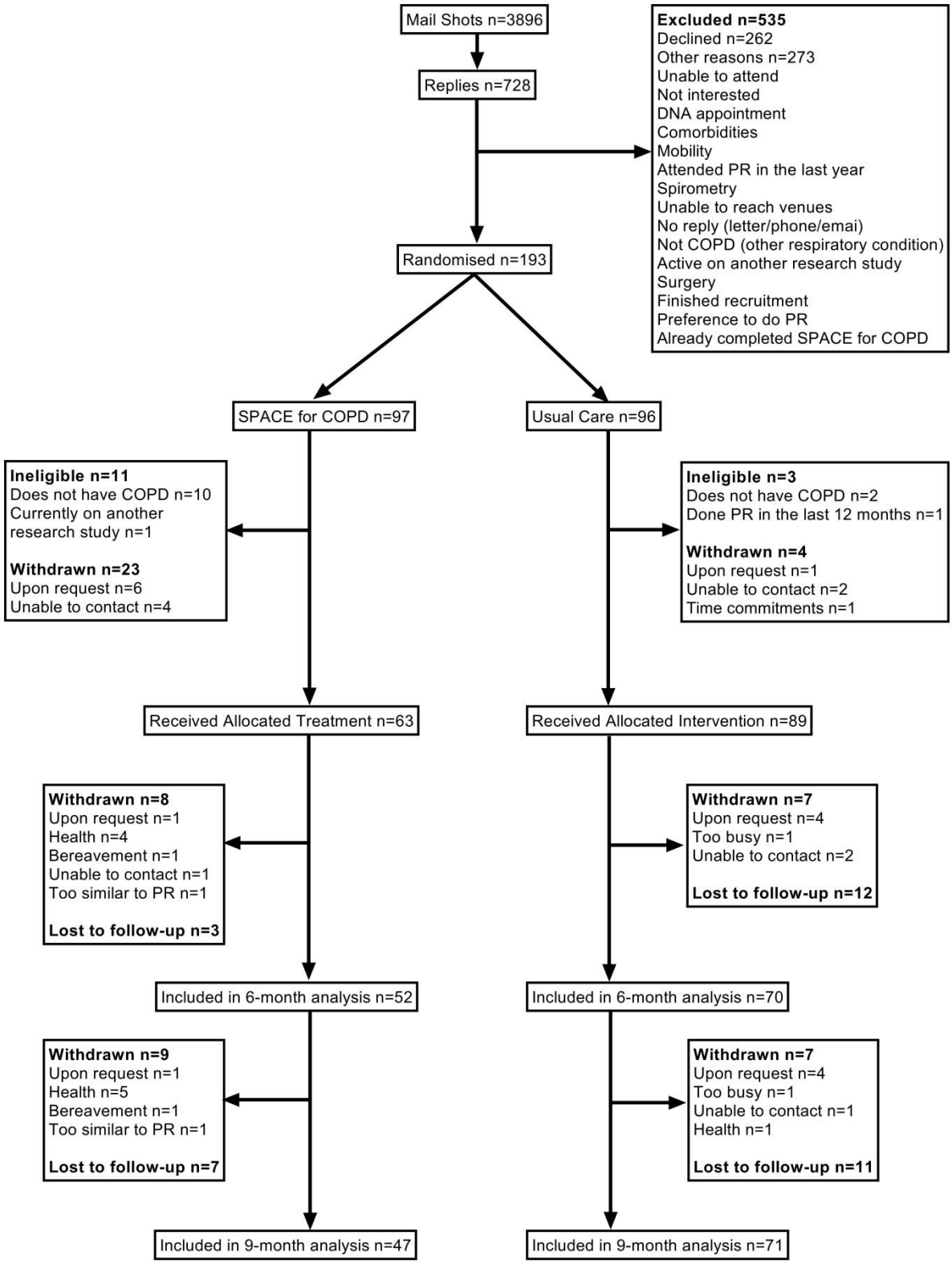
Participant Flow



Baseline Characteristics

	Intervention (n=97)	Control (96)	Overall (193)
Gender: Male, n(%)	52 (53.6%)	53 (55.2%)	105 (54.4%)
Age: Mean (SD)	69.6 (8.13)	70.5 (8.36)	70.1 (8.24)
Ethnicity: White, n(%)	86 (88.7%)	89 (92.7%)	175 (90.7%)
BMI: Mean (SD)	27.14 (5.03)	27.74 (5.78)	27.45 (5.41)
Marital Status: Married, n(%)	51 (52.6%)	53 (55.2%)	104 (53.9%)
Employment Status: n(%)	12 (12.4%)	9 (9.4%)	21 (10.9%)
Full-time	7 (7.2%)	7 (7.3%)	14 (7.3%)
Part-time	66 (68%)	71 (74%)	137 (71%)
Retired			
FEV1: Mean (SD)	1.69 (.56)	1.66 (.59)	1.67 (.57)
FVC: Mean (SD)	2.90 (.78)	2.84 (.89)	2.87 (.84)
FEV1/FVC: Mean (SD)	.58 (.10)	.58 (.11)	.58 (.10)
Gold Stage: n(%)		19 (19.8%)	38 (19.7%)
I	19 (19.6%)	57 (59.4%)	110 (57%)
II	53 (54.6%)	15 (15.6%)	30 (15.5%)
III	15 (15.5%)	2 (2.1%)	5 (2.6%)
IV	3 (3.1%)		
MRC: Mean (SD)	2.61 (2.31)	2.26 (.91)	2.43 (1.74)
Smoking Status: n(%)	13 (13.4%)	15 (15.6%)	28 (14.5%)
Current Smoker	67 (69.1%)	68 (70.8%)	135 (69.9%)
Ex-smoker	4 (4.1%)	8 (8.3%)	12 (6.2%)
Never smoked			
Pack Years: Mean (SD)	39.45 (25.70)	34.41 (26.99)	36.84 (26.42)
Comorbidities: n(%)	7 (7.2%)	10 (10.4%)	17 (8.8%)
Ischemic Heart Disease	41 (42.3%)	46 (47.9%)	87 (45.1%)
Hypertension	13 (13.4%)	13 (13.5%)	26 (13.5%)
Diabetes	1 (1.0%)	3 (3.1%)	4 (2.1%)
Heart Failure	24 (24.7%)	35 (36.5%)	59 (30.6%)
Arthritis	21 (21.6%)	22 (22.9%)	43 (22.3%)
Other	13 (13.4%)	11 (11.5%)	24 (12.4%)
None			

Outcome Measures

	Baseline (mean (SD))		6-months (mean (SD))		9-months (mean (SD))	
Variable	**N**	**Mean (SD)**	**N**	**Mean (SD)**	**N**	**Mean (SD)**
CAT						
Intervention	79	15.47 (7.28)	52	15.56 (7.97)	47	14.04 (7.56)
Control	89	13.82 (6.37)	70	15.59 (7.79)	71	13.49 (7.09)
Overall	168	14.6 (6.84)	122	15.57 (7.84)	118	13.71 (7.25)
CRQ Dyspnoea						
Intervention	78	3.35 (1.34)	49	4.06 (1.63)	45	4.35 (1.37)
Control	88	3.32 (1.42)	68	3.83 (1.55)	70	4.01 (1.57)
Overall	166	3.33 (1.38)	117	3.92 (1.58)	115	4.14 (1.49)
CRQ Fatigue						
Intervention	78	4.56 (1.26)	50	4.82 (1.35)	47	4.77 (1.12)
Control	89	4.62 (1.23)	70	4.50 (1.31)	71	4.64 (1.09)
Overall	167	4.59 (1.24)	120	4.633 (1.33)	118	4.69 (1.10)
CRQ Emotion						
Intervention	78	5.29 (1.18)	50	5.43 (1.21)	47	5.47 (1.12)
Control	89	5.33 (1.03)	70	5.26 (1.23)	71	5.32 (1.13)
Overall	167	5.31 (1.10)	120	5.33 (1.22)	118	5.38 (1.13)
CRQ Mastery						
Intervention	78	5.59 (1.25)	50	6.01 (1.12)	47	6.20 (0.98)
Control	89	5.87 (1.15)	70	5.75 (1.23)	71	5.94 (1.15)
Overall	167	5.74 (1.20)	120	5.85 (1.19)	118	6.04 (1.09)
HADS Anxiety						
Intervention	79	4.82 (3.79)	50	4.88 (3.54)	47	4.74 (3.63)
Control	89	5.60 (3.95)	70	5.30 (3.89)	70	5.09 (3.86)
Overall	168	5.23 (3.88)	120	5.13 (3.74)	117	4.95 (3.76)
HADS Depression						
Intervention	79	3.44 (2.28)	50	3.34 (2.69)	47	3.43 (2.28)
Control	89	3.52 (2.64)	70	3.86 (2.97)	70	3.40 (2.86)
Overall	168	3.48 (2.47)	120	3.64 (2.85)	117	3.41 (2.63)
BCKQ						
Intervention	80	35.09 (7.75)	50	37.58 (7.77)	46	38.83 (7.89)
Control	89	32.73 (7.53)	70	33.83 (8.20)	70	36.03 (7.51)
Overall	169	33.85 (7.70)	120	35.39 (8.20)	116	37.14 (7.75)
EQ5D Mobility						
Intervention	80	1.41 (0.50)	50	1.38 (0.49)	47	1.30 (0.46)
Control	89	1.33 (0.47)	70	1.39 (0.49)	71	1.32 (0.47)
Overall	169	1.37 (0.48)	120	1.38 (0.49)	118	1.31 (0.47)
EQ5D Selfcare						
Intervention	80	1.13 (0.33)	50	1.14 (0.35)	47	1.09 (0.28)
Control	89	1.10 (0.34)	70	1.09 (0.28)	71	1.07 (0.26)
Overall	169	1.11 (0.34)	120	1.11 (0.31)	118	1.08 (0.27)
EQ5D Activity						

Intervention	80	1.49 (0.53)	50	1.38 (0.53)	47	1.40 (0.54)
Control	89	1.36 (0.51)	70	1.43 (0.55)	71	1.35 (0.48)
Overall	169	1.42 (0.52)	120	1.41 (0.54)	118	1.37 (0.50)
EQ5D Pain						
Intervention	80	1.46 (0.53)	50	1.44 (0.50)	47	1.57 (0.62)
Control	89	1.44 (0.54)	70	1.44 (0.53)	71	1.41 (0.52)
Overall	169	1.45 (0.53)	120	1.44 (0.52)	118	1.47 (0.57)
EQ5D Anxiety						
Intervention	80	1.26 (0.44)	50	1.30 (0.46)	47	1.23 (0.43)
Control	89	1.24 (0.48)	70	1.31 (0.53)	71	1.25 (0.47)
Overall	169	1.25 (0.46)	120	1.31 (0.50)	118	1.25 (0.45)
PAM Score						
Intervention	67	59.60 (11.75)	50	63.63 (15.43)	46	65.04 (14.23)
Control	81	59.30 (10.67)	70	59.76 (11.40)	71	60.37 (13.28)
Overall	148	59.43 (11.13)	120	61.37 (13.31)	117	62.21 (13.79)
PAM Level						
Intervention	67	2.64 (0.85)	50	2.82 (0.87)	46	3.02 (1.02)
Control	81	2.73 (0.87)	70	2.69 (0.88)	71	2.68 (0.94)
Overall	148	2.69 (0.86)	120	2.74 (0.87)	117	2.81 (0.98)
ISWT						
Intervention	76	411.95 (155.65)	44	437.73 (162.77)	32	423.59 (177.57)
Control			58	383.10 (191.53)	61	396.07 (174.52)
Overall	76	411.95 (155.65)	102	406.67 (180.89)	93	405.54 (175.10)
ESWT Seconds						
Intervention	74	460.45 (384.76)	44	643.64 (452.63)	32	596.00 (427.44)
Control			57	471.75 (359.01)	60	524.30 (384.58)
Overall	74	460.45 (384.76)	101	546.63 (409.40)	92	549.24 (399.14)

Serious Adverse Events

	Intervention Group (n=11)	Control Group (n=7)	Overall (n=18)
Respiratory System	5	2	7
Cardiovascular System	5	0	5
Musculoskeletal System	1	3	4
Gastrointestinal System	0	2	2