

Variable Name	Description	Value Range	Type	Collection Time	Notes
Active_weeks	Number of active training weeks during the 12-week program	0–12	Numeric	Automatically tracked weekly	At least one completed in-app exercise per week required
cgi_score_rc	CGI-I score (1 = very much improved, 7 = very much worse)	1–7	Ordinal	Post-therapy email survey	Recoded from original CGI-I for analysis
iief_delta	Change in IIEF-5 score (Δ IIEF)	-25 to +25	Numeric	End of program (compared to baseline)	Difference between week 1 and week 12 scores
followon_intent_num	Patient's intention to continue therapy	1 = Yes, 0 = No	Binary	Post-therapy email survey	Dichotomous response
followon_cvr	Actual therapy continuation (conversion)	1 = Yes, 0 = No	Binary	3 months after therapy	Based on system-recorded refill data
birthdate	Date of birth	Date	Date	At registration	Used to calculate age
age	Age at therapy start	Years	Numeric	At registration	Derived from birthdate
bmi	Body Mass Index	kg/m ²	Numeric	At registration	Calculated from self-reported height and weight
can_do_40min_cardio	Ability to do 40 minutes of cardio	1 = Yes, 0 = No	Binary	At registration	Self-reported capacity
can_move	Ability to move independently	1 = Yes, 0 = No	Binary	At registration	Self-reported status
cardio_fitness_level	Cardiovascular fitness level	Scale (custom)	Ordinal	At registration	Self-assessed fitness level
has_accident_spine	History of spinal injury	1 = Yes, 0 = No	Binary	At registration	Self-reported diagnosis
has_circulatory_disorder	Presence of circulatory disorders	1 = Yes, 0 = No	Binary	At registration	Self-reported diagnosis
has_diabetes	Diabetes diagnosis	1 = Yes, 0 = No	Binary	At registration	Self-reported diagnosis
has_dizziness	Dizziness	1 = Yes, 0 = No	Binary	At registration	Self-reported symptom
has_elevated_blood_lipids	Elevated blood lipids	1 = Yes, 0 = No	Binary	At registration	Self-reported diagnosis
has_high_blood_pressure	High blood pressure (hypertension)	1 = Yes, 0 = No	Binary	At registration	Self-reported diagnosis
has_lung_issues	Pulmonary issues	1 = Yes, 0 = No	Binary	At registration	Self-reported diagnosis
has_mental_issues	Mental health burden	1 = Yes, 0 = No	Binary	At registration	Self-reported diagnosis
has_op_spine	History of spinal surgery	1 = Yes, 0 = No	Binary	At registration	Self-reported diagnosis
has_prostatectomy	History of prostatectomy	1 = Yes, 0 = No	Binary	At registration	Self-reported diagnosis
has_weak_knees	Knee instability	1 = Yes, 0 = No	Binary	At registration	Self-reported symptom
is_smoker	Smoking status	1 = Smoker, 0 = Non-smoker	Binary	At registration	Self-reported behavior
takes_pde5	Use of PDE-5 inhibitors	1 = Yes, 0 = No	Binary	At registration	Self-reported medication use
takes_skat_or_muse	Use of SKAT or MUSE	1 = Yes, 0 = No	Binary	At registration	Self-reported treatment
is_active_weekly	Physically active per week	1 = Yes, 0 = No	Binary	At registration	Self-reported behavior
iief_week_1	IIEF-5 score at baseline	5–25	Numeric	Week 1	Baseline erectile function score