Excluded (601)\*

* Not meeting criteria (n=198)
* Declined to participate (n=215)
* Other (n= 186)
* Not reported (n=2)

Assessed for eligibility (N=651)

## Enrolment

## Allocation

Randomised (N=50)

Allocated to PAI n=24

Allocated to PR n=26

Baseline Assessment n= 24

Met GOLD diagnostic criteria for COPD n=24

Baseline Assessment n=26

Did not meet GOLD diagnostic for COPD n=1

Received allocation n=23

Attended PR in error n=1

Received allocation n=25

Attended this group in error n=1

**PR (n=26)**

-Adhered to intervention\*\* n=9

-Attended <9 classes n=4

-Did not start n=5 (n=1 exacerbation, n=2 LTF\*\*\* n=1 family issues, n= 1 perceived there to be too many women in the waiting room)

-Drop out n=8 (n=1 work, n=2 exacerbation, n=2 other health issues, n=2 lack of enjoyment, n=1 transport issues)

**PAI (N=23)**

-Adhered to intervention\*\* n=17

-Did not start n=1 (other commitments)

-Drop out n=5 (n=1 exacerbation, n=1 other health issues, n=1 other commitments, n=1 felt it did not suit them, n=1 withdrew consent)

**Post intervention (visit 3)**

Retained n= 18

Withdrawal n=5

LTF n=0

**Post intervention (visit 3)**

Retained n= 19

Withdrawal n=2

LTF\*\* n=5

**Follow up (visit 4)**

Retained n= 18

Withdrawal n=4

LTF\*\* n=4

**Follow up (visit 4)**

Retained n=15

Withdrawal n=8

LTF\*\* n=0

**Figure 1** CONSORTFlow of participants through the study and adherence to the PAI and PR [24] \* reasons for exclusion are in eTable 5 \*\*Adherence set at 75% (attending 9/12 classes/consultations) [22], \*\*\*LTF Lost to follow up