

## Supplementary file 3: Extracted outcomes

Body Function		Activity and Participation		Personal		Environmental		Other	
Outcome	n	Outcome	n	Outcome	n	Outcome	n	Outcome	n
Body Mass Index (kg/m <sup>2</sup> )	19	6 Minute Walk Test (m)	20	BORG (Dyspnoea)	4	Passive Smokers	1	Yoga score	1
Systolic Blood Pressure	17	36-Item Short Form Health Survey (Mental Composite Score)	5	Smoking (%)	3	Perceived social support from family members and friends	1	Fruit / vegetable consumption (servings)	1
Diastolic Blood Pressure (mmHg)	15	36-Item Short Form Health Survey (Physical Composite Score)	4	Rating of Perceived Exertion (modified borg scale)	2			Completion	1
HbA1c (%)	15	36-Item Short Form Health Survey - General Health	4	BORG (Fatigue)	2			Participation	1
LDL (mg/dl)	13	36-Item Short Form Health Survey - Physical Functioning	4	Breathlessness (VAS)	2			Participation - men	1
HDL (mg/dl)	12	St George Respiratory Questionnaire - Total score	4	Diet (total energy)(kcal)	2			Participation - men out of town	1
Triglycerides (mg/dl)	11	Chronic respiratory disease questionnaire - dyspnoea	3	Carbohydrate intake (g)	1			Participation - women	1
Resting Heart Rate	10	Chronic respiratory disease questionnaire - emotion	3	Current smoker	1			Participation - women out of town	1
Total cholesterol (mg/dl)	10	Chronic respiratory disease questionnaire - fatigue	3	Diet - Caloric intake	1			Referral	1
Weight (kg)	10	New York Heart Association functional class	3	Diet - Complex carbohydrate content	1			Referral - Men	1
Fasting blood glucose	7	36-Item Short Form Health Survey - Emotional Well-Being	3	Diet - Total fat content	1			Referral - men out of town	1
FEV1 (%)	7	36-Item Short Form Health Survey - Energy/Fatigue	3	Fat Intake (g)	1			Referral - women	1

Metabolic Equivalent	6	36-Item Short Form Health Survey - Social Functioning	3	Perceived usefulness	1	Referral - women out of town	1
Ejection Fraction (%)	5	Chronic respiratory disease questionnaire - mastery	2	Protein intake (g)	1	Technical feasibility	1
FEV1 (L)	4	Exercise tolerance time (min)	2	Satisfaction with Life scale	1	Retention and group session attendance	1
FVC (%)	4	Modified Medical Research Council dyspnoea scale	2	Sense of wellbeing score	1	Coronary Heart Disease risk (%)	1
FVC (L)	4	36-Item Short Form Health Survey - Role emotional	2	Stress (PSS)	1	Hospitalization	1
Resting blood oxygen saturation (%)	4	36-Item Short Form Health Survey - Role physical	2				
VO2max (ml/kg/min)	4	36-Item Short Form Health Survey - Total	2				
Waist Circumference (cm)	4	WHOQoL-Bref	3				
HADS anxiety	3	Action plan recall	1				
HADS depression	3	Action Research Arm Test	1				
Maximal HR	3	Amount of Use Score (AOUS)	1				
36-Item Short Form Health Survey - Pain	3	CCQ Score	1				
Waist to hip ratio	3	Diabetes knowledge score	1				
Beck Depression Inventory-II	2	Diabetes Self-Efficacy scale	1				
FEV1 (ml)	2	Diabetes self-management score	1				
FEV1 / FEV (%)	2	Diet score	1				
Heart rate (bpm)	2	Duration of exercise (min / week)	1				
The Positive and Negative Affect Schedule - negative	2	Exercise (minutes)	1				
The Positive and Negative Affect Schedule - positive	2	Exercise capacity (min)	1				

Peak Expiratory Flow Rate (PEFR)	2	Exercise duration (seconds)	1		
Very LDL	2	Exercise frequency (times/week)	1		
Abdominal Circumference (cm)	1	Fugl Meyer Assessment	2		
		Kansas City Cardiomyopathy questionnaire - % change in clinical score (E/A ratio Grade1)	1		
Amplitude of MEPs (mV)	1	Kansas City Cardiomyopathy questionnaire - % change in functional score (E/A ratio Grade1)	1		
Anxiety (STAI)	1	Lifestyle change score	1		
Anxiety score	1	Medication adherence	1		
Average LVEF (%)	1	Minnesota Living with Heart Failure Questionnaire - Total score	1		
Blood glucose (mg/dl)	1	Patient activation measure (PAM) Level	1		
Body fat (%)	1	1	1		
		Patient activation measure (PAM) Level	1		
Body Surface Area (m2)	1	2	1		
		Patient activation measure (PAM) Level	1		
Blood urea nitrogen (mg/dl)	1	3	1		
Central Motor conduction time (m sec)	1	Patient activation measure (PAM) Level	1		
		4	1		
Chest press (1RM, kg)	1	Physical activity (steps/day)	1		
Cholesterol (mg/dl)	1	Physical activity (walking MET)	1		
Coronary lesions	1	Quality of Use Score (QOUS)	1		
Coronary picture	1	Quality of Life (0 - 100)	1		
Covert anxiety scale	1	Return to work	1		
		36-Item Short Form Health Survey -			
Creatinine (mg/dl)	1	Exercise	1		

Cyclooxygenase-2	1	36-Item Short Form Health Survey - Physical Limitation	1		
Depression	1	Short Form Health Survey-12 - Mental composite	1		
Depression score	1	Short Form Health Survey-12 - Physical composite	1		
Diastolic Blood Pressure - Peak	1	St George's Respiratory Questionnaire - Activity	1		
Diastolic Blood Pressure - Rest	1	St George's Respiratory Questionnaire - Impact	1		
DLCO (ml/min/mmHg)	1	St George's Respiratory Questionnaire - Symptom	1		
DLCO(%)	1	Stretching frequently (yes)	1		
Double product achieved	1	Success rate	1		
eGFR (ml/min)	1	Treadmill Test (Metabolic Equivalents; Bruce protocol)	1		
Glucose (mg/dl)	1	Veteran's Specific Activity Questionnaire	1		
Glycaemic control	1	Vigorous exercise (%)	1		
Haemoglobin (gm/dl)	1	Walking frequently (yes)	1		
Heart rate recovery (bpm)	1	Patient engagement and adherence to self-monitoring	1		
Heart rate recovery (bpm) - 1st minute	1				
Heart rate recovery (bpm) - 2nd minute	1				
Heart rate reserve	1				
IL-6	1				
Insulin Resistance	1				
LDL/HDL	1				
MBP (mmHg)	1				

State Anxiety	1				
Trait anxiety	1				
Type A behaviour score	1				
Anger score	1				
MMFR (%)	1				
MVV (L/min)	1				
Myocardial perfusion	1				
No of nitrate tablets taken per day	1				
Overt anxiety scale	1				
PaCO2 (mmHg)	1				
PaO2 (mmHg)	1				
Participants equal or greater than 5% weight loss	1				
Peak Heart Rate (bpm)	1				
Peak Power (Watts)	1				
Percentage of body fat	1				
Plasma insulin level	1				
Platelet count	1				
Post Prandial Blood Sugar	1				
Predicted VO2 (based on Duke Activity Questionnaire)	1				
Predicted VO2 (based on Veteran Specific Activity Questionnaire)	1				
Quadriceps strength (1RM, kg)	1				
Respiratory Rate (cycles / min)	1				

Resting Motor threshold (% of output)	1				
Serum Creatine (mg/dl)	2				
SVC (L)	1				
Systolic Blood Pressure - Peak	1				
TC / HDL	1				
Total cholesterol (mg/dl) <200	1				
Total cholesterol (mg/dl) <200-239	1				
Total cholesterol (mg/dl)>240	1				
Urine Albumin-to-Creatinine Ratio (mg ALB/gCR)	1				
Uric acid (mg/dl)	1				
Waist Circumference (inches)	1				
Weight (% change)	1				
White blood cells (x10 <sup>9</sup> /L)	1				

IL – interleukin; LDL - Low density lipoprotein; HDL - High density lipoprotein; MMFR - Maximal mid-expiratory flow rate; MVV - Maximal voluntary ventilation; VAS - Visual Analogue Scale; FEV1 - Forced Expiratory Volume in one second; FVC - Forced Vital Capacity FEV - Forced Expiratory Volume; DLCO - Diffusing capacity of the lungs for carbon monoxide; SVC – Slow Vital Capacity; TC - Total Cholesterol; HADS - Hospital anxiety and depression scale; PaCO<sub>2</sub> - Partial pressure of Carbon dioxide; PaO<sub>2</sub> - Partial pressure of Oxygen; VO<sub>2</sub> - Maximal oxygen uptake; RM - Repetition maximum; CCQ - Clinical COPD Questionnaire; PSS - Perceived Stress Scale; ALB - Albumin