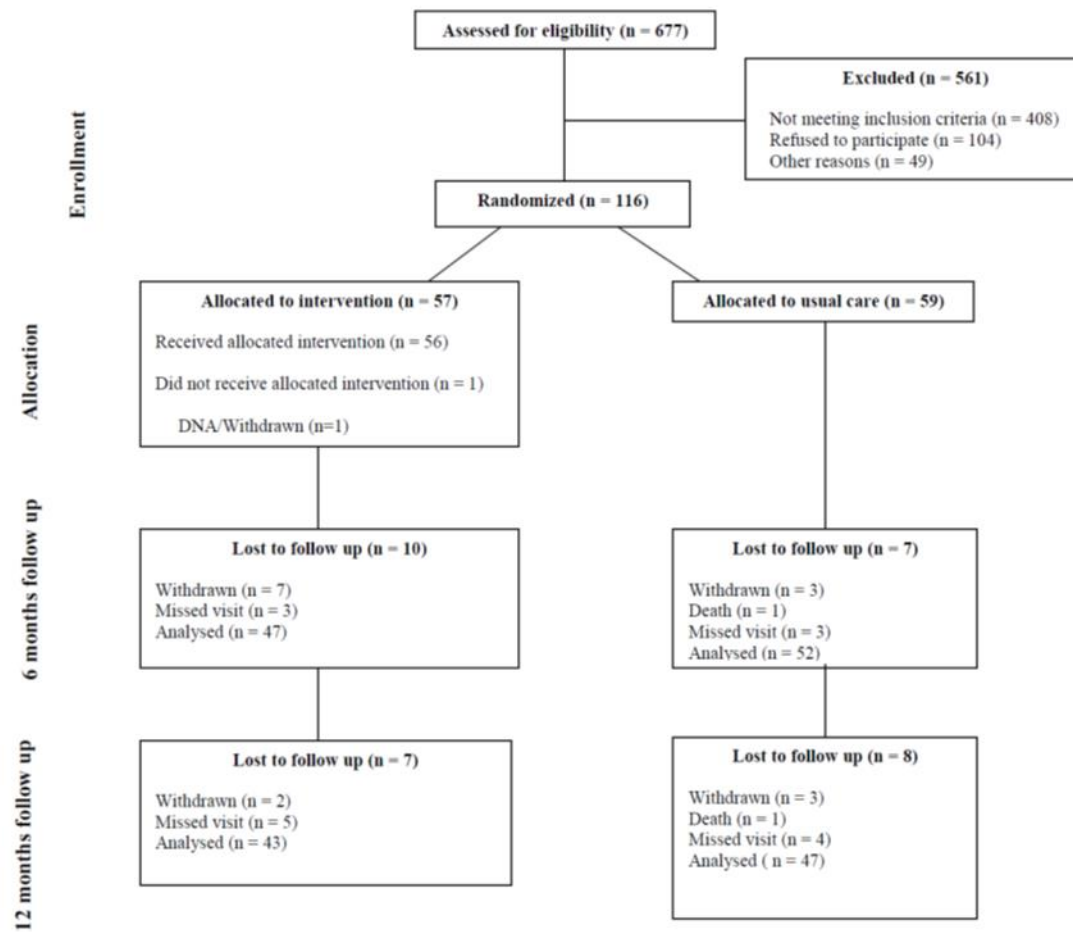


Participant Flow:



Baseline Characteristics:

Characteristic	Intervention (n=57)	Control (n=59)	p value*
Age (years)	73 (62, 78)	71 (64, 76)	0.4
Pack Years (years)	38 (25, 48)	40 (30, 53)	0.3
BMI (kg/m ²)	27.9 (24.4, 32.9)	27.7 (23.1, 33.1)	0.6
FEV ₁ (% predicted)	48 (35, 65)	60 (41, 69)	0.3

There were no significant differences between groups. The median MRC grade of the study population was 3; 8 participants were from non-White ethnic backgrounds and 9 were receiving home oxygen.

Outcome Measures:

Variable	N	Baseline			N	6 Months			N	12 Months		
		Control, N = 561	Intervention, N = 521	p-value ²		Control, N = 561	Intervention, N = 501	p-value ²		Control, N = 531	Intervention, N = 481	p-value ²
ESWT_secs	108	360 (205, 607)	426 (156, 830)	0.9	53	354 (227, 663)	322 (173, 559)	0.5	51	289 (191, 637)	404 (185, 798)	0.6
Missing		0	0			30	23			28	22	
ISWT_m	108	290 (190, 390)	290 (198, 440)	0.7	54	280 (255, 345)	220 (160, 365)	0.2	53	285 (225, 385)	270 (185, 405)	0.9
Missing		0	0			29	23			27	21	

¹ Median (IQR)

² Wilcoxon rank sum test

ESWT and ISWT (withdrawn subjects removed)

Variable	N	Baseline			N	6 Months			N	12 Months		
		Control, N = 591	Intervention, N = 571	p-value ²		Control, N = 551	Intervention, N = 511	p-value ²		Control, N = 581	Intervention, N = 561	p-value ²
CRQDyspnoea	113	3.40 (2.65, 4.40)	3.60 (2.80, 4.35)	0.7	94	3.00 (2.00, 4.00)	3.30 (2.25, 4.58)	0.12	86	2.60 (2.00, 3.80)	3.00 (2.00, 4.00)	0.5
Missing		1	2			3	9			13	15	
CRQFatigue	114	3.88 (3.00, 5.00)	4.00 (3.25, 4.76)	0.8	96	3.50 (2.50, 4.25)	3.88 (3.25, 4.75)	0.056	88	3.75 (2.75, 4.44)	3.75 (2.81, 4.94)	0.4
Missing		1	1			3	7			12	14	
CRQEmotion	114	5.00 (4.07, 5.79)	5.00 (4.11, 5.71)	0.9	96	4.50 (3.61, 5.29)	4.71 (3.97, 5.57)	0.2	88	4.57 (3.36, 5.29)	5.00 (3.71, 5.43)	0.4
Missing		1	1			3	7			12	14	
CRQMastery	114	5.25 (4.31, 6.00)	5.00 (4.25, 5.75)	0.8	96	4.63 (3.75, 5.56)	5.50 (4.00, 6.16)	0.2	88	5.00 (4.25, 5.94)	4.88 (3.56, 5.94)	0.8
Missing		1	1			3	7			12	14	
TotalCAT	114	19 (14, 24)	20 (13, 24)	0.8	95	21 (12, 25)	19 (10, 25)	0.6	88	21 (15, 26)	20 (13, 23)	0.2
Missing		1	1			4	7			12	14	
HADSAnxiety	114	6 (3, 9)	7 (3, 8)	0.4	96	7 (3, 10)	6 (3, 8)	0.2	88	6 (3, 10)	6 (3, 8)	0.7
Missing		1	1			3	7			12	14	
HADSDepression	114	5 (3, 7)	6 (3, 8)	0.7	96	6 (3, 10)	6 (3, 8)	0.3	88	6 (3, 10)	5 (4, 9)	>0.9
Missing		1	1			3	7			12	14	
PAMScore	113	58 (51, 63)	58 (51, 68)	0.4	96	58 (51, 68)	57 (51, 68)	0.7	88	58 (51, 68)	56 (49, 65)	0.3
Missing		2	1			3	7			12	14	
PAMLevel	113			0.3	96			0.3	88			0.5
1		12 (21%)	9 (16%)			8 (15%)	4 (9.1%)			5 (11%)	9 (21%)	
2		14 (25%)	12 (21%)			12 (23%)	16 (36%)			14 (30%)	9 (21%)	
3		26 (46%)	23 (41%)			26 (50%)	16 (36%)			21 (46%)	18 (43%)	
4		5 (8.8%)	12 (21%)			6 (12%)	8 (18%)			6 (13%)	6 (14%)	
Missing		2	1			3	7			12	14	

¹ Median (IQR); n (%)

² Wilcoxon rank sum test; Pearson's Chi-squared test

Adverse Events: There were no adverse events associated with this study.