Table 2. Baseline, follow-up and change scores for the 1-min STS test and patient-reported outcomes

	Baseline (a)	End of remote exercise programme (b)	Change (b-a)	p-value
1-min STS	17.5 (13-21)	20 (16-24)	3 (1-5.3)	<0.001
MRC	4 (3-4)	3 (2-4)	0 (-1 -0.0)	<0.001
CAT	21 (16.8-27.0)	18 (12-23)	-3 (-6 – -1)	<0.001

Data are median (IQR). CAT: COPD assessment test; MRC: Medical Research Council dyspnoea scale; 1-min STS: one-minute sit-to-stand.