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Data Article

Effects of an 8-month exercise intervention on physical capacity, NT-proBNP, physical activity levels and quality of life data in patients with pulmonary arterial hypertension by NYHA class



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ABSTRACT

This article provides descriptive detailed (pre and post) values of physical capacity variables, NT-proBNP, physical activity levels and quality of life in patients with pulmonary arterial hypertension (PH) (both, intervention and control group) by New York Heart Association (NYHA) class before and after an 8-month exercise intervention. The data are supplemental to our original Randomized Controlled Trial (RCT) entitled "Benefits of skeletal-muscle exercise training in pulmonary arterial hypertension: The WHOLEi+12 trial" (L. González-Saiz, C. Fiuza-Luces, F. Sanchis-Gomar, A. Santos-Lozano, C.A. Quezada-Loaiza, A. Flox-Camacho, D. Munguía-Izquierdo, I. Ara, A. Santalla, M. Morán, P. Sanz-Ayan, P. Escribano-Subías, A. Lucia A, 2017) [1].

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Specifications Table

Subject area	<i>Medicine</i>
More specific subject area	<i>Cardiology</i>
Type of data	<i>Table</i>
How data was acquired	<i>Functional clinical assessment of the patients and sample blood analysis</i>
Data format	<i>Descriptive data: mean \pm SD</i>
Experimental factors	<i>Data of the patients with pulmonary arterial hypertension by New York Heart Association class</i>
Experimental features	<i>Randomized Controlled Trial</i>
Data source location	<i>Madrid, Spain</i>
Data accessibility	<i>The data are accessible within the article</i>

Value of the data

- Data presented here provide the descriptive overview of the PH patients by NYHA class involved in an exercise RCT.
- We describe the changes in physical capacity-related primary outcomes (peak watts in leg and bench press) and the changes in physical capacity-related secondary outcomes [maximal inspiratory pressure (P_Imax), 6-minute walking distance (6MWD), and performance time in the 5-repetition sit-to-stand (5-ST_S) test] of the PAH patients by NYHA class involved in the RCT (control vs. intervention).
- We describe values of physical activity (PA) levels (min/day in inactivity and moderate-vigorous PA) of PH patients by NYHA class involved in the RCT (control vs. intervention).
- We show the values of health related quality of life [HRQoL, (mental and physical components of SF-36 questionnaire)] of PH patients by NYHA class involved in the RCT (control vs. intervention).
- This data could be useful to physicians to make comparisons with other cohort datasets and so to contribute to the knowledge of the PA effect in PH patients by NYHA class.

1. Data

Descriptive values of physical capacity-related variables, NT-ProBNP, cardiopulmonary exercise capacity, PA levels and HRQoL of PAH patients involved in the RCT [2] (ClinicalTrials.gov ID: NCT02288442) conducted from January 2015 to June 2016 at the Hospital 12 de Octubre (Madrid, Spain) following the *Consolidated Standards of Reporting Trials* (CONSORT) guidelines [3] are shown in Table 1.

2. Experimental design, materials and methods

20 PH patients were involved in the intervention group of the RCT and 20 PH patients in the control group. The RCT intervention lasted 8 weeks and included 3 main components: aerobic and

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