

Appendix: Qualitative data — Detailed Illustrative Examples of Participant Quotes to Support the Qualitative Phenomenon of Lessened COPD Burden After SKY

Acceptability and Feasibility of SKY

It's been interesting. It's been I think it's helped me a lot... I've never done anything like this before and I think I've learned a lot from it, you know, from you guys have been, I just didn't know what to expect and but it was, it's been fun. (Participant 3)

My experience was positive, I learned a lot about breathing and the technique of breathing just breathing normally I became more aware of my breathing... I thought it was very comprehensive, as far as the three days. The overall program was comprehensive. (Participant 6)

For somebody that has [COPD], I guess, I would recommend [SKY]. It might possibly help them breathe deeper, become a little bit more relaxed. (Participant 5)

I know I've got a couple of friends that I'm already gonna tell about [SKY]. And I'm going to talk to my pulmonologist about trying to get a class going, I don't know, if we have any instructors nearby but obviously we can do it on Zoom. (Participant 8)

Well yeah, I would recommend. Like I said, if you want some more people I'll tell them over at the rehab thing but well, because it's interesting and I think it's helping- it's helping me. (Participant 7)

I think with COPD, the reason I did [SKY] is if I can do anything to help my breathing I'm going to do it. I think almost anybody in any physical condition can do it because it's all sitting and nothing really strenuous, which it doesn't, you know, I mean I don't hurt or get real sour, nothing, because of it. To me, it was worth it. You know, I mean it's helped me, I think. (Participant 3)

Hey I can't see any reason why anybody wouldn't want to, you know, after a while, improve the breathing or improve their attitude. I would recommend the program to them. (Participant 2)

You know what was really good for me, was to see the variety of people that you had. Um, it wasn't, you know, things like this, have their own, I don't know, people have opinions about just a certain type of people that will do any sort of meditation or breathing exercises, etcetera, and, to me, the variety was. It made me feel good, made me feel like I could be a part of it and not feel like I had to pretend to be anybody or anything else. So that's- that's really good. I would recommend it because you know what COPD has a lot to do with personal stress and taking the time to reevaluate what sets you off and what doesn't set you off. And I think that's- that's an important discovery for me. (Participant 4)

Reductions in COPD-Specific Symptoms and How the Reductions in Symptoms Helped Enhance Other Aspects of Life - And Vice Versa

Absolutely, I think I think [SKY] affects everything, that maybe those emotional manifestations I think can be attributed to many different activities of daily living, and if you can alleviate that or slow it down or be aware of it in a different way then certainly that's going to help coughing, breathing, awareness, movement. All those things. (Participant 4)

[SKY] could teach you to be able to relax a little bit better when you're feeling shortness of breath coming on because that just, you know, it kind of builds on itself so if you're able to relax a little bit and to breathe more- more deeply and all. (Participant 5)

That [SKY] is helpful to deal with those [negative] feelings, with the shortness of breath and the feelings and able to manage those kinds of feelings. (Participant 6)

Psycho-emotional Changes After SKY: Decreased Urge to Smoke; Improved Sleep

Often I smoke to combat a current, I don't know, stressor. That desire to go smoke seems to just go away, I- I don't think I even realized that was happening until I realized, you know, how many pack of cigarettes, I still have left, for example, so it wasn't as conscious as one might think. (Participant 4)

I've always been a lousy sleeper. I fall asleep faster [now]. I mean and that's unheard of for me, usually takes me an hour to fall asleep so- so that's pretty good. I have not backed off on my sleeping medications at all...That's a huge jump. (Participant 4)

...lately I've just felt more peaceful where I'm not, you know, scatterbrained... and I quit taking the Zzzquil. I've only been taking the melatonin for about three days, and I've been sleeping just fine, usually I take both. (Participant 9)

Psycho-emotional Changes After SKY: Enhanced Energy

I feel fairly relaxed and I seem to do a little bit more than I was. (Participant 3)

I seem to get up and have a little bit more go than I used to... It used to be when I got up, you know, I feel drowsy and sleeping all day long. I still take a nap stuff in the afternoon early afternoon for maybe 15 minutes or 20 minutes I'm not doing sleeping all the time, like I used to. (Participant 3)

And I'm not needing a nap in the afternoon, like I was before, I mean, there were many, many days a week where I would just feel worn out by 3:30 or four and that's not true, so. (Participant 4)

I've increased my jump rope, my weight lifting and all that. I up everything, and I think it's because I'm resting so much better at night that I have more energy. I've had more energy, so I felt like I can do more lately. (Participant 9)

Psycho-emotional Changes After SKY: General

This is something to that I may be a little, I don't know, if you call it confident, but I always woke up in a morning wishing that I hadn't woke up, you know, I always wished, I was dead. And now it seems a little bit more than, you know, I would like to try a little harder at living because, you know, it's pretty final, the dead part once you're dead is. So I would like to, you know, I think [SKY] has changed my attitude, a little bit, you know, as far as looking at you know life that maybe- maybe I would like to hang around a while and see my grandkids grow up and so. (Participant 2)

I really enjoyed the breakout session that was, those were fun. That was kind of fun to meet somebody, you know. A complete stranger and to sit and talk, you know, even if it was for a few minutes and how quickly found common ground we found common ground. That was fun, I liked that. (Participant 6)

Making friends with [Participant 9] that was kind of cool. We may actually stay in touch we- we exchanged email addresses. (Participant 8)

Physiological Changes After SKY: Breathing Deeper

When I take, I take a deep breath, I get it now. Before, it just seemed like I was, I get three quarters of a breath in. But I can really feel it in my lungs now... It makes me feel good. (Participant 3)

I felt like I noticed when I do my nebulizer treatment that I'm taking deeper breaths and it made me wonder if I have (it) expanded my lungs some from these exercises...when I take my nebulizer I can tell I'm taking deeper more meaningful breaths. (Participant 9)

Physiological Changes After SKY: More Mindful of Breathing

I am finding myself- my awareness of my breathing in general is heightened... Definitely-definitely thinking more about and sort of evaluating my breathing. (Participant 4)

I'm much more aware of the way I breathe and try to improve the transfer of oxygen and CO₂ and stuff like that. (Participant 7)

Physiological Changes After SKY: Improved Shortness of Breath and Shortness-of-breath-related Anxiety

The walks that I take, and you know, I'm- I used to feel forced into them by the dog. But I think that our pace has increased. And my breathlessness upon walking uphill has reduced a little bit, I have noticed that. I'm not as out of breath when I go up all the hills that I go up... I noticed the lack of breathlessness after going on hills. (Participant 4)

I found that I don't seem to be quite as short of breath when I climb a flight of stairs well, so I think it's just because I- I've noticed there's like, I've really noticed in the past, how it affects me it just doesn't seem to be as difficult... working on the deep breathing and just the relaxation of the deep breathing. I don't know. I've just noticed I haven't been in short of breath. (Participant 6)

I haven't noticed any difference in just my regular breathing, but I have noticed that when I feel short of breath, I seem to recover faster and part of that is being more mindful of my recovery breathing you know... it recovers it really well without that anxiety, you know. (Participant 8)

Physiological Changes After SKY: General

I could walk a little longer than normal...even in the winter... I can at least walk a mile... [Previously], if I'm lucky, maybe half a mile... [now] takes a little longer but I can get it done. (Participant 1)

More active. Doing more stuff. It kind of a pick-me-up. You know, it's kind of the vitamin. I don't know how but I noticed, I was doing more... I'm just doing more. It doesn't bother me as much, the physical activity. (Participant 3)

And I actually do feel calmer, my shoulders are not up to my ears and sore as much as they were before, so I find value in it that way as well, not just emotionally but physically. (Participant 4)

I have increased- how I am- the resistance on the bike so that I'm getting a better workout. That's happened within the past week. I just feel like I can tolerate more. (Participant 6)

I could feel my lower back relaxed, I could... I felt like I was getting better circulation down in my legs. (Participant 8)

Mind-body-breath Changes After SKY

I think [SKY] would help control your breathing...That way, you wouldn't have fear or panic once you control your breathing. (Participant 1)

Yeah the more you have trouble breathing and you get all those other things is anxiety and frustration and anger. That causes more shortness of breath so. It's a vicious circle. (Participant 2)

I think [SKY will] address all of them [mind, body, breath]. (Participant 3)

Well yeah- yeah because it's, you know, I got some- some tools to- to use to combat the concern or frustration. (Participant 7)

I mean you're always concerned about your breathing but, you know, there's frustration and there's concern, and then it builds to anxiety and then it builds to fear and then it builds to panic and, if you can, if you can lower any of those that's going to be a benefit. (Participant 8)

The fear, anxiety, concern, panic, frustration causes an adrenaline rush, and then the adrenaline rush tends to lock up your throat. And then locking up your throat causes the coughing and shortness of breath and then that just further panics you which it's a- it feeds upon itself is what it does. I'm very familiar with this... The breathing exercises [from SKY] can help prevent these simple. (Participant 9)