Table S6. Summary of the effects of DBE compared to control group

| Outcome | No. of participants (studies) | Quality of evidence | Effect estimate (95% CI) | | p-value |
			MD	SMD	
Ventilation					
RR	155 (2)	⊕⊕⊖[a]⊖[b] Low		-1.09 (-2.19, -0.00)	0.05
Sensation of dyspnea					
Dyspnea	121 (2)	⊕⊕⊖[a]⊖[b] Low		0.21 (-0.37, 0.79)	0.47
QoL					
SGRO score	123 (2)	⊕⊕⊖[a]⊖[b] Low		0.20 (-0.51, 0.91)	0.058

MD, mean difference; SMD, standard mean difference; DBE, diaphragmatic breathing; RR, respiratory rate; SGRQ, St. George's Respiratory Questionnaire.

[a]Serious imprecision of measurements (sample size <400 participants).

[b]Serious inconsistency of results ($I^2 \geq 50\%$).

[c]Serious risk of bias (>25% of participants from study with high risk of bias).