

Completers and non-completers baseline demographics

	Completers (%/SD)	Non-completers (%/SD)	P value
Age	70.56 (6.5)	69.56 (8.5)	0.694
Gender M/F	23 (40.4)/34(59.6)	21(30.4)/48(69.6)	0.247
Current smoker Y/N	5 (7.1)/65 (62.9)	2(3.4)/56(96.6)	0.362
Never smoker Y/N	28 (41.2)/40 (58.8)	14(24.6)/43(75.4)	0.051
Recruitment method			0.321
GP	1 (1.6)	3(5.8)	
Respiratory Consultant	3(4.7)	1(1.9)	
Friend	2(3.1)	5(9.5)	
Poster	2(3.1)	1(1.9)	
Breathe Easy Group	3(4.7)	3(5.8)	
Pulmonary Rehabilitation	23(35.9)	16(30.8)	
BLF Website	1 (1.6)	7(13.5)	
TMW Trainer	26(40.6)	12 (23.1)	
Other	3(4.7)	4(7.7)	
Attended PR Y/N	47(67.1)/23(32.9)	32(56.1)/25(43.9)	0.205
Attended maintenance exercise class Y/N	53(76.8)/16(23.2)	32(57.1)/24(42.9)	0.02*
Respiratory diagnosis			0.73
COPD	50(56.8)	38(57.6)	
Bronchiectasis	11(12.5)	6(9)	
Interstitial Lung Disease	2(2.3)	1(1.5)	
Asthma	22 (25)	14(21.3)	
Lung Cancer	1(1.1)	1(1.5)	
Pulmonary Fibrosis	2 (2.3)	6(9.1)	
Comorbidities			0.778
Heart disease	17(20.5)	10(15.6)	
Diabetes	8(9.9)	11(17.1)	
Depression	7(8.6)	5(7.8)	
Osteoarthritis	19(22.9)	15(23.5)	
Anxiety	10(12.0)	7(10.9)	
PVD	1(1.2)	1(1.6)	
Chronic Pain	7(8.4)	6(9.4)	
Sleep disturbance	14(16.9)	9(14.1)	
Inhaler use			0.341
Hardly ever	11(18.0)	9(20.5)	
Once or twice a week	3(4.9)	3(6.8)	
Once or twice a day	25(41.0)	20(45.5)	

3 to 5 times a week	16(26.3)	10(22.7)	
More than 5 times a day	6 (9.8)	2(4.5)	
Hospital Admissions in last 6 months			0.04*
0	56(88.9)	42(75)	
0-3	7(11.1)	11(19.6)	
0-7	0(0)	2(3.6)	
7+	0(0)	1(1.8)	
GP visits in last 6 months			0.471
0	12(19.4)	9(16.1)	
1-3	41(66.0)	36(64.2)	
4-7	6(9.8)	9(16.1)	
7+	3(4.8)	2(3.6)	
MRC Dyspnoea score	2.68(1.0)	2.36(1.2)	0.063
CAT	19.21(8.3)	14.87(8.1)	0.003*
GAD-7	3(8)	3(7.25)	0.806
EQ-5D-3L utility	0.69(0.33)	0.76(0.23)	0.09
BLF QOL	95.75(28.6)	95.67(30.0)	0.795

M/F = Male/Female, Y/N = yes/no, GP = General Practitioner, TMW = Tai Chi Movements for Wellbeing, PR = Pulmonary Rehabilitation, COPD = Chronic Obstructive Pulmonary Disease, PVD = Peripheral Vascular Disease. GP = General Practitioner, MRC = Medical Research Council CAT = COPD Assessment Test, GAD-7 = General Anxiety Disorder – 7, EQ-5D-3L = Euroqol five dimension three limits, BLF QOL = BLF quality of life questionnaire.