SUPPLEMENTARY APPENDIX 3. DEMOGRAPHIC AND BASELINE CLINICAL CHARACTERISTICS OF TRIAL COMPLETERS AND WITHDRAWALS

	Trial Withdrawals (n=43)	Trial Completers (n=122)	p-value
Gender (% Female)	35	43	0.4
Age (years)	66 (62, 71)	64 (60, 76)	0.2
Smoking (Pack years)	41 (29, 94)	45 (31, 61)	1.0
BMI (kg/m^2)	30.6 (24.4, 32.6)	26.3 (22.7, 29.1)	0.4
FEV$_1$, L	0.95 (0.60, 1.92)	1.19 (0.88, 1.48)	0.3
FEV$_1$ (% Predicted)	46 (31, 65)	52 (35, 64)	1.0
GOLD Stage			
2 (%)	50	50	0.6
3 (%)	31	34	0.6
4 (%)	19	16	1.0
FFMI (kg/m^2)	17.1 (15.1, 19.8)	18.1 (15.3, 20.2)	0.9
Baseline ISWT (m)	280 (208, 318)	300 (215, 460)	0.03
Inhalers			
LABA (%)	0	2	0.4
LAMA (%)	86	82	0.5
LABA-ICS (%)	72	63	0.3
LABA-LAMA (%)	9	7	0.7
MRC Dyspnoea Score	3.0 (2.8, 3.3)	3.0 (2.0, 3.0)	0.1
CAT Score	22 (19, 26)	18 (13, 26)	0.9
HADS A	9 (4, 13)	7 (4, 10)	0.2
HADS D	7 (6, 11)	5 (2, 9)	0.6
Baseline Systolic BP (mmHg)	125 (119, 145)	122 (114, 145)	0.5
Baseline Diastolic BP (mmHg)	78 (74, 90)	78 (71, 84)	0.4

Baseline MAP (mmHg)	99 (89, 104)	95 (86, 101)	0.7
Baseline PAL	1.2 (1.0, 1.6)	1.4 (1.2, 1.6)	0.5
Baseline Step Count	5627 (4238, 6979)	3747 (3087, 5980)	0.5

TABLE LEGEND

Data shown are median (IQR) or percentage (%). Data was not normally distributed thus between group analysis was undertaken using a Mann-Whitney U test. Spirometry was performed as per the ATS/ERS statement, with three efforts performed and the best result recorded. As per best practice for performing the ISWT a practice and repeat walk was performed, the best of the two results is recorded. Blood pressure was recorded at rest, seated for 10 minutes prior to recording, with three measures taken and the average reported. Physical activity data was gathered as per the described methods.

Abbreviations: BMI – Body mass index; FEV_1 – Forced expiratory volume in 1 second; FVC – Forced vital capacity; FFMI – Fat free mass index; ISWT – Incremental shuttle walk test; LABA – Long-acting beta-agonists; ICS – Inhaled corticosteroids; LAMA – Long-acting muscarinic-agonists; MRC dyspnoea score – Medical research council dyspnoea score; CAT – COPD assessment test; HAD A – Hospital anxiety and depression score anxiety; HAD D – Hospital anxiety and depression score depression; GOLD – Global initiative for chronic obstructive lung disease; BP – Blood Pressure; MAP – mean arterial pressure; PAL - physical activity level