

Table S2: Change in dyspnea sensation, quality of life, PImax and 6MWD in the subgroups of patients with IC < or ≥ 80% pred.

			Control group (n = 75)	IMT Group (n = 74)	P-Value
Dyspnea Scales					
Δ Borg Scale	IC ≥ 80 %pred (n=42)		-1.29 ± 1.8	-1.43 ± 1.8	0.813
	IC < 80 %pred (n=107)		-0.9 ± 1.9	-1.42 ± 2.2	0.188
Δ MMRC	IC ≥ 80 %pred (n=42)		-0.79 ± 1.3	-0.93 ± 1.1	0.720
	IC < 80 %pred (n=107)		-0.75 ± 1.2	-0.87 ± 1.2	0.630
MDP questionnaire					
Δ <i>Sensory Intensity</i>	IC ≥ 80 %pred (n=42)		-3.14 ± 9.8	-4.11 ± 9.6	0.762
	IC < 80 %pred (n=107)		-3.68 ± 11.3	-4.98 ± 11.1	0.559
Δ <i>Muscle work / Effort</i>	IC ≥ 80 %pred (n=42)		-1.5 ± 2.6	-0.86 ± 2.6	0.715
	IC < 80 %pred (n=107)		-0.78 ± 3.3	-0.64 ± 3.1	0.826
Δ <i>Not enough air/smother/air hunger</i>	IC ≥ 80 %pred (n=42)		-0.86 ± 2.3	-0.89 ± 3.1	0.970
	IC < 80 %pred (n=107)		-1.02 ± 2.7	-1.42 ± 3.4	0.500
Δ <i>Tight/constricted</i>	IC ≥ 80 %pred (n=42)		-0.57 ± 2.4	-0.36 ± 2.2	0.944
	IC < 80 %pred (n=107)		-0.38 ± 2.4	-0.82 ± 3.1	0.398
Δ <i>Mental effort/concentrate</i>	IC ≥ 80 %pred (n=42)		-0.64 ± 1.7	-1.36 ± 2.7	0.353
	IC < 80 %pred (n=107)		-0.6 ± 3.1	-0.84 ± 2.9	0.683
Δ <i>Breathing a lot (rapid. deep. heavy)</i>	IC ≥ 80 %pred (n=42)		0.43 ± 3.6	-0.64 ± 1.9	0.316
	IC < 80 %pred (n=107)		-0.9 ± 3.3	-1.24 ± 3.2	0.590
SGRQ					
Δ Total	IC ≥ 80 %pred (n=42)		-10.14 ± 11.8	-12.18 ± 11.1	0.586
	IC < 80 %pred (n=107)		-8.71 ± 12.7	-8.7 ± 10.7	0.995
Δ Symptoms	IC ≥ 80 %pred (n=42)		-3.21 ± 13.6	-6.21 ± 16.3	0.558
	IC < 80 %pred (n=107)		-3.47 ± 15.2	-3.88 ± 14.4	0.891
Δ Activity	IC ≥ 80 %pred (n=42)		-13.36 ± 17.8	-13.04 ± 11.6	0.944
	IC < 80 %pred (n=107)		-9.58 ± 17.6	-6.51 ± 16.0	0.369
Δ Impact	IC ≥ 80 %pred (n=42)		-10.29 ± 13.0	-13.21 ± 13.5	0.507
	IC < 80 %pred (n=107)		-10.05 ± 15.1	-11.33 ± 14.0	0.665
Functional parameters					
Δ PImax (cm H ₂ O)	IC ≥ 80 %pred (n=42)		9.5 ± 14.7	16 ± 12.6	0.147
	IC < 80 %pred (n=107)		10.03 ± 13.7	14.11 ± 16.2	0.166
Δ 6MWD (m)	IC ≥ 80 %pred (n=42)		38.64 ± 47	31.43 ± 48.5	0.649
	IC < 80 %pred (n=107)		35.57 ± 44.8	18.4 ± 52.7	0.075

Δ: difference (after minus before intervention); %pred: percentage of the predictive value; cm: centimeters; IMT: Inspiratory muscle training; l: liters; m: meters; MDP: multidimensional dyspnea profile; MMRC: Modified Medical Research Council; PImax: maximal inspiratory pressure; SGRQ: Saint George's Respiratory Questionnaire
Values are expressed as mean ± SD