List of Figures:

Figure 1: CONSORT flow diagram showing sample sizes in each step of the study.

Assessed for eligibility (n = 80)

Excluded (n=12)
[Not meeting inclusion criteria (n=1)
Refused to participate (n=8)
Developed chest infection prior to randomisation (n=3)]

Randomised (n=68)

Allocated to PrBr-IMT group (n=34)

Allocated to C-IMT group (n=34)

Discontinued or lost to follow up (n=12)
4 patients withdrew without giving reason within the first 2 weeks
4 withdrew without giving reason at the end of week 7
1 died from COPD
2 developed chest infection and 1 discontinued because found training difficult

Discontinued or lost to follow up (n=14)
5 patients withdrew without giving reason within the first 2 weeks
4 withdrew without giving reason at the end of week 7
1 died from reasons unrelated to COPD
3 developed chest infection and 1 discontinued because found that training was not helpful

Analysed (n=21)
1 was excluded from analysis due to poor adherence to programme

 Analysed (n=18)
2 were excluded from analysis due to poor adherence to programme
Figure 2: Pearson correlation between SNIP and PImax
Figure 3: Bland-Altman plots between SNIP and PImax a) pre-IMT and b) post-IMT.
**Figure 4:** Box plot showing the distribution of the anxiety and depression domains of the HADS scale, pre-and post-IMT, in the experimental (PrBr-IMT) and control group (C-IMT).
**Figure 5**: Mean change in CRDQ responses with 95% confidence intervals. An increase in response denotes improvement and an increase above 0.5 in absolute value is the minimum clinically important difference (MCID).