

Table 4 Change in quality of life scores

	After 13 weeks				After 26 weeks			
	Control	Buteyko	Pink City	p value	Control	Buteyko	Pink City	p value
<i>SF-36 questionnaire dimension scores (possible range 0–100)</i>	(n=24)	(n=26)	(n=24)		(n=22)	(n=23)	(n=24)	
Physical function	0.0 (–8.8 to 10.0)	5.0 (0.0 to 5.0)	0.0 (–8.8 to 8.8)	0.2	0.0 (–10.0 to 5.0)	5.0 (0.0 to 5.0)	0.0 (–5.0 to 8.8)	0.4
Role limitation due to physical problems	0.0 (0.0 to 0.0)	12.5 (0.0 to 31.3)	0.0 (–50.0 to 0.0)	0.009	0.0 (–6.3 to 0.0)	25.0 (0.0 to 50.0)	0.0 (0.0 to 0.0)	0.004
Role limitation due to emotional problems	0.0 (0.0 to 0.0)	0.0 (0.0 to 33.3)	0.0 (–25.0 to 0.0)	0.09	0.0 (0.0 to 0.0)	0.0 (0.0 to 0.0)	0.0 (0.0 to 0.0)	0.8
Social functioning	0.0 (–8.3 to 0)	0.0 (–13.9 to 11.1)	0.0 (–11.1 to 19.4)	0.97	0.0 (–25.0 to 0.0)	0.0 (0.0 to 11.1)	0.0 (0.0 to 22.2)	0.04
Mental health	2.0 (–4.0 to 7.0)	2.0 (–6.0 to 8.0)	0.0 (–7.0 to 8.0)	0.75	2.0 (–8.0 to 8.0)	0.0 (–8.0 to 12.0)	0.0 (–11.0 to 8.0)	0.6
Energy/vitality	0.0 (–5.0 to 5.0)	–2.5 (–15.0 to 10.0)	–2.5 (–13.8 to 15.0)	0.9	0.0 (–10.0 to 10.0)	0.0 (–10.0 to 20.0)	0.0 (–8.75 to 10.0)	0.8
Pain	0.0 (–22.2 to 11.1)	0.0 (–11.1 to 11.1)	0.0 (–27.8 to 22.2)	0.7	0.0 (–11.1 to 11.1)	0.0 (–11.1 to 11.1)	0.0 (–8.3 to 19.4)	0.7
General health perception	–1.0 (–5.0 to 4.3)	1.5 (–5.0 to 15.0)	2.5 (–6.5 to 10.0)	0.45	0.0 (–5.5 to 5.8)	5.0 (–12.0 to 30.0)	0.0 (–10.0 to 15.3)	0.8
Change in health	0.0 (0.0 to 25.0)	25.0 (0.0 to 50.0)	0.0 (0.0 to 25.0)	0.2	0.0 (0.0 to 25.0)	25.0 (0.0 to 50.0)	0.0 (0.0 to 25.0)	0.06
<i>Asthma Quality of Life questionnaire scores (possible range 1–7)</i>	(n=24)	(n=26)	(n=25)		(n=22)	(n=23)	(n=24)	
Overall	0.33 (–0.20 to 0.75)	0.45 (0.11 to 1.47)	0.45 (–0.13 to 1.11)	0.4	0.61 (–0.11 to 0.95)	1.03 (0.19 to 1.69)	0.57 (0.07 to 1.10)	0.2
Activity limitation	0.48 (–0.14 to 1.03)	0.58 (0.19 to 1.31)	0.23 (–0.32 to 1.21)	0.5	0.50 (0.09 to 1.14)	0.91 (0.18 to 1.36)	0.50 (–0.32 to 1.00)	0.4
Symptoms	0.33 (–0.31 to 0.58)	0.42 (–0.17 to 1.60)	0.5 (–0.38 to 1.21)	0.6	0.33 (–0.19 to 1.17)	1.08 (0.08 to 1.92)	0.58 (0.0 to 1.21)	0.2
Emotional function	0.30 (–0.20 to 0.60)	0.80 (–0.10 to 1.80)	0.60 (–0.10 to 1.40)	0.2	0.40 (–0.35 to 1.00)	1.00 (0.20 to 2.20)	0.40 (0.0 to 1.30)	0.2
Exposure to environmental stimuli	0.38 (–0.25 to 0.75)	0.50 (0.0 to 1.50)	0.50 (0.0 to 1.38)	0.3	0.38 (–0.25 to 1.06)	1.00 (0.0 to 1.75)	0.38 (0.0 to 1.75)	0.3

Values are median (interquartile range), Kruskal-Wallis test.

One subject in the control group failed to complete the SF-36 questionnaire at 3 months.

