**Evidence Table 4e. Change in quality of life: inspiratory muscle training versus control**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Quality of life outcomes** | **Followup** | **Group** | **N random-ized** | **Follow-up N** | **Baseline mean (SD)** | **Mean change (SD) from baseline** | **p-value for difference between groups at followup** | **Standardized Effect Size Hedges’ d (95% CI)** | **Functioning or additional quality of life outcomes** |
| Lima 200865 | None | 13w | IG (IMT) | 25 | 25 | NR | NR | **<0.0001\*** | NA | 0 percent with impaired ability to perform activities of daily living in IG vs 100 percent in CG at followup, all impaired at baseline. |
| CG | 25 | 25 | NR | NR |
| Shaw 201166,91 | None | 8w | IG (abdom. strength-ening) | 22 | 22 | NR | NR | NA | NA |  |
| CG | 22 | 22 | NR | NR |
| Weiner 199267 | None | 26w | IG (IMT) | 15 | 15 | NR | NR | NR | Insufficient data to calculate | Absences from work/school in past 3m reduced by 1.7 days in IG, increased by 0.2 in CG. |
| CG | 15 | 15 | NR | NR |
| Weiner 200069 | None | 4w | IG (IMT) | 13 | 11 | NA | NA | NA | NA |  |
| CG | 11 | 11 | NA | NA |
| Weiner 200268 | None | 4,8,12,16,20w | IG (IMT) | 11 | 10 | NA | NA | NA | NA |  |
| CG | 11 | 9 | NA | NA |

\*Statistically significant change from baseline or between groups (p<0.05)

Abbreviations: CG: control group; CI: confidence interval; d: day(s); IG: intervention group; m: month(s); IMT: inspiratory muscle training; NA: not applicable; NR: not reported; SD: standard deviation; w: week(s)