

属性

	Intervention (n=148)		Control (n=145)		
	Mean	SD	Mean	SD	
Age	76.8	7.2	76.5	6.0	0.704
Height, cm	153.9	8.7	153.4	7.8	0.628
Weight, kg	53.3	10.2	53.6	8.9	0.808
BMI	22.4	3.3	22.7	3.1	0.444
Gender: women, n (%)	119	80.4	123	84.8	0.357
Sarcopenia, n (%)	9	6.1	14	9.7	0.282
J-CHS, n (%)					0.095
Robustness	79	53.4	63	43.4	
Pre-frailty	65	43.9	72	49.7	
Frailty	4	2.7	10	6.9	

介入効果

		Pre		Post		time effect		interaction	
		Mean	SD	Mean	SD	F-value	P-value	F-value	P-value
Comfortable walking time	Intervention	3.89	0.93	3.89	0.96	4.036	0.045*	4.065	0.045*
	Control	3.74	0.81	3.89	0.83				
Maximum walking time	Intervention	2.83	0.70	2.82	0.66	3.742	0.054	6.394	0.012*
	Control	2.83	0.59	2.94	0.56				
One led stand	Intervention	40.48	22.68	41.04	22.01	0.304	0.582	1.273	0.260
	Control	37.21	22.10	35.57	22.28				
Five times sit to stand	Intervention	7.56	2.36	7.01	2.02	0.134	0.715	24.013	<0.001**
	Control	6.92	2.29	7.39	2.33				
Grip strength, kg	Intervention	23.99	6.92	23.91	6.54	2.321	0.129	0.945	0.332
	Control	22.35	6.00	21.99	5.96				
J-CHS, point	Intervention	0.61	0.79	0.68	0.86	0.371	0.543	0.371	0.543
	Control	0.86	0.95	0.86	0.93				
KCL, point	Intervention	4.25	3.19	3.87	2.75	0.552	0.458	3.554	0.060
	Control	4.72	3.49	4.88	3.68				
Phase angle	Intervention	4.41	0.71	4.56	0.75	9.717	0.002**	19.735	<0.001**
	Control	4.33	0.67	4.31	0.65				
SMI, kg/m2	Intervention	6.39	0.95	6.54	1.00	12.646	<0.001**	5.264	0.022*
	Control	6.28	0.96	6.31	0.92				