

Multimedia appendix 3. Study and sociodemographic related characteristics among included studies

Authors, year	Country	Design	Duration	Total N	Mean age (SD)	Status	GOLD grade (Severity of COPD FEV1%)			
							I	II	III	IV
Antoniades et al., 2012[1]	Australia	RCT	12 months	44	70 (9)	Stable	0	44	0	0
Berkhof et al., 2015 [2]	Netherland	RCT	6 months	101	68 (9)	Stable/nonstable	0	0	101	0
Calvo et al, 2014 [3]	Spain	RCT	7 months	60	75 (9)	Stable	0	0	0	60
Cameron-Tucker et al.,2016 [4]	Australia	RCT	2 months	65	69 (8)	Stable/nonstable	4	22	24	8
Chau et al., 2012[5]	Hong Kong	RCT	2 months	40	72 (9)	Stable	0	10	13	17
De San Miguel et al, 2013 [6]	Australia	RCT	6 months	80	71(7)	Stable	0	0	0	0
Dinesen et al 2012 [7]	Denmark	RCT	4 months	111	68 (9)	Stable	0	0	111	0
Farmer et al., 2017 [8]	UK	RCT	12 months	166	69(7)	Stable	0	0	166	0
Halpin et al., 2011[9]	UK	RCT	4 months	79	69(6)	Stable	0	39	40	0
Ho et al., 2016 [10]	Taiwan	RCT	2 months	106	80(7)	Stable/nonstable	0	69	37	0
Jakobsen et al., 2015 [11]	Denmark	RCT	6 months	57	70(8)	Nonstable	0	0	0	57
Koff et al., 2009 [12]	USA	RCT	3 months	40	66 (9)	Stable	0	0	20	420
Lewis et al., 2011[13]	UK	RCT	6 months	40	67 (9)	Stable	0	0	40	0
Lilholt et al., 2017 [14]	Denmark	RCT	12 months	1225	69 (9)	Stable	0	0	1225	0
McDowell et al ,2015 [15]	UK-Ireland	RCT	6 months	110	69 (7)	Stable	0	0	100	0
Nield et al., 2012 [16]	UK-Ireland	RCT	1 month	22	64 (8)	Stable	0	22	0	0
Pedone et al., 2013 [17]	Italy	RCT	9 months	99	74 (6)	Stable	0	99	0	0
Pinnock et al., 2013 [18]	UK-Scotland	RCT	12 months	256	69 (8)	Stable/nonstable	0	88	87	81
Ringbeak et al., 2015 [19]	Denmark	RCT	6 months	281	69 (9)	Nonstable	0	0	280	0
Ringbeak et al.,2016 [20]	Denmark	NRCT	7-10 week	115	68 (9)	Stable	0	0	115	0
Schou et al., 2013 [21]	Denmark	RCT	3 months	44	68 (1)	Nonstable	0	0	44	0
Shany et al ,2017 [22]	Australia	RCT	12 months	42	72 (7)	Stable/nonstable	0	0	24	0
Stickland et al., 2011 [23]	Canada	RCT	2 months	409	69 (8)	Stable	30	138	150	91
Tabak et al., 2014 [24]	Netherland	RCT	9 months	29	64 (9)	Nonstable	0	0	29	0
Trappenburg et al.,2008 [25]	Netherland	NRCT	6 months	165	69 (8)	Stable	0	0	165	0

Tsai et al.,2017 [26]	Australia	RCT	6 months	37	73 (8)	Stable	11	12	13	0
Vianello et al., 2016 [27]	Italy	RCT	12 months	334	76(6)	Nonstable	0	0	334	0

Footnotes: N: Number; RCT: Randomised clinical trials; NRCT: Non-randomised clinical trial.

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