

SUPPLEMENTARY DIGITAL MATERIAL 5

Supplementary Table II.—Characteristics of GOLD-3 COPD subjects after 4-week intervention between-group.

| Variables                                     | Study intervention<br>(N = 45) | control intervention<br>(N = 49) | <i>P</i> |
|---|--------------------------------|----------------------------------|----------|
| 6-minute walking distance (m) *               | 495.88 ± 74.61                 | 469.04 ± 52.59                   | 0.049    |
| mMRC  |                                |                                  |          |
| mMRC grade1 N (%) †                           | 34(75.56%)                     | 33(67.35%)                       | 0.598    |
| mMRC grade2 N (%) †                           | 9(20.00%)                      | 15(30.61%)                       |          |
| mMRC grade3 N (%) †                           | 2(4.44%)                       | 1(2.04%)                         |          |
| Spirometry                                    |                                |                                  |          |
| FEV1 (L) *                                    | 1.29 ± 0.31                    | 1.28 ± 0.28                      | 0.940    |
| FEV1%predicted (%) ‡                          | 44.90 (36.42, 52.20)           | 45.19 (39.03, 51.55)             | 0.885    |
| FVC (L) *                                     | 2.71 ± 0.45                    | 2.69 ± 0.48                      | 0.824    |
| FEV1 / FVC (%) ‡                              | 48.10 (42.35, 55.79)           | 48.21 (40.67, 54.05)             | 0.853    |
| Maxima ventilation volume (L/min) *           | 50.95 ± 13.26                  | 47.71 ± 14.08                    | 0.256    |
| Peak expiratory flow (L/s) *                  | 3.91 ± 1.26                    | 3.75 ± 1.09                      | 0.728    |
| PaCO2 (mmHg) ‡                                | 41.40 (39.20, 43.30)           | 40.00 (36.50, 42.60)             | 0.145    |
| PaO2 (mmHg) ‡                                 | 79.10 (75.30, 86.00)           | 79.20 (72.50, 83.90)             | 0.564    |
| Diaphragm motion in quiet breathing<br>(cm) * | 2.45 ± 0.79                    | 2.33 ± 0.60                      | 0.565    |
| Diaphragm motion in deep breathing<br>(cm) *  | 5.05 ± 0.86                    | 4.78 ± 1.03                      | 0.175    |

Data are reported as the mean ± standard deviation, or median (25th centile, 75th centile) unless stated otherwise; \* Independent T-Test or ‡ Wilkison rank test for non-normally distributed data or † Chi-Squared test was used to compare groups.

Abbreviations: FEV<sub>1</sub> = forced expiratory volume in 1 second; FVC = forced vital capacity; mMRC = modified Medical Research Council; Lower scores indicate fewer symptoms; PaCO<sub>2</sub> = partial pressure of carbon dioxide; PaO<sub>2</sub> = partial pressure of oxygen.