

Table 3. Changes in the different outcome measures according to the different categories of the GRCQ

GRCQ	Change in 1-min STS	Change in CAT	Change in MRC
The same	4.0 (1.75 to 5.5)**	0.0 (-2.0 to 2.0)	0.5 (-0.25 to 2.0)
Much the same	0.0 (0.0 to 1.0)*	-4.0 (-7.0 to 0.0)*	0.0 (-0.5 to 0.0)
A little better	4.0 (1.0 to 6.0)***	-3.0 (-5 to -1)***	-0.3 (-1.0 to 0.0)**
Much better	4.0 (1.0 to 6.0)***	-4.0 (-7.25 to -1.75)***	0.0 (-1.0 to 0.0)***

Data are median (IQR). CAT: COPD assessment test; GRCQ: Global rating of change questionnaire; MRC: Medical Research Council dyspnoea scale; 1-min STS: one-minute sit-to-stand; * denotes statistical significance $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$. None of the participants reported feeling "worse", therefore it was not displayed in table 3.