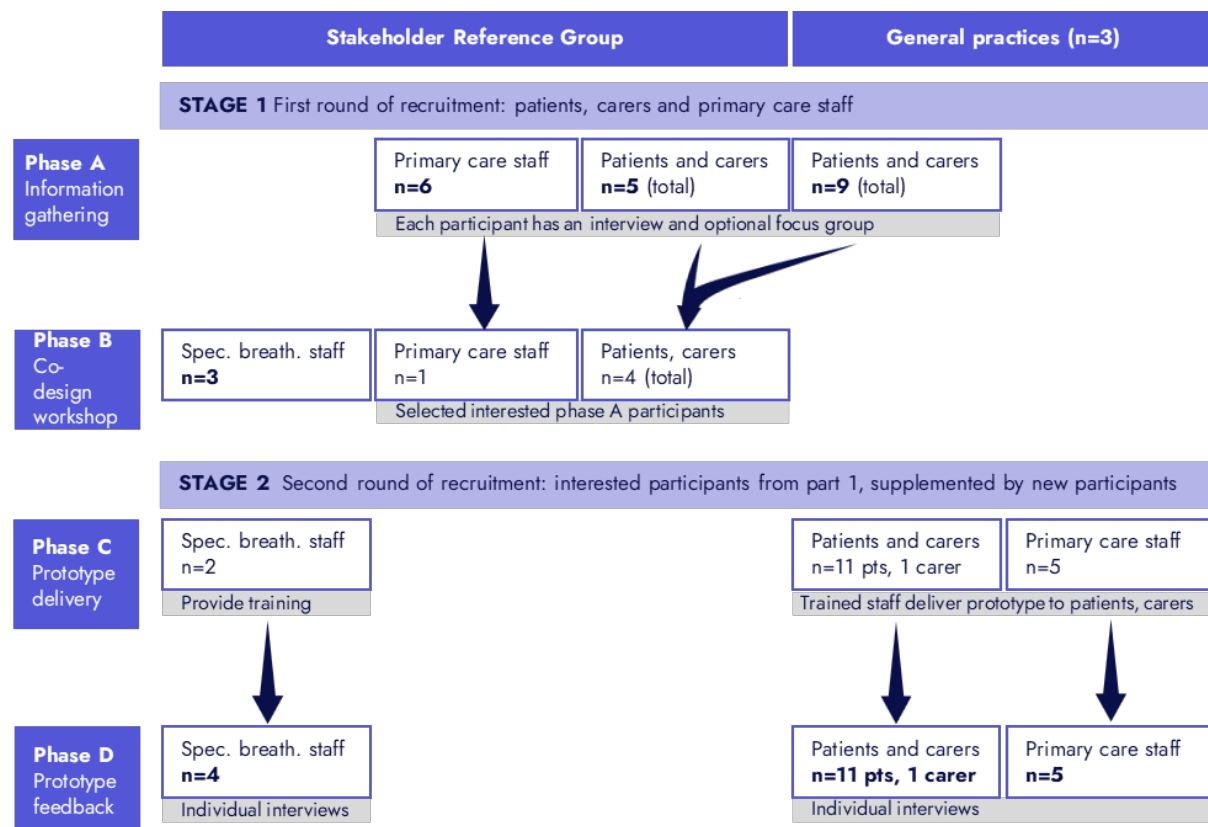


# PrimaryBreathe co-design study

## basic results summary

### Participant flow

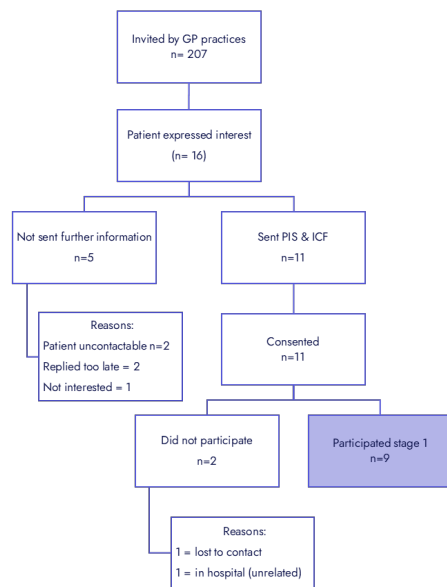
The study had a two-stage design, with five different groups of participants each recruited separately. The study design was as follows:



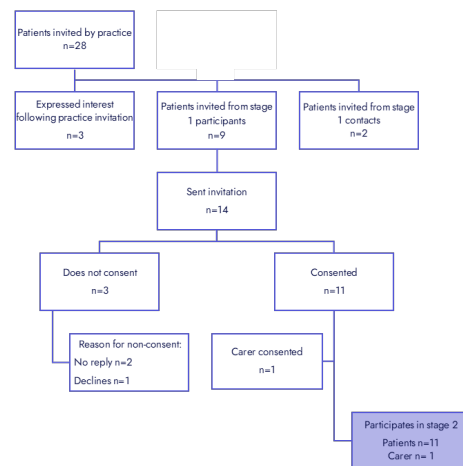
- Numbers in **bold** indicate total participant number for each of the two study stages
- Spec. breath. Staff = Specialist breathlessness staff

Participants were recruited by each participant group for each stage as follows:

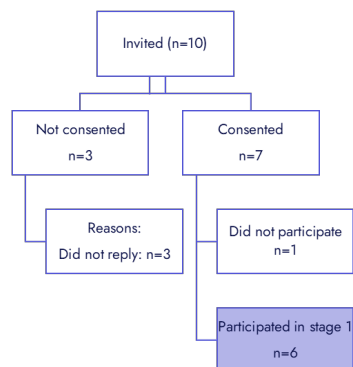
Patients (stage 1)



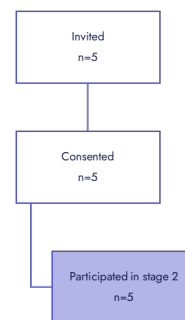
Patients and carer (stage 2)



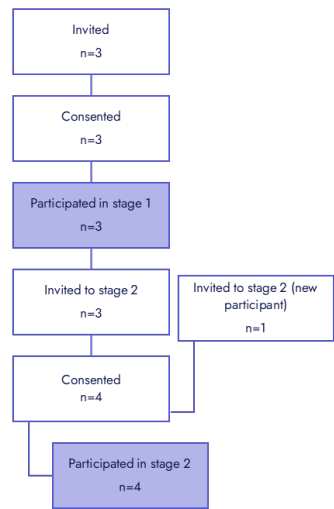
Primary and secondary care staff (stage 1)



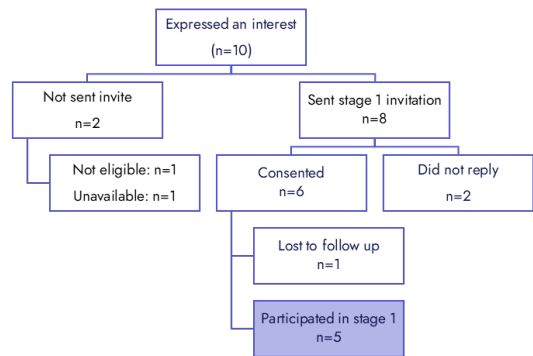
Primary care staff (stage 2)



Specialist breathlessness staff



Panel



Baseline characteristics

	All	Patients (all stages)	Primary care staff (stage 2)	Healthcare staff (stage 1)	Spec. breath. staff	PPI Panel
Total	32+1 carer*	12	5	6	4	5
Age (median, range)	54.5 (33-82)	63.5 (43-82)	46 (33-49)	49 (34-61)	48 (38-54)	55 (43-70)
Gender (Female: Male) (n:n)	(24:8)	(9:3)	(3:2)	(4:2)	(4:0)	(4:1)
Ethnicity						
White	29	12	4	5	4	4
Asian/Asian British	3	0	1	1	0	1
Access internet easily day-to-day (yes:no)	(30:2)	(10:2)	(5:0)	(6:0)	(4:0)	(5:0)

\*Baseline characteristics omit one carer participant’s data, and therefore total **32**.

## Outcome measures

Our outcome measures were as follows:

Outcome measure	Result
First version of an electronic consultation guide for health professionals delivering the intervention generated by a thematic analysis of qualitative data from participant interviews and focus groups	First version completed and in use in PrimaryBreathe feasibility study (currently ongoing).
Plain English version of the Breathing Thinking Functioning (BTF) model amended from the existing health professional version using qualitative data from participant interviews and focus groups;	First version completed and in use in PrimaryBreathe feasibility study (currently ongoing).
Self-management website for use as an intervention adjunct, with associated paper-based resources for people without digital access, created by refining a researcher-generated website using qualitative data from participant interviews and focus groups.	First version completed and in use in PrimaryBreathe feasibility study (currently ongoing).

## Adverse events

There were no adverse events associated with this study.