

Appendix 1. Qualitative Interview questions asked at 6 time points before and following Cardiopulmonary Exercise Test.

- I am interested in how you feel **right now** *physically, cognitively and emotionally*. First, please describe how you are feeling *physically* **right now**.
 - How does this compare to [previous time point]?
- Now please describe your *cognitive* state **right now**. [*mental fatigue, memory, and how well you are thinking*]
 - How does this compare to [previous time point]?
- Now please describe your *emotional* state **right now**.
 - How does this compare to [previous time point]?
- [*if symptoms given*] What symptoms are bothering you the most **right now**? Please explain.
 - [*Ask about EVERY most bothersome symptom mentioned at ALL previous interviews and how they compare with last interview*]
- Please describe how your current state compares to how you typically feel on an average day (i.e. is compared to your usual baseline?) Please explain.
- Did [symptoms mentioned above] come on more suddenly or more gradually?
- How do you feel compared to [XX hours] after an activity or exertion in your day to day life? Please explain.
- Are any of the symptoms you feel now new symptoms that you have not had before?
- Anything else you would like to add to help us better understand how you are feeling right now?