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Type of Outcome Measure: 6-Minute Arm Test

Total articles: 2

Author ID Year	Study Design	Setting	Population (sample size, age) and Group
Totosy de Zepetnek et al. 2016	Cohort Study		N=52 Age range: 18-65 years Traumatic SCI Time post-injury: 13±10 years 31 tetraplegia 21 paraplegia
Hol et al. 2007	Prospective, exploratory, methodologic study	Tertiary rehabilitation centre	N=30 (83% male) Mean age: 36.3±9.3y Time since injury: 12.0±9.8y >1 year post-injury 17 tetraplegic, 13 paraplegic AIS grade: A – 22 B – 7 C – 0 D – 1

1. RELIABILITY

Author ID	Internal Consistency	Test-retest, Inter-rater, Intra-rater
Hol et al. 2007	No data available	6-MAT performed 1 week apart. Heart rate: ICC=0.90 VO2: ICC=0.81

2. VALIDITY

Author ID	Validity
Zepetnek et al. 2016	6-MAT VO2 and VO2 peak: r=0.91, 95% CI: 0.85-0.95
Hol et al. 2007	6-MAT VO2 and VO2peak: r=0.92 6-MAT power output and VO2peak: r=0.73 6-MAT heart rate and VO2peak: r=0.63

3. RESPONSIVENESS – no data available

4. FLOOR/CEILING EFFECT - no data available

5. INTERPRETABILITY

Author ID	Interpretability
Hol et al. 2007	SEM: Heart rate during 6-MAT SEM = 7.12 beats/min (95% CI, 0.75-0.96) VO2 during 6-MAT SEM = 1.62 mL/kg/min (95% CI, 0.58-0.92) MDC (Calculated from Hol et al. 2007): Heart rate MDC = 19.74 beats/min VO2 MDC = 4.49 mL/kg/min

6-MAT Physiologic values during the VO₂-peak test

Variables	Mean±SD	Range
Peak PO (W)	60.2±36.0	20-160
Heart rate (beats/min)	129±29	75-183
%heart rate max	70.1±14.0	43.6-97.3
Peak V _E (L/min)	42.8±19.5	18.0-113.1
VO ₂ peak (mL/kgmin)	18.6±8.4	6.5-38.1
VO ₂ peak (L/min)	1.33±0.52	0.74-2.81
Peak RER	1.14±0.09	0.97-1.34
Blood lactate (mmol/L)	6.6±2.8	2.3-15.1