

Table S2. Summary of the effects of VF plus exercise compared to control group

Outcome	No. of participants (studies)	Quality of evidence	Effect estimate (95% CI)		p-value
			MD	SMD	
Ventilation					
RR (bpm)	58 (2)	⊕⊕⊕⊖ ^a Moderate	-5.05 (-7.76, -2.35)		0.0002*
SpO ₂ (%)	65 (2)	⊕⊕⊕⊖ ^{a,b} Low	0.55 (-0.99, 2.09)		0.48
V _T (L)	58 (2)	⊕⊕⊕⊖ ^a Moderate	0.21 (-0.01, 0.43)		0.06
V _e (L/min)	58 (2)	⊕⊕⊕⊖ ^{a,b} Low	-1.75 (-12.57, 9.06)		0.75
T _i (s)	58 (2)	⊕⊕⊕⊖ ^a Moderate	0.07 (-0.02, 0.17)		0.14
T _e (s)	58 (2)	⊕⊕⊖⊖ ^{a,b} Low	0.27 (-0.05, 0.59)		0.10
IC (L)	98 (3)	⊕⊕⊖⊖ ^{a,c} Low	0.31 (0.13, 0.48)		0.0007*
Sensation of dyspnea					
Dyspnea	98 (3)	⊕⊕⊖⊖ ^{a,b} Low		0.08 (-0.63, 0.79)	0.83
Exercise capacity					
HR (bpm)	58 (2)	⊕⊕⊕⊖ ^a Moderate	-1.72 (-9.78, 6.34)		0.68
VO ₂ (mL/min)	58 (2)	⊕⊕⊖⊖ ^{a,b} Low	-15.77 (-273.84, 242.29)		0.90
QoL					
QoL-CRQ score	73 (2)	⊕⊕⊖⊖ ^{a,b} Low		0.01 (-0.67, 0.69)	0.97

MD, mean difference; SMD, standard mean difference; VF, ventilatory feedback; RR, respiratory rate; SpO₂, oxygen saturation; V_T, tidal volume; V_e, minute ventilation; T_i, inspiratory time; T_e, expiratory time; IC, inspiratory capacity; HR, heart rate; VO₂, oxygen consumption; QoL, quality of life; CRQ, chronic respiratory questionnaires.

^aSerious imprecision of measurements (sample size <400 participants).

^bSerious inconsistency of results (I²≥50%).

^cSerious risk of bias (>25% of participants from study with high risk of bias).

*p<0.001.

Table S3. Summary of the effects of VF training compared to control group

Outcome	No. of participants (studies)	Quality of evidence	Effect estimate (95% CI)		p-value
			MD	SMD	
Ventilation					
RR (bpm)	58 (2)	⊕⊕⊕⊖ ^a Moderate	-2.00 (-5.84, -1.84)		0.31
V _T (L)	58 (2)	⊕⊕⊕⊖ ^a Moderate	0.14 (-0.09, 0.38)		0.23
V _e (L/min)	58 (2)	⊕⊕⊕⊖ ^a Moderate	-3.22 (-10.60, 4.17)		0.39
T _i (s)	58 (2)	⊕⊕⊕⊖ ^a Moderate	0.06 (-0.05, 0.17)		0.28
T _e (s)	58 (2)	⊕⊕⊕⊖ ^a Moderate	0.20 (-0.05, 0.44)		0.12
IC	58 (2)	⊕⊕⊕⊖ ^a Moderate	0.09 (-0.30, 0.48)		0.65
Sensation of dyspnea					
Dyspnea	58 (2)	⊕⊕⊕⊖ ^a Moderate	1.02 (-0.37, 2.41)		0.15
Exercise capacity					
HR (bpm)	58 (2)	⊕⊕⊕⊖ ^a Moderate	-5.50 (-12.65, 1.64)		0.13
VO ₂ (mL/min)	58 (2)	⊕⊕⊕⊖ ^a Moderate	-170.47 (-312.63, -28.31)		0.02*

MD, mean difference; SMD, standard mean difference; VF, ventilatory feedback; RR, respiratory rate; V_T, tidal volume; V_e, minute ventilation; T_i, inspiratory time; T_e, expiratory time; HR, heart rate; VO₂, oxygen consumption.

^aSerious imprecision of measurements (sample size <400 participants).

^bSerious inconsistency of results (I²≥50%).

^cSerious risk of bias (>25% of participants from study with high risk of bias).

*p<0.05.