

Table 13A. Intermediate Outcomes by Intervention Reception*

	HCP	HCP Plus Peer	HCP Plus Peer
		Adhered to Intervention	Low adherence to Intervention
PROMIS Emotional Support			
Baseline, mean (SD) (HCP N=96; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	55.21 (9.75)	55.52 (8.29)	56.03 (8.47)
At 3 months, mean (SD) (HCP N=90; HCP+Peer Ad N=54, HCP+Peer No Ad N=40)	54.10 (9.29)	55.48 (9.22)	53.71 (9.30)
At 6 months, mean (SD) (HCP N=96; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	54.49 (9.86)	56.70 (8.30)	54.96 (9.13)
Difference at 3mo, mean (SD) (HCP N=90; HCP+Peer Ad N=54, HCP+Peer No Ad N=40)	-0.88 (9.51)	0.18 (9.92)	-1.06 (10.80)
Difference at 6mo, mean (SD) (HCP N=96; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	-0.72 (8.55)	1.18 (10.63)	-1.07 (11.69)
PROMIS Informational Support			
Baseline, mean (SD) (HCP N=94; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	56.74 (11.46)	57.21 (9.68)	58.34 (9.99)
At 3 months, mean (SD) (HCP N=90; HCP+Peer Ad N=52, HCP+Peer No Ad N=40)	56.35 (10.20)	57.19 (9.91)	55.36 (10.03)
At 6 months, mean (SD) (HCP N=94; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	56.83 (10.80)	58.88 (9.96)	56.37 (9.57)
Difference at 3mo, mean (SD) (HCP N=90; HCP+Peer Ad N=52, HCP+Peer No Ad N=40)	-0.73 (12.25)	0.55 (10.97)	-2.22 (12.63)
Difference at 6mo, mean (SD) (HCP N=94; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	-0.00 (10.42)	1.67 (12.80)	-1.97 (10.32)
PROMIS Instrumental Support			
Baseline, mean (SD) (HCP N=96; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	55.62 (10.22)	56.78 (9.00)	56.35 (9.86)
At 3 months, mean (SD) (HCP N=90; HCP+Peer Ad N=54, HCP+Peer No Ad N=40)	53.93 (9.42)	55.30 (9.59)	54.86 (11.34)
At 6 months, mean (SD) (HCP N=96; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	55.28 (9.95)	56.06 (9.54)	56.09 (8.80)
Difference at 3mo, mean (SD) (HCP N=90; HCP+Peer Ad N=54, HCP+Peer No Ad N=40)	-0.86 (9.42)	-1.52 (8.83)	0.02 (8.04)
Difference at 6mo, mean (SD) (HCP N=96; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	-0.33 (9.21)	-0.72 (10.16)	-0.27 (10.54)
PROMIS Social Isolation			
Baseline, mean (SD) (HCP N=96; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	45.36 (10.98)	45.16 (7.94)	45.36 (11.39)
At 3 months, mean (SD) (HCP N=90; HCP+Peer Ad N=54, HCP+Peer No Ad N=40)	46.05 (10.50)	44.97 (8.64)	47.61 (12.35)
At 6 months, mean (SD) (HCP N=96; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	45.58 (11.39)	44.16 (9.16)	45.49 (10.85)
Difference at 3mo, mean (SD) (HCP N=90; HCP+Peer Ad N=54, HCP+Peer No Ad N=40)	0.13 (10.83)	-0.77 (8.13)	1.97 (10.16)
Difference at 6mo, mean (SD) (HCP N=96; HCP+Peer Ad N=56, HCP+Peer No Ad N=37)	0.22 (10.16)	-1.00 (9.45)	0.14 (10.89)
PAM Score			
Baseline, mean (SD) (HCP N=99; HCP+Peer Ad N=56, HCP+Peer No Ad N=38)	64.04 (14.38)	61.68 (14.03)	62.16 (13.32)

At 3 months, mean (SD) (HCP N=91; HCP+Peer Ad N=55, HCP+Peer No Ad N=41)	65.15 (14.79)	65.91 (13.57)	62.68 (13.71)
At 6 months, mean (SD) (HCP N=99; HCP+Peer Ad N=56, HCP+Peer No Ad N=38)	67.83 (16.03)	66.00 (15.81)	66.33 (15.95)
Difference at 3mo, mean (SD) (HCP N=91; HCP+Peer Ad N=55, HCP+Peer No Ad N=41)	0.78 (18.58)	4.92 (16.71)	3.08 (15.41)
Difference at 6mo, mean (SD) (HCP N=99; HCP+Peer Ad N=56, HCP+Peer No Ad N=38)	3.78 (20.75)	4.32 (19.72)	4.17 (16.14)
Herth Hope Index			
Baseline, mean (SD) (HCP N=97; HCP+Peer Ad N=56, HCP+Peer No Ad N=38)	39.25 (5.50)	38.96 (4.62)	37.21 (5.09)
At 3 months, mean (SD) (HCP N=89; HCP+Peer Ad N=54, HCP+Peer No Ad N=40)	38.75 (5.13)	38.48 (5.15)	38.08 (4.98)
At 6 months, mean (SD) (HCP N=97; HCP+Peer Ad N=56, HCP+Peer No Ad N=38)	38.07 (6.08)	39.68 (5.01)	38.32 (5.72)
Difference at 3mo, mean (SD) (HCP N=89; HCP+Peer Ad N=54, HCP+Peer No Ad N=40)	-0.49 (5.37)	-0.54 (4.83)	0.73 (5.12)
Difference at 6mo, mean (SD) (HCP N=97; HCP+Peer Ad N=56, HCP+Peer No Ad N=38)	-1.18 (5.77)	0.71 (5.48)	1.11 (5.98)
Understanding COPD			
Baseline, mean (SD) (HCP N=95; HCP+Peer Ad N=55, HCP+Peer No Ad N=37)	75.93 (18.53)	71.47 (18.19)	71.50 (23.89)
At 3 months, mean (SD) (HCP N=90; HCP+Peer Ad N=53, HCP+Peer No Ad N=41)	77.89 (15.09)	78.09 (14.78)	75.72 (15.63)
At 6 months, mean (SD) (HCP N=95; HCP+Peer Ad N=55, HCP+Peer No Ad N=37)	78.04 (16.19)	80.85 (14.52)	80.06 (16.21)
Difference at 3mo, mean (SD) (HCP N=90; HCP+Peer Ad N=53, HCP+Peer No Ad N=41)	2.27 (19.40)	6.42 (20.47)	5.83 (21.30)
Difference at 6mo, mean (SD) (HCP N=95; HCP+Peer Ad N=55, HCP+Peer No Ad N=37)	2.00 (21.17)	9.37 (19.63)	8.56 (17.73)

* Intervention reception/adherence is defined as having had at least 4 interactions with the peer program by either attending a Get-Together or having a phone interaction with a BREATHE Pal.