

Exercise responses and mental health symptoms in COVID-19 survivors with dyspnoea

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ONLINE SUPPLEMENT

Supplementary Table 1. Dyspnea descriptor questionnaire.

DESCRIPTORS BREATHLESSNESS

CIRCLE AS MANY (OR AS FEW) OF THE DESCRIPTORS THAT APPLY TO HOW YOUR BREATHING FELT RIGHT AT THE VERY END OF EXERCISE:

1. My breath does not go in all the way
 2. Breathing in requires effort
 3. I feel that I am suffocating
 4. I feel a need for more air
 5. My breathing is heavy
 6. I cannot take a deep breath in
 7. My chest feels tight
 8. My breathing requires more work
 9. I feel a hunger for more air
 10. I feel that my breathing is rapid
 11. My breathing feels shallow
 12. I feel that I am breathing more air
 13. I cannot get enough air in
 14. My breath does not go out all the way
 15. Breathing out requires more effort
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Supplementary Table 2. Multiple regression results for dyspnoea intensity and unpleasantness at highest equivalent work rate.

Independent variable	Coefficient	SE	P-value
Dyspnoea intensity			
Intercept	-9.913	5.744	0.123
$\dot{V}O_2$ peak, % pred	0.019	0.024	0.441
AT, % $\dot{V}O_{2predmax}$	-0.020	0.048	0.691
$\dot{V}_E/\dot{V}CO_2$ nadir	0.282	0.120	0.047
D_LCO , % pred	0.039	0.026	0.170
HADS total	-0.023	0.061	0.714
SGRQ total	0.018	0.022	0.455
PSS	-0.166	0.071	0.048
ASI-R	0.019	0.014	0.199
IES-R total	0.426	0.452	0.374
Sex	-0.911	0.770	0.271
Age, years	-0.001	0.030	0.987
Smoking, pack years	-0.073	0.039	0.100
BMI, kg/m ²	0.025	0.044	0.589
Dyspnoea unpleasantness			
Intercept	-9.89	5.615	0.116
$\dot{V}O_2$ peak, % pred	0.003	0.023	0.906
AT, % $\dot{V}O_{2predmax}$	0.016	0.047	0.747
$\dot{V}_E/\dot{V}CO_2$ nadir	0.305	0.117	0.032
D_LCO , % pred	0.026	0.025	0.339
HADS total	0.009	0.060	0.879
SGRQ total	0.027	0.022	0.259
PSS	-0.096	0.070	0.204
ASI-R	0.012	0.013	0.404
IES-R total	0.142	0.442	0.756
Sex	-0.721	0.753	0.366
Age	-0.023	0.030	0.452
Smoking, pack years	-0.040	0.038	0.322
BMI, kg/m ²	-0.005	0.043	0.915

Abbreviations: ASI-R, Revised Anxiety Sensitivity Index; AT, anaerobic threshold; BMI, body mass index; D_LCO , diffusing capacity of the lungs for carbon monoxide; HADS, Hospital Anxiety and Depression Scale; IES-R, Revised impact of Event Scale; PSS, Perceived Stress Scale; SGRQ, St. George Respiratory Questionnaire; $\dot{V}_E/\dot{V}CO_2$, ventilatory equivalent for carbon dioxide; $\dot{V}O_2$, oxygen uptake.