

List of Figures:

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

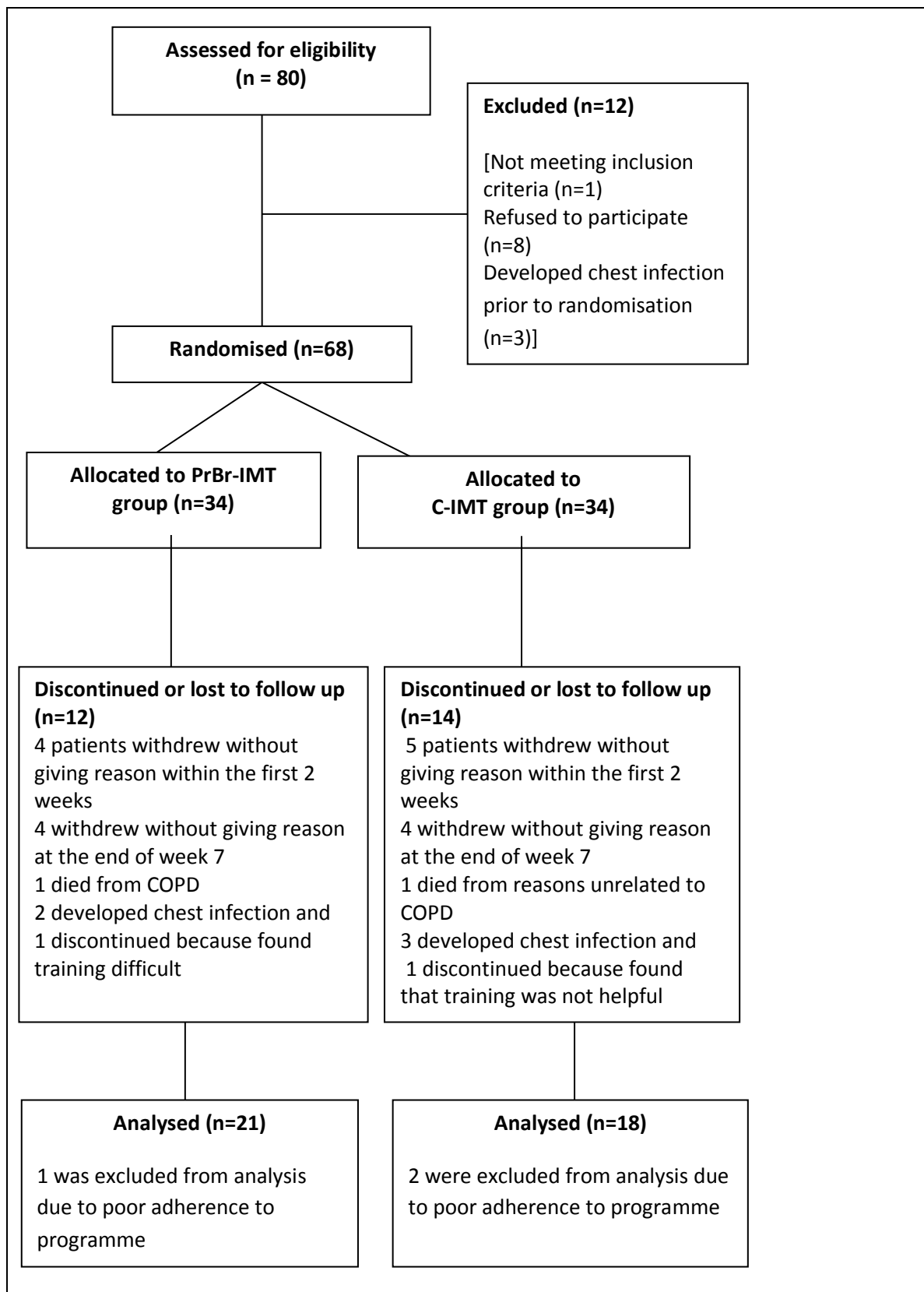


Figure 2: Pearson correlation between SNIP and PImax

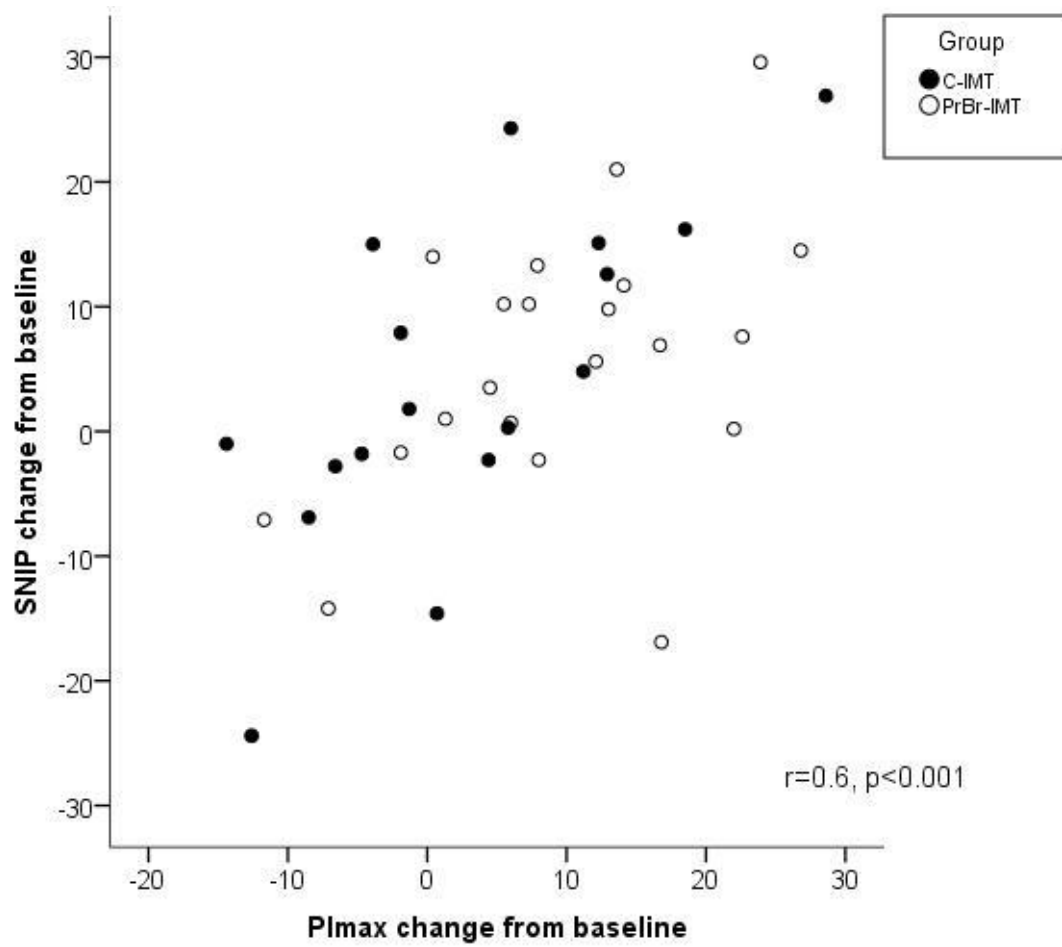
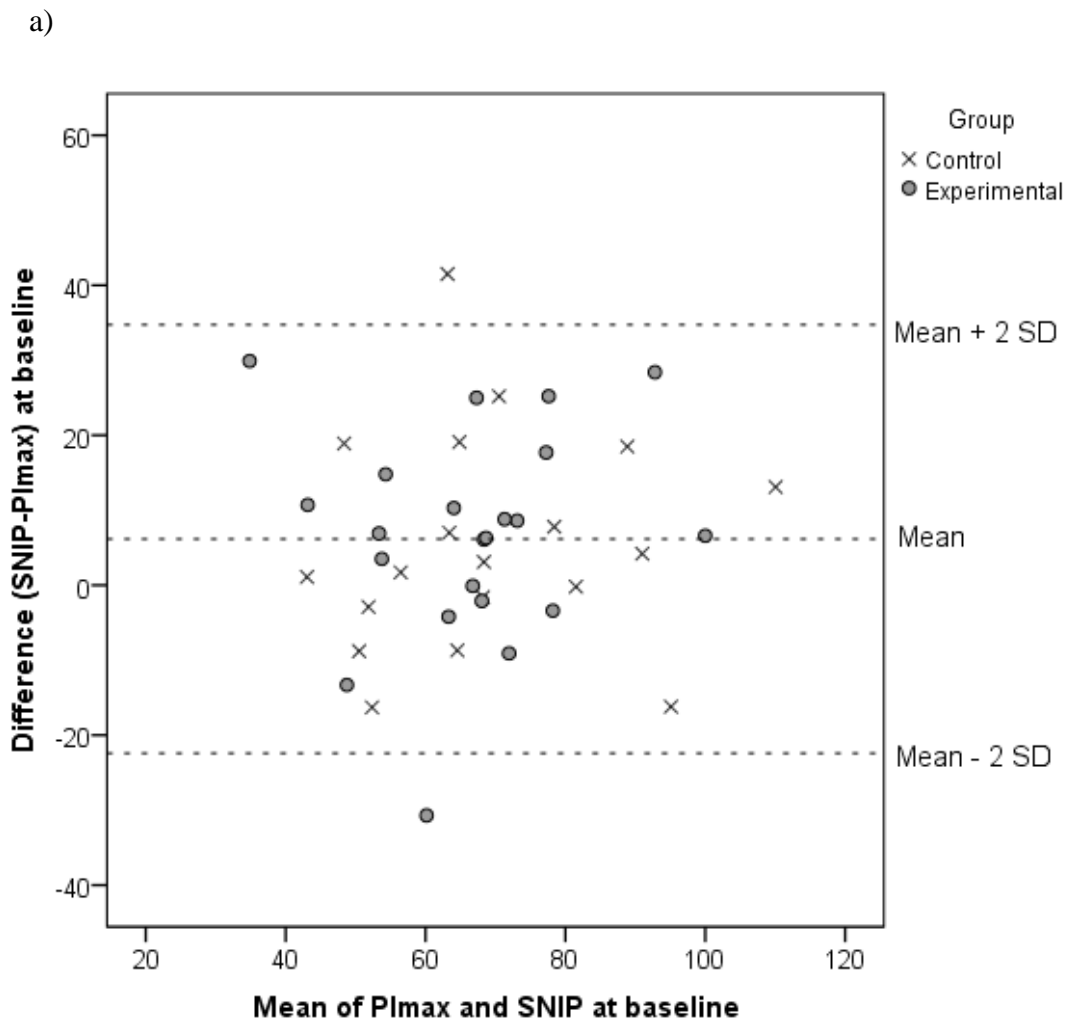


Figure 3: Bland-Altman plots between SNIP and PImax a) pre-IMT and b) post-IMT.



b)

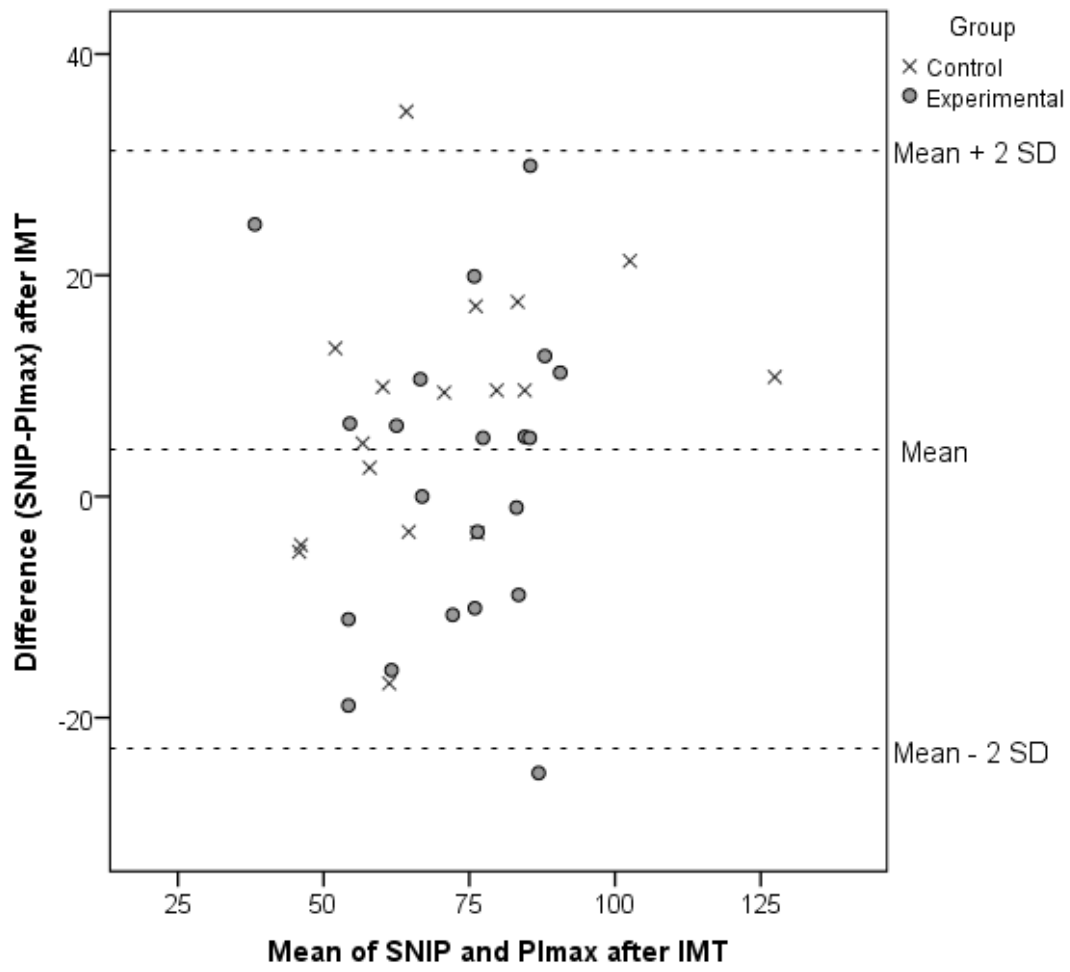


Figure 4: Box plot showing the distribution of the anxiety and depression domains of the HADS scale, pre-and post-IMT, in the experimental (PrBr-IMT) and control group (C-IMT).

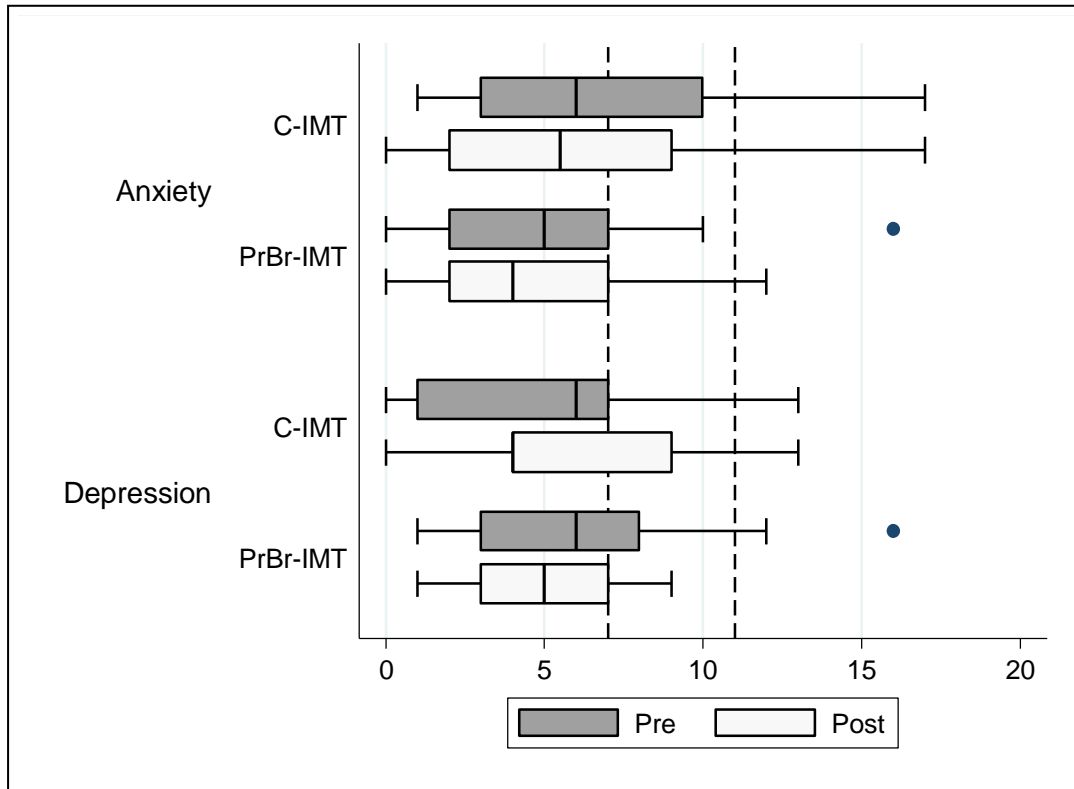


Figure 5: Mean change in CRDQ responses with 95% confidence intervals. An increase in response denotes improvement and an increase above 0.5 in absolute value is the minimum clinically important difference (MCID).

