

**Table 4A. BREATHE2 Study Variables and Data Collection Schedule**

Variable	Baseline	3 months	6 months	9 months
<b>Outcomes – Patient</b>				
Health-related quality of life as measured by St. George’s Respiratory Questionnaire: total, symptom, activity, and impact scores <sup>71</sup>	I		T	T
Patient Activation Measure <sup>74</sup>	I	T	T	T
Self-efficacy and self-care behaviors (measured using UCOPD questionnaire), <sup>76</sup> patient report on physical activity*	I	T	T	T
Smoking status and readiness to quit	I	T	T	T
Patient perceptions of caregiving	I		T	T
Participation in pulmonary rehabilitation**	I	T	T	T
Post-enrollment ED visits and readmissions (COPD-related and all-cause)		T,M	T,M	T,M
mMRC Dyspnea Scale***	I	T	T	T
PROMIS support measures, <sup>72,73</sup> with 4 domains used: 1) Social isolation 2) Informational support 3) Emotional support 4) Instrumental support	I	T	T	T
Herth Hope Index with 3 subscales <sup>75</sup>	I	T	T	T
Mortality		T,M	T,M	T,M
<b>Covariates – Patient</b>				
Age, gender, marital status, race/ethnicity, living alone, education, income, occupation, insurance, health literacy <sup>83</sup>	I			
Lung function measures via spirometry (FEV1 and FEV1/FVC)	I			
Addiction to drugs or alcohol, mental health diagnosis	I			
Medical history (height, weight, previous PFTs, oral steroid use, class of inhaler treatment)	M			
No. of years since receiving COPD diagnosis, no. of hospitalizations in prior year, time since last hospitalization, depression treatment, cognitive status	I			
Home oxygen use	I		T	T
Self-reported health status	I	T	T	T
Functional status	I		T	T
Anxiety and depression	I		T	
Charlson Co-morbidity Index <sup>82</sup>	M		T	
Major life events during study period			T	
Patient participation in study intervention, other programs			D	
<b>Outcomes – Family</b>				
Family/caregiver preparedness for caregiving <sup>78</sup>	I	T	T	T
Caregiver stress and coping <sup>80,81</sup>	I	T	T	T
PROMIS support measures with 2 domains used: 1) Informational support 2) Emotional support	I	T	T	T
<b>Covariates – Family</b>				
Age, gender, relation to patient, employment, health, and smoking status	I			

I = Interviewer administered in-person; T = Interviewer administered via telephone; M = Medical record review; D= Study documentation

\* Do you engage in any physical activity such as walking or bicycling, etc.? (No; Yes, occasionally; Yes, 1-2 times per week; Yes, 3 times a week or more); When you do physical activities, is it long enough to work up a sweat? (No; Yes, occasionally; Yes, 1-2 times per week; Yes, 3 times a week or more)

\*\* Have you participated in a pulmonary rehabilitation program? (I currently am; I have participated in it in the past 2 years; I did participate in it more than 2 years ago)

\*\*\* 3 mMRC Breathlessness grades: Grade 0= “Dyspnea only with strenuous exercise; Grade 1= Dyspnea when hurrying or walking up a slight hill; Grade 2= Walks slower than people of the same age because of dyspnea or has to stop for breath when walking at own pace; Grade 3 = “I stop for breath after walking about 100 yards or after few minutes on level ground”; Grade 4 = “I am too breathless to leave the house or I am breathless when dressing”