

SUPPLEMENTARY MATERIALS

Table S1. Summary of the effects of PLB compared to control group

Outcome	No. of participants (studies)	Quality of evidence	Effect estimate (95% CI)		p-value
			MD	SMD	
Ventilation					
RR (bpm)	292 (6)	⊕⊕⊕⊖ ^a Moderate	-4.83 (-5.93, -3.72)		<0.0001*
SpO ₂ (%)	252 (4)	⊕⊕⊖ ^a ⊖ ^b Low	1.19 (-0.22, 2.59)		0.10
V _T (L)	108 (3)	⊕⊕⊕⊖ ^a Moderate		0.71 (0.31, 1.10)	0.0004*
V _e (L/min)	108 (3)	⊕⊕⊕⊖ ^a Moderate	0.13 (-1.20, 1.46)		0.85
T _i (s)	96 (2)	⊕⊕⊕⊖ ^a Moderate	0.23 (0.06, 0.40)		0.007*
T _{tot} (s)	96 (2)	⊕⊕⊕⊖ ^a Moderate	1.02 (0.45, 1.58)		0.0004*
V _T /T _i	96 (2)	⊕⊕⊕⊖ ^a Moderate		0.28 (-0.12, 0.69)	0.17
IC	130 (2)	⊕⊕⊖ ^a ⊖ ^c Low		0.11 (-0.24, 0.45)	0.54
Sensation of dyspnea					
Dyspnea	284 (4)	⊕⊕⊖ ^a ⊖ ^b Low		-1.13 (-2.67, 0.41)	0.15
Exercise capacity					
6MWD (m)	78 (2)	⊕⊕⊖ ^a ⊖ ^c Low	3.13 (-28.61, 34.87)		0.85

MD, mean difference; SMD, standard mean difference; PLB, pursed lip breathing; RR, respiratory rate; SpO₂, oxygen saturation; V_T, tidal volume; V_e, minute ventilation; T_i, inspiratory time; T_{tot}, total respiratory time; V_T/T_i, mean inspiratory flow; IC, inspiratory capacity; 6MWD, 6-minute walk distance.

^aSerious imprecision of measurements (sample size <400 participants).

^bSerious inconsistency of results (I²≥50%).

^cSerious risk of bias (>25% of participants from study with high risk of bias).

*p<0.001.