyond the rhetoric: What do we mean by a "Model of Care"? Lifestyle risk reduction View project

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Nursing Student placement in primary health care View project. In *Article in Australian Journal of Advanced Nursing* (Vol. 23, Number 3). https://www.researchgate.net/publication/7210210

Deslippe, A. L., Soanes, A., Bouchaud, C. C., Beckenstein, H., Slim, M., Plourde, H., & Cohen, T. R. (2023). Barriers and facilitators to diet, physical activity and lifestyle behavior intervention adherence: a qualitative systematic review of the literature. In *International Journal of Behavioral Nutrition and Physical Activity* (Vol. 20, Number 1). BioMed Central Ltd. https://doi.org/10.1186/s12966-023-01424-2

Deyhoul, N., Vasli, P., Rohani, C., Shakeri, N., & Hosseini, M. (2020). The effect of family-centered empowerment program on the family caregiver burden and the activities of daily living of Iranian patients with stroke: a randomized controlled trial study. *Aging Clinical and Experimental Research*, *32*(7), 1343–1352. https://doi.org/10.1007/s40520-019-01321-4

Dibben, G., Faulkner, J., Oldridge, N., Rees, K., Thompson, D. R., Zwisler, A. D., & Taylor, R. S. (2021). Exercise-based cardiac rehabilitation for coronary heart disease. *Cochrane Database of Systematic Reviews*, *2021*(11). https://doi.org/10.1002/14651858.CD001800.pub4

Dou, L., Mao, Z., Fu, Q., Chen, G., & Li, S. (2022). Health-Related Quality of Life and Its Influencing Factors in Patients with Coronary Heart Disease in China. *Patient Preference and Adherence*, *16*, 781–795. https://doi.org/10.2147/PPA.S347681

Doyle, L., McCabe, C., Keogh, B., Brady, A., & McCann, M. (2020). An overview of the qualitative descriptive design within nursing research. *Journal of Research in Nursing*, *25*(5), 443–455. https://doi.org/10.1177/1744987119880234

Ebong, I. A., Quesada, O., Fonkoue, I. T., Mattina, D., Sullivan, S., Oliveira, G. M. M. de, Spikes, T., Sharma, J., Commodore, Y., Ogunniyi, M. O., Aggarwal, N. R., & Vaccarino, V. (2024). The Role of Psychosocial Stress on Cardiovascular Disease in Women: JACC State-of-the-Art Review. In *Journal of the American College of Cardiology* (Vol. 84, Number 3, pp. 298–314). Elsevier Inc. https://doi.org/10.1016/j.jacc.2024.05.016

Elo, S., Kääriäinen, M., Kanste, O., Pölkki, T., Utriainen, K., & Kyngäs, H. (2014). Qualitative Content Analysis: A Focus on Trustworthiness. *SAGE Open*, *4*(1). https://doi.org/10.1177/2158244014522633

Elo, S., & Kyngäs, H. (2008). The qualitative content analysis process. *Journal of Advanced Nursing*, *62*(1), 107–115. https://doi.org/10.1111/j.1365-2648.2007.04569.x

Fetters, M. D., Curry, L. A., & Creswell, J. W. (2013). Achieving integration in mixed methods designs - Principles and practices. *Health Services Research*, *48*(6 PART2), 2134–2156. https://doi.org/10.1111/1475-6773.12117

Filos, D., Claes, J., Cornelissen, V., Kouidi, E., & Chouvarda, I. (2023). Predicting Adherence to Home-Based Cardiac Rehabilitation with Data-Driven Methods. *Applied Sciences (Switzerland)*, *13*(10). https://doi.org/10.3390/app13106120

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Følling, I. S., Solbjør, M., & Helvik, A. S. (2015a). Previous experiences and emotional baggage as barriers to lifestyle change - A qualitative study of Norwegian Healthy Life Centre participants Service organization, utilization, and delivery of care. *BMC Family Practice*, *16*(1), 1–9. https://doi.org/10.1186/s12875-015-0292-z

Følling, I. S., Solbjør, M., & Helvik, A. S. (2015b). Previous experiences and emotional baggage as barriers to lifestyle change - A qualitative study of Norwegian Healthy Life Centre participants Service organization, utilization, and delivery of care. *BMC Family Practice*, *16*(1). https://doi.org/10.1186/s12875-015-0292-z

for Health Metrics, I., & Evaluation. (2021). *GBD Results Tool: Cardiovascular Diseases – Indonesia*.

Galdas, P. M., Harrison, A. S., & Doherty, P. (2018). Gender differences in the factors predicting initial engagement at cardiac rehabilitation. *Open Heart*, *5*(1), e000764. https://doi.org/10.1136/openhrt-2017-000764

Golbus, J. R., Gupta, K., Stevens, R., Jeganathan, V. S., Luff, E., Boyden, T., Mukherjee, B., Klasnja, P., Kheterpal, S., Kohnstamm, S., & Nallamothu, B. K. (2022). Understanding Baseline Physical Activity in Cardiac Rehabilitation Enrollees Using *Mobile* Health Technologies. *Circulation: Cardiovascular Quality and Outcome s*, *15*(7), E009182. https://doi.org/10.1161/CIRC*OUTCOME* S.122.009182

Grace, S. L., Midence, L., Oh, P., Brister, S., Chessex, C., Stewart, D. E., & Arthur, H. M. (2016). Cardiac Rehabilitation Program Adherence and Functional Capacity Among Women: a Randomized Controlled Trial. *Mayo Clinic Proceedings*, *91*(2), 140- 148. https://doi.org/10.1016/j.mayocp.2015.10.021

Graham, H. L., Lac, A., Lee, H., & Benton, M. J. (2019). *Predicting Long-Term Mortality , Morbidity , and Survival Outcome s Following a Cardiac Event : A Cardiac Rehabilitation Study*. https://doi.org/10.1177/1179572719827610

Grant, P. J., Cosentino, F., & Marx, N. (2020). Diabetes and coronary artery disease: Not just a risk factor. *Heart*, *106*(17), 1357–1364. https://doi.org/10.1136/heartjnl-2019-316243

Grosso, G., Pajak, A., Marventano, S., Castellano, S., Galvano, F., Bucolo, C., Drago, F., & Caraci, F. (2014). Role of omega-3 fatty acids in the treatment of depressive disorders: A comprehensive meta-analysis of randomized clinical trials. *PLoS ONE*, *9*(5). https://doi.org/10.1371/journal.pone.0096905

Gupta, N., Elnour, A., Sadeq, A., & Gupta, R. (2022). Diabetes and the heart: coronary artery disease. *E-Journal of Cardiology Practice*, *22*.

Hayes, S. N., Kim, C. E. S. H., Saw, J., Adlam, D., Arslanian-Engoren, C., Economy, K. E., Ganesh, S. K., Gulati, R., Lindsay, M. E., Mieres, J. H., Naderi, S., Shah, S., Thaler, D. E., Tweet, M. S., & Wood, M. J. (2018). Spontaneous coronary artery dissection: Current state of the science: A scientific statement from the American Heart Association. *Circulation*, *137*(19), e523–e557. https://doi.org/10.1161/CIR.0000000000000564

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Hays, R. D., & Reeve, B. B. (2008). Measurement and modeling of health-related quality of life. In *International Encyclopedia of Public Health* (pp. 241–252). Elsevier Inc. https://doi.org/10.1016/B978-012373960-5.00336-1

He, C. J., Zhu, C. Y., Zhu, Y. J., Zou, Z. X., Wang, S. J., Zhai, C. L., & Hu, H. L. (2020). Effect of exercise-based cardiac rehabilitation on clinical *outcome* s in patients with myocardial infarction in the absence of obstructive coronary artery disease (MINOCA). *International Journal of Cardiology*, *315*, 9–14. https://doi.org/10.1016/j.ijcard.2020.05.019

Heald, F. A., Marzolini, S., Colella, T. J. F., Oh, P., Nijhawan, R., & Grace, S. L. (2021). Women's *outcome* s following mixed-sex, women-only, and home-based cardiac rehabilitation participation and comparison by sex. *BMC Women's Health*, *21*(1), 1–13. https://doi.org/10.1186/s12905-021-01553-5

Hernán, M. A., & Robins, J. M. (2017). Per-Protocol Analyses of Pragmatic Trials. In *n engl j med* (Vol. 377).

Houle, J., Doyon, O., Vadeboncoeur, N., Turbide, G., Diaz, A., & Poirier, P. (2011). Innovative program to increase physical activity following an acute coronary syndrome: Randomized controlled trial. *Patient Education and Counseling*, *85*(3). https://doi.org/10.1016/j.pec.2011.03.018

Indrajaya, T. (2019). Depresi, Ansietas, dan Komplikasi Pasca Sindrom Koroner Akut. *Jurnal Penyakit Dalam Indonesia*, *5*(4), 158. https://doi.org/10.7454/jpdi.v5i4.289

Jamal Uddin, J. (2018). The effect of home-based cardiac rehabilitation following coronary artery bypass graft surgery in a low income country: a controlled trial. *European Journal of Heart Failure*, *20*, 379- 380. https://doi.org/10.1002/ejhf.1197

Jbilou, J., Grenier, J., Chomienne, M. H., Talbot, F., Tulloch, H., D'Antono, B., & Greenman, P. (2019). Understanding men's psychological reactions and experience following a cardiac event: A qualitative study from the MindTheHeart project. *BMJ Open*, *9*(9). https://doi.org/10.1136/bmjopen-2019-029560

Jolly, K., Lip, G. Y., Taylor, R. S., Raftery, J., Mant, J., Lane, D., Greenfield, S., & Stevens, A. (2009). The Birmingham Rehabilitation Uptake Maximisation study (BRUM): a randomised controlled trial comparing home-based with centre-based cardiac rehabilitation. *Heart (British Cardiac Society)*, *95*(1), 36- 42. https://doi.org/10.1136/hrt.2007.127209

Jolly, K., Taylor, R., Lip, G., Greenfield, S., Raftery, J., Mant, J., Lane, D., Jones, M., Lee, K. W., & Stevens, A. (2007). The Birmingham Rehabilitation Uptake Maximisation Study (BRUM). Home-based compared with hospital-based cardiac rehabilitation in a multi-ethnic population: cost-effectiveness and patient adherence HTA Health Technology Assessment NHS R&D HTA Programme ww. *Health Technology Assessment*, *11*(35). http://www.hta.ac.uk

Kalaman, C. R., Ibrahim, N., Cham, C. Q., Ho, M. C., Visvalingam, U., Rahman, F. N. A., Shahabuddin, F. A., Halim, M. R. T. A., & Siau, C. S. (2024). Challenges and

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

strategies for improving medication adherence among adolescent psychiatric patients: A qualitative study. *Global Mental Health*, *11*. https://doi.org/10.1017/gmh.2024.80

Kaminsky, L. A., Brubaker, P. H., Guazzi, M., Lavie, C. J., Montoye, A. H. K., Sanderson, B. K., & Savage, P. D. (2016). Assessing physical activity as a core component in cardiac rehabilitation: A position statement of the American association of cardiovascular and pulmonary rehabilitation. *Journal of Cardiopulmonary Rehabilitation and Prevention*, *36*(4), 217–226. https://doi.org/10.1097/HCR.0000000000000191

Kang, K., Gholizadeh, L., Inglis, S. C., & Han, H. R. (2016). Interventions that improve health-related quality of life in patients with myocardial infarction. In *Quality of Life Research* (Vol. 25, Number 11, pp. 2725–2737). Springer International Publishing. https://doi.org/10.1007/s11136-016-1401-8

Kärner Köhler, A., Tingström, P., Jaarsma, T., & Nilsson, S. (2018). Patient empowerment and general self-efficacy in patients with coronary heart disease: A cross-sectional study. *BMC Family Practice*, *19*(1). https://doi.org/10.1186/s12875-018-0749-y

Kaushal, N., Nemati, D., Gauthier-Bisaillon, R., Payer, M., Bérubé, B., Juneau, M., & Bherer, L. (2022). How and Why Patients Adhere to a Prescribed Cardiac Rehabilitation Program: A Longitudinal Phenomenological Study of Patients with Acute Coronary Syndrome. *International Journal of Environmental Research and Public Health*, *19*(3), 1–14. https://doi.org/10.3390/ijerph19031482

Kertmen, Ö., Çoksevim, M., Çakmak, A., Kertmen, T., & İliş, D. (2025). Gender-based distribution of depression and anxiety following acute coronary syndrome in the Turkish population: are women at higher risk? *BMC Cardiovascular Disorders*, *25*(1). https://doi.org/10.1186/s12872-025-05073-0

Khoiriyati, A., Kusnanto, & Kurniawati, N. D. (2019a). Experiences of recovery from acute coronary syndrome: A systematic review. *Indian Journal of Public Health Research and Development*, *10*(8), 2813–2816. https://doi.org/10.5958/0976-5506.2019.02299.X

Khoiriyati, A., Kusnanto, & Kurniawati, N. D. (2019b). Experiences of recovery from acute coronary syndrome: A systematic review. *Indian Journal of Public Health Research and Development*, *10*(8), 2813–2816. https://doi.org/10.5958/0976-5506.2019.02299.X

Kim, C., Choi, H. E., Jang, J. H., Song, J. H., & Kim, B.-O. (2021). Do Patients Maintain Proper Long-Term Cardiopulmonary Fitness Levels After Cardiac Rehabilitation? A Retrospective Study Using Medical Records. *Annals of Rehabilitation Medicine*, *45*(2), 150–159. https://doi.org/10.5535/arm.20123

Kim, J., & Shin, W. (2014). *How to Do Random Allocation (Randomization)*. 103–109.

Kim, Y. J., Shin, Y. O., Bae, J. S., Lee, J. B., Ham, J. H., Son, Y. J., Kim, J. K., Kim, C., Lee, B. K., Oh, J. K., Othman, T., Min, Y. K., & Yang, H. M. (2008). Beneficial effects of cardiac rehabilitation and exercise after percutaneous coronary intervention

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

on hsCRP and inflammatory cytokines in CAD patients. *Pflugers Archiv European Journal of Physiology*, *455*(6), 1081–1088. https://doi.org/10.1007/s00424-007-0356-6

Kraal, J. J., Elske Van Den Akker-Van Marle, M., Abu-Hanna, A., Stut, W., Peek, N., & Kemps, H. M. C. (2017). Clinical and cost-effectiveness of home-based cardiac rehabilitation compared to conventional, centre-based cardiac rehabilitation: Results of the FIT@Home study. *European Journal of Preventive Cardiology*, *24*(12), 1260–1273. https://doi.org/10.1177/2047487317710803

Kubzansky, L. D., Huffman, J. C., Boehm, J. K., Hernandez, R., Kim, E. S., Koga, H. K., Feig, E. H., Lloyd-Jones, D. M., Seligman, M. E. P., & Labarthe, D. R. (2018). Positive Psychological Well-Being and Cardiovascular Disease: JACC Health Promotion Series. In *Journal of the American College of Cardiology* (Vol. 72, Number 12, pp. 1382–1396). Elsevier USA. https://doi.org/10.1016/j.jacc.2018.07.042

Kuyken W, O. J. P. M. H. H. S. H. M. B. *et al*. (n.d.). *the-world-health-organization-quality-of-life-assessment-whoqol--1995*.

Lee, K. W., Blann, A. D., Jolly, K., & Lip, G. Y. H. (2006). Plasma haemostatic *marker* s, endothelial function and ambulatory blood pressure changes with home versus hospital cardiac rehabilitation: The Birmingham Rehabilitation Uptake Maximisation Study. *Heart*, *92*(12), 1732–1738. https://doi.org/10.1136/hrt.2006.092163

Leon, A. S., Franklin, B. A., Costa, F., Balady, G. J., Berra, K. A., Stewart, K. J., Thompson, P. D., Williams, M. A., & Lauer, M. S. (2005). Cardiac rehabilitation and secondary prevention of coronary heart disease: An American Heart Assoc. scientific statement from the Council on Clin. Cardiol. (Subcommittee on Exercise, Cardiac Rehabil., and Prevention) and the Council on Nutr., Phys. Activi. *Circulation*, *111*(3), 369–376. https://doi.org/10.1161/01.CIR.0000151788.08740.5C

Lewis, T. P., McConnell, M., Aryal, A., Irimu, G., Mehata, S., Mrisho, M., & Kruk, M. E. (2023). Health service quality in 2929 facilities in six low-income and middle-income countries: a positive deviance analysis. *The Lancet Global Health*, *11*(6), e862–e870. https://doi.org/10.1016/S2214-109X(23)00163-8

Li, Z., Hui, Z., Zheng, Y., Yu, J., & Zhang, J. (2022). Efficacy of Phase II Remote Home Rehabilitation in Patients with Acute Myocardial Infarction after Percutaneous Coronary Intervention. *Contrast Media & Molecular Imaging*, *2022*. https://doi.org/10.1155/2022/4634769

Mamataz, T., Uddin, J., Ibn Alam, S., Taylor, R. S., Pakosh, M., & Grace, S. L. (2022). Effects of cardiac rehabilitation in low-and middle-income countries: A systematic review and meta-analysis of randomised controlled trials. *Progress in Cardiovascular Diseases*, *70*, 119–174. https://doi.org/10.1016/j.pcad.2021.07.004

Mampuya, W. M. (2012). Cardiac rehabilitation past, present and future: an overview. *Cardiovascular Diagnosis and Therapy*, *2*(1), 38–49. https://doi.org/10.3978/j.issn.2223-3652.2012.01.02

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Manolis, T. A., Manolis, A. A., & Manolis, A. S. (2025). Emotional Stress in Cardiac and Vascular Diseases. *Emotional Stress in Cardiac and Vascular Diseases. Curr Vasc Pharmacol*, *23*(3), 172-195.

Maron, D. J., Hochman, J. S., Reynolds, H. R., Bangalore, S., O'Brien, S. M., Boden, W. E., Chaitman, B. R., Senior, R., López-Sendón, J., Alexander, K. P., Lopes, R. D., Shaw, L. J., Berger, J. S., Newman, J. D., Sidhu, M. S., Goodman, S. G., Ruzyllo, W., Gosselin, G., Maggioni, A. P., … Rosenberg, Y. (2020). Initial Invasive or Conservative Strategy for Stable Coronary Disease. *New England Journal of Medicine*, *382*(15), 1395–1407. https://doi.org/10.1056/nejmoa1915922

Marti, E., Hartopo, A. B., Haryani, Rahayu, M. H., Diana, R., & Yunitri, N. (2025). Improving *outcome* s in acute coronary syndrome: A meta-analysis of home-based compared to hospital-based cardiac rehabilitation and usual care: 3–4 months (end of the program) and 9–10 months (6 months after the end of the program). In *American Journal of Preventive Cardiology* (Vol. 22). Elsevier B.V. https://doi.org/10.1016/j.ajpc.2025.100982

McCoy, C. E. (2017). Understanding the Intention-to-treat Principle in Randomized Controlled Trials. *The Western Journal of Emergency Medicine*, *18*(6), 1075–1078. https://doi.org/10.5811/westjem.2017.8.35985

Medina-Inojosa, J. R., Grace, S. L., Supervia, M., Stokin, G., Bonikowske, A. R., Thomas, R., & Lopez-Jimenez, F. (2021). Dose of cardiac rehabilitation to reduce mortality and morbidity: A population-based study. *Journal of the American Heart Association*, *10*(20). https://doi.org/10.1161/JAHA.120.021356

Minkman, M. M., Ahaus, K. T., & Huijsman, R. (2009). A four phase development model for integrated care services in the Netherlands. *BMC Health Services Research*, *9*. https://doi.org/10.1186/1472-6963-9-42

Mollon, L., & Bhattacharjee, S. (2017). Health related quality of life among myocardial infarction survivors in the United States: A propensity score matched analysis. *Health and Quality of Life Outcome s*, *15*(1), 1–10. https://doi.org/10.1186/s12955-017-0809-3

Mounier-Jack, S., Mayhew, S. H., & Mays, N. (2017). Integrated care: Learning between high-income, and low- and middle-income country health systems. *Health Policy and Planning*, *32*, iv6–iv12. https://doi.org/10.1093/heapol/czx039

Muhammad Husein, A. W. (2019). *Pentingnya Rehabilitasi Jantung Untuk Pasien Penyakit Jantung Koroner*.

Murali, I. (2022). Is mental stress a risk factor of acute coronary syndrome? – A case–control study. *National Journal of Physiology, Pharmacy and Pharmacology*, *13*(0), 1. https://doi.org/10.5455/njppp.2023.13.11560202212122022

Murray, J., Craigs, C. L., Hill, K. M., Honey, S., & House, A. (2012). A systematic review of patient reported factors associated with uptake and completion of cardiovascular

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

lifestyle behaviour change. *BMC Cardiovascular Disorders*, *12*. https://doi.org/10.1186/1471-2261-12-120

Nazir, A., Bhatara Tiksnadi, B., & Pradana, F. (2023). *Adherence in Following Phase II Cardiac Rehabilitation Program among Patients with Coronary Artery Disease Post-Revascularization* (Vol. 12, Number 1).

Nguyen, N., & Michelis, K. C. (2025). Pharmacotherapy, Lifestyle Modification, and Cardiac Rehabilitation after Myocardial Infarction or Percutaneous Intervention. *US Cardiology Review 2025;19:E01.* https://doi.org/10.15420/usc.2024.34

Norman, G. R., Sloan, J. A., & Wyrwich, K. W. (2003). Point/Counterpoint Interpretation of Changes in Health-related Quality of Life The Remarkable Universality of Half a Standard Deviation. *Medical Care*, *41*, 582–592.

Notara, V., Panagiotakos, D. B., & Pitsavos, C. E. (2014). Secondary prevention of acute coronary syndrome. Socio-economic and lifestyle determinants: A literature review. *Central European Journal of Public Health*, *22*(3), 175–182. https://doi.org/10.21101/cejph.a3960

Nuraeni, A. (2016). Faktor yang Memengaruhi Kualitas Hidup Pasien dengan Penyakit Jantung Koroner. *Jurnal Keperawatan Padjadjaran*, *v4*(n2), 107–116. https://doi.org/10.24198/jkp.v4n2.1

Nuraeni, A., Mirwanti, R., Prawesti, A., Emaliyawati, E. (2016). Faktor yang Memengaruhi Kualitas Hidup Pasien dengan Penyakit Jantung Koroner Factors Influenced the Quality of Life among Patients Diagnosed with Coronary Heart Disease. *Jurnal Keperawatan Universitas Padjadjaran*, *4*(2), 107–116.

Nurhamsyah, D., Trisyani, Y., & Nur'aeni, A. (2022). Factors Affecting Quality of Life of Post-Acute Coronary Syndrome Patients in Indonesia. *Open Access Macedonian Journal of Medical Sciences*, *9*(T6), 203–206. https://doi.org/10.3889/oamjms.2021.7319

Oerkild, B., Frederiksen, M., Hansen, J. F., & Prescott, E. (2012). Home-based cardiac rehabilitation is an attractive alternative to no cardiac rehabilitation for elderly patients with coronary heart disease: results from a randomised clinical trial. *BMJ Open*, *2*(6). https://doi.org/10.1136/bmjopen-2012-001820

Oerkild, B., Frederiksen, M., Hansen, J. F., Simonsen, L., Skovgaard, L. T., & Prescott, E. (2011). Home-based cardiac rehabilitation is as effective as centre-based cardiac rehabilitation among elderly with coronary heart disease: Results from a randomised clinical trial. *Age and Ageing*, *40*(1), 78–85. https://doi.org/10.1093/ageing/afq122

Orth-Gomér, K., Wamala, S. P., Horsten, M., Schenck-Gustafsson, K., Schneiderman, N., & Mittleman, M. A. (2000). Marital Stress Worsens Prognosis in Women With Coronary Heart DiseaseThe Stockholm Female Coronary Risk Study. *JAMA*, *284*(23), 3008–3014. https://doi.org/10.1001/jama.284.23.3008

Peltzer, S., Köstler, U., Müller, H., Scholten, N., Schulz-Nieswandt, F., Jessen, F., & Albus, C. (2022). The psychological consequences of living with coronary heart disease: Are

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

patients' psychological needs served? A mixed-method study in Germany. *Health Expectations*, *25*(6), 2746–2761. https://doi.org/10.1111/hex.13467

Peng, M., Li, J., Kuang, L., Guo, J., Liu, S., & Ye, C. (2025). Investigating psychological difference between two genders in mental health after percutaneous coronary intervention for elderly patients with acute coronary syndrome. *Journal of Cardiothoracic Surgery*, *20*(1). https://doi.org/10.1186/s13019-025-03427-5

Perhimpunan Dokter Spesialis Kardiovaskular Indonesia. (2019). *Panduan Rehabilitasi vaskuler edisi pertama*.

Pesah, E., Turk-Adawi, K., Supervia, M., Lopez-Jimenez, F., Britto, R., Ding, R., Babu, A., Sadeghi, M., Sarrafzadegan, N., Cuenza, L., Anchique Santos, C., Heine, M., Derman, W., Oh, P., & Grace, S. L. (2019). Cardiac rehabilitation delivery in low/middle-income countries. *Heart*, *105*(23), 1806–1812. https://doi.org/10.1136/heartjnl-2018-314486

Piepoli, M. F., Corrà, U., Benzer, W., Bjarnason-Wehrens, B., Dendale, P., Gaita, D., McGee, H., Mendes, M., Niebauer, J., Zwisler, A. D. O., & Schmid, J. P. (2010). Secondary prevention through cardiac rehabilitation: From knowledge to implementation. A position paper from the cardiac rehabilitation section of the European association of cardiovascular prevention and rehabilitation. *European Journal of Cardiovascular Prevention and Rehabilitation*, *17*(1), 1–17. https://doi.org/10.1097/HJR.0b013e3283313592

Popescu, G., Maştaleru, A., Oancea, A., Costache, A. D., Adam, C. A., Rîpă, C., Cumpăt, C. M., & Leon, M. M. (2025). Impact of Family Involvement in Cardiac Rehabilitation—Insights from a Literature Review. In *Journal of Clinical Medicine* (Vol. 14, Number 18). Multidisciplinary Digital Publishing Institute (MDPI). https://doi.org/10.3390/jcm14186468

Poznyak, A. V., Sadykhov, N. K., Kartuesov, A. G., Borisov, E. E., Melnichenko, A. A., Grechko, A. V., & Orekhov, A. N. (2022). Hypertension as a risk factor for atherosclerosis: Cardiovascular risk assessment. *Frontiers in Cardiovascular Medicine*, *9*(August), 1–8. https://doi.org/10.3389/fcvm.2022.959285

Raei, M., Ghasemi, M., & Hushmandi, K. (2022). *Effectiveness of Family-Centered Empowerment Model on Psychological Improvement of Patients With Myocardial Infarction : A Bayesian Multivariate Approach*. *10*(July), 1–9. https://doi.org/10.3389/fpubh.2022.878259

Rahman, F., Fongkaew, W., Pinyokham, N., & Tachaudomdach, C. (2018). Barriers and Facilitators Related to Heart-healthy Lifestyle Among Persons. *Pacific Rim Int J Nurs Res*, *22 (3)*, 250–263.

Raisi, A., Piva, T., Myers, J., Zerbini, V., Mandini, S., Zappaterra, T., Mazzoni, G., Tonet, E., Pavasini, R., Campo, G., Grazzi, G., & Visintin, E. P. (2023). *Experience and Perceptions among Older Outpatients after Myocardial Infarction following an Exercise Intervention : A Qualitative Analysis from the PIpELINe Trial*.

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Ramachandran, H. J., Jiang, Y., Tam, W. W. S., Yeo, T. J., & Wang, W. (2022). Effectiveness of home-based cardiac telerehabilitation as an alternative to Phase 2 cardiac rehabilitation of coronary heart disease: A systematic review and meta-analysis. In *European Journal of Preventive Cardiology* (Vol. 29, Number 7, pp. 1017–1043). Oxford University Press. https://doi.org/10.1093/eurjpc/zwab106

Randika Richad, Nurkhalis, & Maryatum. (2021). Gambaran Peningkatan Kapasitas Fungsional dan Kualitas Hidup pada Pasien Penyakit Jantung Koroner yang Mengikuti Program Rehabilitasi Jantung. *Jurnal Kedokteran Nanggroe Medika*, *4*(2), 1–10.

Rao, S. V., O'Donoghue, M. L., Ruel, M., Rab, T., Tamis-Holland, J. E., Alexander, J. H., Baber, U., Baker, H., Cohen, M. G., Cruz-Ruiz, M., Davis, L. L., de Lemos, J. A., DeWald, T. A., Elgendy, I. Y., Feldman, D. N., Goyal, A., Isiadinso, I., Menon, V., Morrow, D. A., … Hundley, J. (2025). 2025 ACC/AHA/ACEP/NAEMSP/SCAI Guideline for the Management of Patients With Acute Coronary Syndromes: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. In *Circulation* (Vol. 151, Number 13, pp. e771–e862). Lippincott Williams and Wilkins. https://doi.org/10.1161/CIR.0000000000001309

Rashidi, A., Kaistha, P., Whitehead, L., & Robinson, S. (2020a). Factors that influence adherence to treatment plans amongst people living with cardiovascular disease: A review of published qualitative research studies. *International Journal of Nursing Studies*, *110*. https://doi.org/10.1016/j.ijnurstu.2020.103727

Rashidi, A., Kaistha, P., Whitehead, L., & Robinson, S. (2020b). Factors that influence adherence to treatment plans amongst people living with cardiovascular disease: A review of published qualitative research studies. *International Journal of Nursing Studies*, *110*. https://doi.org/10.1016/j.ijnurstu.2020.103727

Ricke, E., Dijkstra, A., & Bakker, E. W. (2023). Prognostic factors of adherence to home-based exercise therapy in patients with chronic diseases: A systematic review and meta-analysis. In *Frontiers in Sports and Active Living* (Vol. 5). Frontiers Media S.A. https://doi.org/10.3389/fspor.2023.1035023

Roohafza, H., Talaei, M., Pourmoghaddas, Z., Rajabi, F., & Sadeghi, M. (2012). Association of social support and coping strategies with acute coronary syndrome: A case-control study. *Journal of Cardiology*, *59*(2), 154–159. https://doi.org/10.1016/j.jjcc.2011.12.001

Russo, G., Tartaglione, A. M., & Cavacece, Y. (2019). Empowering patients to co-create a sustainable healthcare value. *Sustainability (Switzerland)*, *11*(5). https://doi.org/10.3390/su11051315

Samayoa, L., Arthur, H. M., Oh, P., Brister, S., Chessex, C., & Grace, S. L. (2014). Cardiac rehabilitation program adherence among women following referral to different program models: a randomized controlled trial. *Circulation*, *130*. https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01037580/full

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

samen, linawati. (2016). *GAMBARAN FUNGSI KELUARGA DALAM MERAWAT ANGGOTA KELUARGA YANG SAKIT DI RUANG RAWAT INAP PUSKESMAS POASIA KENDARI KARYA TULIS ILMIAH Disusun Sebagai Syarat Untuk Menyelesaikan Pendidikan Diploma III*.

Sargeant, J. (2012). Qualitative Research Part II: Participants, Analysis, and Quality Assurance. *Journal of Graduate Medical Education*, *4*(1), 1–3. https://doi.org/10.4300/jgme-d-11-00307.1

Saripudin, N. F., Emaliyawati, E., & Somantri, I. (2018). Hambatan Pasien Penyakit Jantung Koroner (Pjk) Untuk Menjalani Rehabilitasi Jantung. *Jurnal Perawat Indonesia*, *2*(1), 20. https://doi.org/10.32584/jpi.v2i1.37

Senuzun, F., Fadiloglu, C., Burke, L. E., & Payzin, S. (2006). Effects of home-based cardiac exercise programs on the exercise tolerance, serum lipid values and self-efficacy of coronary patients. *European Journal of Cardiovascular Prevention and Rehabilitation*, *13*(4), 640- 645. https://doi.org/10.1097/01.hjr.0000198445.41680.ec

Serrano-Rosa, M. Á., León-Zarceño, E., Giglio, C., Boix-Vilella, S., Moreno-Tenas, A., Pamies-Aubalat, L., & Arrarte, V. (2021). Psychological state after an acute coronary syndrome: Impact of physical limitations. *International Journal of Environmental Research and Public Health*, *18*(12). https://doi.org/10.3390/ijerph18126473

Sholih, A. D. (2020). Case Report Form. *Definitions*. https://doi.org/10.32388/y116gu

Siriyotha, S., Pattanaprateep, O., Srimahachota, S., Sansanayudh, N., Thakkinstian, A., & Limpijankit, T. (2023). Factors associated with health-related quality of life in patients undergoing percutaneous coronary intervention: Thai PCI registry. *Frontiers in Cardiovascular Medicine*, *10*. https://doi.org/10.3389/fcvm.2023.1260993

Smith, H. J., Taylor, R., & Mitchell, A. (2000). A comparison of four quality of life instruments in cardiac patients: SF-36, QLI, QLMI, and SEIQoL. In *Heart* (Vol. 84). www.heartjnl.com

Smith, J., & Liles, C. (2007). Information needs before hospital discharge of myocardial infarction patients: a comparative, descriptive study. *Journal of Clinical Nursing (Wiley-Blackwell)*, *16*(4), 662–671. https://doi.org/10.1111/j.1365-2702.2006.01689.x

Smith, J. R., Thomas, R. J., Bonikowske, A. R., Hammer, S. M., & Olson, T. P. (2022). Sex Differences in Cardiac Rehabilitation *Outcome* s. *Circulation Research*, *130*(4), 552–565. https://doi.org/10.1161/CIRCRESAHA.121.319894

Snoek, J. A., Prescott, E. I., Van Der Velde, A. E., Eijsvogels, T. M. H., Mikkelsen, N., Prins, L. F., Bruins, W., Meindersma, E., González-Juanatey, J. R., Peña-Gil, C., González-Salvado, V., Moatemri, F., Iliou, M. C., Marcin, T., Eser, P., Wilhelm, M., Van'T Hof, A. W. J., & De Kluiver, E. P. (2021a). Effectiveness of Home-Based *Mobile* Guided Cardiac Rehabilitation as Alternative Strategy for Nonparticipation in Clinic-Based Cardiac Rehabilitation among Elderly Patients in Europe: A

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Randomized Clinical Trial. *JAMA Cardiology*, *6*(4), 463–468. https://doi.org/10.1001/jamacardio.2020.5218

Snoek, J. A., Prescott, E. I., Van Der Velde, A. E., Eijsvogels, T. M. H., Mikkelsen, N., Prins, L. F., Bruins, W., Meindersma, E., González-Juanatey, J. R., Peña-Gil, C., González-Salvado, V., Moatemri, F., Iliou, M. C., Marcin, T., Eser, P., Wilhelm, M., Van'T Hof, A. W. J., & De Kluiver, E. P. (2021b). Effectiveness of Home-Based *Mobile* Guided Cardiac Rehabilitation as Alternative Strategy for Nonparticipation in Clinic-Based Cardiac Rehabilitation among Elderly Patients in Europe: A Randomized Clinical Trial. *JAMA Cardiology*, *6*(4), 463–468. https://doi.org/10.1001/jamacardio.2020.5218

Sophia Giannitsi, Mara Bougiakli, Aris Bechlioulis, Anna Kotsia, Lampros K. Michalis, and K. K. N. (2019). 6-minute walking test: a useful tool in the management of heart failure patients. *Herapeutic Advances in Cardiovascular Disease*, *3*.

Stefanakis, M., Batalik, L., Antoniou, V., & Pepera, G. (2022). Safety of home-based cardiac rehabilitation: A systematic review. *Heart and Lung*, *55*, 117–126. https://doi.org/10.1016/j.hrtlng.2022.04.016

Steptoe, A., & Kivimäki, M. (2012). Stress and cardiovascular disease. . doi: 10.1038/nrcardio.2012.45. PMID: 22473079. *Nat Rev Cardiol*, *3*(9(6)), 360–370.

Stevanović, J., Pechlivanoglou, P., Kampinga, M. A., Krabbe, P. F. M., & Postma, M. J. (2016). Multivariate meta-analysis of preference-based quality of life values in coronary heart disease. *PLoS ONE*, *11*(3). https://doi.org/10.1371/journal.pone.0152030

Tamis-Holland, J. E., Jneid, H., Reynolds, H. R., Agewall, S., Brilakis, E. S., Brown, T. M., Lerman, A., Cushman, M., Kumbhani, D. J., Arslanian-Engoren, C., Bolger, A. F., & Beltrame, J. F. (2019). Contemporary Diagnosis and Management of Patients With Myocardial Infarction in the Absence of Obstructive Coronary Artery Disease: A Scientific Statement From the American Heart Association. *Circulation*, *139*(18), E891–E908. https://doi.org/10.1161/CIR.0000000000000670

Thomas, R. J., Beatty, A. L., Beckie, T. M., Brewer, L. P. C., Brown, T. M., Forman, D. E., Franklin, B. A., Keteyian, S. J., Kitzman, D. W., Regensteiner, J. G., Sanderson, B. K., & Whooley, M. A. (2019a). Home-Based Cardiac Rehabilitation: A Scientific Statement From the American Association of Cardiovascular and Pulmonary Rehabilitation, the American Heart Association, and the American College of Cardiology. *Journal of the American College of Cardiology*, *74*(1), 133–153. https://doi.org/10.1016/j.jacc.2019.03.008

Thomas, R. J., Beatty, A. L., Beckie, T. M., Brewer, L. P. C., Brown, T. M., Forman, D. E., Franklin, B. A., Keteyian, S. J., Kitzman, D. W., Regensteiner, J. G., Sanderson, B. K., & Whooley, M. A. (2019b). Home-Based Cardiac Rehabilitation: A Scientific Statement From the American Association of Cardiovascular and Pulmonary Rehabilitation, the American Heart Association, and the American College of Cardiology. *Circulation*, *140*(1), E69–E89. https://doi.org/10.1161/CIR.0000000000000663

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Thygesen, K., Alpert, J. S., Jaffe, A. S., Chaitman, B. R., Bax, J. J., Morrow, D. A., & White, H. D. (2018). Fourth Universal Definition of Myocardial Infarction (2018). *Journal of the American College of Cardiology*, *72*(18), 2231–2264. https://doi.org/10.1016/j.jacc.2018.08.1038

Tong, A., Sainsbury, P., & Craig, J. (2007). COREQ (COnsolidated criteria for REporting Qualitative research) Checklist. *International Journal for Quality in Health Care*, *19 (6)*, 349357.

Torry, S. R. V., Panda, L., & Ongkowijaya, J. (2014). Gambaran Faktor Risiko Penderita Sindrom Koroner Akut. *E-CliniC*, *2*(1), 1–8. https://doi.org/10.35790/ecl.2.1.2014.3611

utarini, adi. (2020). *penelitian kualitatif dalam pelayanan kesehatan*. Gadjah mada university press.

Vaccarino, V., Badimon, L., Corti, R., De Wit, C., Dorobantu, M., Hall, A., Koller, A., Marzilli, M., Pries, A., & Bugiardini, R. (2011). Ischaemic heart disease in women: Are there sex differences in pathophysiology and risk factors? In *Cardiovascular Research* (Vol. 90, Number 1, pp. 9–17). https://doi.org/10.1093/cvr/cvq394

Vahedian-Azimi, A., Miller, A. C., Hajiesmaieli, M., Kangasniemi, M., Alhani, F., Jelvehmoghaddam, H., Fathi, M., Farzanegan, B., Ardehali, S. H., Hatamian, S., & al., et. (2016). Cardiac rehabilitation using the Family-Centered Empowerment Model versus home-based cardiac rehabilitation in patients with myocardial infarction: a randomised controlled trial. *Open Heart*, *3*(1) (no pagination). https://doi.org/10.1136/openhrt-2015-000349

Vanzella, L. M., Oh, P., Pakosh, M., & Ghisi, G. L. D. M. (2022). Barriers and facilitators to virtual education in cardiac rehabilitation: A systematic review of qualitative studies. In *European Journal of Cardiovascular Nursing* (Vol. 21, Number 5, pp. 414–429). Oxford University Press. https://doi.org/10.1093/eurjcn/zvab114

Varnfield, M., Karunanithi, M., Ding, H., Honeyman, E., Arnold, D., Keightley, A., Lee, C. K., & Walters, D. (2012). Technology based home-care model improves *outcome* s of uptake, adherence and health in cardiac rehabilitation. *European Heart Journal*, *33*, 445. https://doi.org/10.1093/eurheartj/ehs282

Varnfield, M., Karunanithi, M., Lee, C. K., Honeyman, E., Arnold, D., Ding, H., Smith, C., & Walters, D. L. (2014). Smartphone-based home care model improved use of cardiac rehabilitation in postmyocardial infarction patients: results from a randomised controlled trial. *Heart (British Cardiac Society)*, *100*(22), 1770- 1779. https://doi.org/10.1136/heartjnl-2014-305783

Vecchis, R. De, & Ariano, C. (2016). The MacNew Questionnaire: A Tool to Predict Unplanned Rehospitalization after Coronary Revascularization. *International Journal of Cardiovascular Sciences*. https://doi.org/10.5935/2359-4802.20160047

Venkatesh, N., Thanikachalam, S., Satyanarayana Murthy, J., Arun Maiya, T., Kumar Senthil, T., & Sridevi, S. (2011). Six minute walk Test: a literature review. *Sri*

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Ramachandra Journal OF MEDICINE, *4*(1), 29. https://www.researchgate.net/publication/356579152

Wahyuni, E. (2019). *Hubungan Kepatuhan Dalam Melaksanakan Rehabilitasi Jantung Fase 1 Dengan Kualitas Hidup Pasien Sindrom Koroner Akut (Stemi) ….* 2020. http://elibrary.almaata.ac.id/1115/

Wang, W., Chair, S. Y., Thompson, D. R., & Twinn, S. F. (2012a). Effects of home-based rehabilitation on health-related quality of life and psychological status in Chinese patients recovering from acute myocardial infarction. *Heart and Lung: Journal of Acute and Critical Care*, *41*(1), 15–25. https://doi.org/10.1016/j.hrtlng.2011.05.005

Wang, W., Chair, S. Y., Thompson, D. R., & Twinn, S. F. (2012b). Effects of home-based rehabilitation on health-related quality of life and psychological status in Chinese patients recovering from acute myocardial infarction. *Heart & Lung*, *41*(1), 15- 25. https://doi.org/10.1016/j.hrtlng.2011.05.005

Wang, Y., Pei, H., Luo, J., Guan, M., Sun, W., Wang, H., & Xu, Q. (2025). Barriers and Facilitators of Exercise Rehabilitation in Patients With Myocardial Infarction Based on an Updated Consolidated Framework for Implementation Research: A Systematic Review. In *Reviews in Cardiovascular Medicine* (Vol. 26, Number 6). IMR Press Limited. https://doi.org/10.31083/RCM33508

Weisbeck, S., Lind, C., & Ginn, C. (2019). Patient Empowerment: An Evolutionary Concept Analysis. *International Journal of Caring Sciences*, *12*(2), 1–8.

Wells, A., Reeves, D., Capobianco, L., Heal, C., Davies, L., Heagerty, A., Doherty, P., & Fisher, P. (2021). *Improving the Effectiveness of Psychological*. 23–33. https://doi.org/10.1161/CIRCULATIONAHA.120.052428

who. (2020). *mortality databased*. https://platform.who.int/mortality/themes/theme-details/topics/indicator-groups/indicator-group-details/MDB/ischaemic-heart-disease

Wilar, G. I., Panda, A. L., & Rampengan, S. H. (2019). Pengamatan 6 Bulan Terhadap Kejadian Kardiovaskular Mayor Pada Pasien Dengan Infark Miokard Akut Dengan Elevasi Segmen St (Stemi) Di Rsup Prof. Dr. R. D. Kandou Manado Periode Januari-Desember 2017. *Jurnal Medik Dan Rehabilitasi*, *1*(3), 1–8.

Wilopo, S. A. (2021). Sampling dan Estimasi Besar Sampel. *Buku Aplikasi Di Bidang Kedokteran Dan Kesehatan Masyarakat*, 1–61.

Winnige, P., Vysoky, R., Dosbaba, F., & Batalik, L. (2021). Cardiac rehabilitation and its essential role in the secondary prevention of cardiovascular diseases. In *World Journal of Clinical Cases* (Vol. 9, Number 8, pp. 1761–1784). Baishideng Publishing Group Co. https://doi.org/10.12998/wjcc.v9.i8.1761

Wolkanin-Bartnik, J., Pogorzelska, H., & Bartnik, A. (2011). Patient education and quality of home-based rehabilitation in patients older than 60 years after acute myocardial infarction. *Journal of Cardiopulmonary Rehabilitation and Prevention*, *31*(4), 249-253. https://doi.org/10.1097/HCR.0b013e31821c1391

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Xue, D., Yu, Z., Jianchao, L., Linyi, L., Zengwu, W., Rongjing, D., Chunjing, T., & Yubo, F. (2025). Effectiveness, safety and adherence of home-based exercise rehabilitation in patients with coronary heart disease patients: A systematic review. In *Medicine in Novel Technology and Devices* (Vol. 26). Elsevier B.V. https://doi.org/10.1016/j.medntd.2025.100361

Yamaguchi, D., Asano, Y., Kuwahara, K., & Izawa, A. (2025). Coping strategies and changes in type D personality were associated with depressive tendency at 9 months after percutaneous coronary intervention. *PLoS ONE*, *20*(1). https://doi.org/10.1371/journal.pone.0316639

Yang, Z., Sun, L., Sun, Y., Dong, Y., & Wang, A. (2023). A Conceptual Model of Home-Based Cardiac Rehabilitation Exercise Adherence in Patients with Chronic Heart Failure: A Constructivist Grounded Theory Study. *Patient Preference and Adherence*, *17*, 851–860. https://doi.org/10.2147/PPA.S404287

Ye, Y., Jing, ;, 4#, M., Zhang, L., Fu, ; Xiaoxiao, Aikemu, A., Fan, P., Tang, B., & Ye, Y. ; (2023). Effect of Home-based Cardiac Rehabilitation for Patients with Heart Failure: A Systematic Review and Meta-Analysis Rehabilitación para Pacientes con Insuficiencia Cardíaca: Una Revisión Sistemática y Metanálisis. In *Int. J. Morphol* (Vol. 41, Number 1).

Yuan, D., Chu, J., Qian, J., Lin, H., Zhu, G., Chen, F., & Liu, X. (2023). New Concepts on the Pathophysiology of Acute Coronary Syndrome. In *Reviews in Cardiovascular Medicine* (Vol. 24, Number 4). IMR Press Limited. https://doi.org/10.31083/j.rcm2404112

Yuenyongchaiwat, K. (2017). Cardiovascular Response to Mental Stress Tests and the Prediction of Blood Pressure. *Indian Journal of Psychological Medicine*, *39*(4), 413–417. https://doi.org/10.4103/0253-7176.211744

Yusoff, M. S. B. (2019). ABC of Content Validation and Content Validity Index Calculation. *Education in Medicine Journal*, *11*(2), 49–54. https://doi.org/10.21315/eimj2019.11.2.6

Zhang, Y. J., Iqbal, J., Van Klaveren, D., Campos, C. M., Holmes, D. R., Kappetein, A. P., Morice, M. C., Banning, A. P., Grech, E. D., Bourantas, C. V., Onuma, Y., Garcia-Garcia, H. M., MacK, M. J., Colombo, A., Mohr, F. W., Steyerberg, E. W., & Serruys, P. W. (2015). Smoking is associated with adverse clinical *outcome* s in patients undergoing revascularization with PCI or CABG: The SYNTAX trial at 5-year follow-up. *Journal of the American College of Cardiology*, *65*(11), 1107–1115. https://doi.org/10.1016/j.jacc.2015.01.014

Zhong, W., Fu, C., Xu, L., Sun, X., Wang, S., He, C., & Wei, Q. (2023). Effects of home-based cardiac telerehabilitation programs in patients undergoing percutaneous coronary intervention: a systematic review and meta-analysis. *BMC Cardiovascular Disorders*, *23*(1). https://doi.org/10.1186/s12872-023-03120-2

UNIVERSITAS
GADJAH MADA
Pengembangan Dan Efektivitas Model Rehabilitasi Jantung Berbasis Rumah â€œSimartiâ€• Dengan Pendekatan Pemberdayaan Keluarga Pada Pasien Pasca Sindrom Koroner Akut
Eva Marti, Prof. dr. Anggoro Budi Hartopo, M.Sc., Ph,D., Sp.PD-KKV, SpJP (K).; Ibu Haryani, S.Kp., M.Kes., Ph.D
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Zuccarella-Hackl, C., Princip, M., Sivakumar, S., & von Känel, R. (2024). Positive psychological well-being and cardiovascular health. In *Frontiers in Psychiatry* (Vol. 15). Frontiers Media SA. https://doi.org/10.3389/fpsyt.2024.1443978

Zupancic, M. L. (2009). Acute psychological stress as a precipitant of Acute coronary syndromes in patients with Undiagnosed ischemic heart disease: A case report and literature review. *Primary Care Companion to the Journal of Clinical Psychiatry*, *11*(1), 21–24. https://doi.org/10.4088/PCC.08r00623