

Supplemental material

Table 1 - Reported frequency of outcomes by stakeholder.

Theme/outcomes	Total, n (%)	Patients, n (%)	Informal carers, n (%)	Health professionals, n (%)
Theme: being healthy				
<u>Positive outcomes</u>				
Improving exercise tolerance	16 (48%)	6 (50%)	2 (18%)	8 (80%)
Increasing muscular strength	6 (18%)	2 (17%)	0 (0%)	4 (40%)
Achieving a healthy weight	5 (15%)	0 (0%)	1 (9%)	4 (40%)
Increasing or maintaining levels of physical activity	12 (36%)	5 (42%)	3 (27%)	4 (40%)
Improving balance	6 (18%)	3 (25%)	0 (0%)	3 (30)
Improving functional performance	22 (67%)	8 (67%)	4 (36%)	10 (100%)
Improving mobility and agility	6 (18%)	3 (25%)	0 (0%)	3 (30%)
Reducing pulmonary function decline	6 (18%)	0 (0%)	0 (0%)	2 (20%)
Improving body awareness	1 (3%)	0 (0%)	0 (0%)	1 (10%)
Improving health-related quality of life	7 (21%)	0 (0%)	1 (9%)	6 (60%)
Improving well-being	7 (21%)	3 (25%)	3 (27%)	0 (0%)
Managing fatigue, improving stamina and exercise recovery	16 (48%)	5 (42%)	5 (45%)	5 (50%)
Reducing anxiety and fear	15 (45%)	6 (50%)	0 (0%)	9 (90%)
Reducing depression	5 (15%)	0 (0%)	0 (0%)	5 (50%)
Reducing and taking control over dyspnoea	21 (64%)	10 (83%)	5 (45%)	6 (60%)
Improving bronchial hygiene and cough	4 (12%)	2 (17%)	0 (0%)	2 (20%)
Improving the quality of sleep	3 (9%)	1 (8%)	2 (18%)	0 (0%)
Reducing the impact on comorbidities	9 (27%)	3 (25%)	0 (0%)	4 (40%)
Maintaining good blood pressure, heart rate and peripheral oxygen	5 (15%)	2 (17%)	0 (0%)	3 (30%)
Maintaining a balanced nutrition	5 (15%)	1 (8%)	0 (0%)	4 (40%)
<u>Negative outcomes</u>				
Increasing fatigue	1 (3%)	0 (0%)	1 (9%)	0 (0%)
Increasing pain	8 (24%)	5 (42%)	0 (0%)	3 (30%)
Increasing the impact on comorbidities	2 (6%)	0 (0%)	0 (0%)	2 (20%)
Theme: I can('t) do it				

<u>Positive outcomes</u>				
Improving mood	10 (30%)	3 (25%)	3 (27%)	4 (40%)
Staying motivated and feeling confident	18 (55%)	8 (67%)	4 (36%)	6 (60%)
Managing expectations	7 (21%)	1 (8%)	1 (9%)	5 (50%)
Improving coping skills	5 (15%)	4 (33%)	0 (0%)	1 (10%)
Getting enjoyment and pleasure	9 (27%)	7 (58%)	1 (9%)	1 (10%)
Theme: feeling fulfilled				
<u>Positive outcomes</u>				
Being more sociable	13 (39%)	5 (42%)	2 (18%)	6 (60%)
Improving predisposition for hobbies	6 (18%)	4 (33%)	2 (18%)	0 (0%)
Having meaningful support	18 (55%)	7 (58%)	3 (27%)	8 (80%)
Having a purpose, feeling of self-efficacy	18 (55%)	2 (17%)	2 (18%)	2 (20%)
Keeping an active sexual life	2 (6%)	0 (0%)	0 (0%)	2 (20%)+
Feeling independent	5 (15%)	2 (17%)	0 (0%)	3 (30%)
Reducing social embarrassment and frustration	8 (24%)	2 (17%)	0 (0%)	3 (30%)
<u>Negative outcomes</u>				
Increasing social embarrassment and frustration	3 (9%)	0 (0%)	0 (0%)	3 (30%)
Theme: knowing more, doing better				
<u>Positive outcomes</u>				
Learning about the disease, its management and support network	9 (27%)	3 (25%)	0 (0%)	6 (60%)
Demystifying beliefs and reducing catastrophizing	5 (15%)	1 (8%)	0 (0%)	4 (40%)
Managing burden of disease and care	9 (27%)	1 (8%)	5 (45%)	4 (40%)
Theme: a shift in health care and expenses				
<u>Positive outcomes</u>				
Reducing use of medication and oxygen	9 (27%)	3 (25%)	1 (9%)	5 (50%)
Avoiding exacerbations	14 (42%)	5 (42%)	3 (27%)	6 (60%)
Reducing healthcare utilization	3 (9%)	0 (0%)	0 (0%)	3 (30%)
<u>Negative outcomes</u>				
Increasing costs with PR	9 (27%)	5 (42%)	1 (9%)	3 (30%)
Having the program far from home	8 (24%)	2 (17%)	2 (18%)	4 (40%)

