

Table S1. Characteristics of participants who completed the study and those who withdrew.

Variable	Completers (n = 34)	Withdrawals (n = 10)	Difference
Demographics			
Age (years)	50 (39-59)	47 (40-53)	0.40
Sex (female)	28/34 (82%)	8/10 (80%)	1.00
BMI (kg/m ²)	28 (24-29)	25 (22-28)	0.31
Higher education (> 12 years)	23/31 (74%)	8/8 (100%)	0.17
Previous work/study (≥ 50 %)	29/34 (85%)	6/10 (60%)	0.17
Current work/study (≥ 50 %)	21/34 (62%)	2/10 (20%)	0.03*
Former/never smoker	34/34 (100%)	9/10 (90%)	0.23
No. previous co-morbidities	2 (0-4)	2 (2-8)	0.27
Previous Asthma	4/34 (12%)	2/10 (20%)	0.61
Previous COPD	0/34 (0%)	0/10 (0%)	–
Previous Interstitial Lung Disease	0/34 (0%)	0/10 (0%)	–
Hospitalised due to COVID-19	9/34 (26%)	2/10 (20%)	1.00
Intensive care unit	4/34 (12%)	1/10 (10%)	1.00
First wave of transmission	17/34 (50%)	2/10 (20%)	0.15
Months since COVID-19	21 (16-25)	21 (16-25)	0.92
Clinical characteristics and outcomes at baseline			
POTS/IST	4/34 (12%)	2/10 (20%)	0.42
No. of PCC symptoms	11 (9-14)	14 (12-18)	0.06
Self-reported symptom of PESE	26/34 (77%)	8/10 (80%)	1.00
mMRC dyspnoea ≥ 2	32/34 (94%)	10/10 (100%)	1.00
SpO ₂ , at rest	100 (100-100)	100 (100-100)	0.13
Respiratory rate, at rest	14 (12-16)	13 (12-16)	0.90
Cough, (1=never, 5=all the time)	2 (1-2)	2 (1-3)	0.71
Mucus	11/34 (32%)	2/10 (20%)	0.70
Chest tightness	28/34 (82%)	7/10 (70%)	0.40
Impaired deep breathing	28/34 (82%)	9/10 (90%)	1.00
Breathing related pain	11/34 (32%)	3/10 (30%)	1.00
Heart rate, at rest	72 (67-81)	72 (65-79)	0.81
Inhalation, bronchodilator	9/34 (27%)	2/10 (20%)	1.00
Inhalation, anti-inflammatory	9/34 (27%)	1/10 (10%)	0.41
Beta blocker	10/34 (29%)	3/10 (30%)	1.00
MIP (% pred)	51 (45-65)	50 (36-65)	0.61
MEP (% pred)	70 (50-89)	55 (54-67)	0.22
6MWD (% pred)	84 (71-98)	69 (58-76)	0.02*
1-min STS (% pred)	49 (43-67)	43 (38-46)	0.049*
FEV ₁ (% pred)	87 (78-95)	87 (75-93)	0.92
FVC (% pred)	85 (77-90)	80 (71-94)	0.76
PEF (% pred)	75 (67-84)	74 (65-83)	0.96
FSS (mean score)	5.8 (5.3-6.5)	6.8 (6.5-7.0)	0.10
Frändin/Grimby activity score (1-6)	3 (3-3)	3 (2-3)	0.23
PSFS (mean score)	3 (2-4)	1.67 (1-2)	0.01*
EQ5D-index	0.771 (0.664-0.842)	0.641 (0.609-0.700)	0.17
EQ VAS	55 (40-70)	25 (23-34)	0.01*

Data are presented as median (IQR), or as number of cases out of valid observations (n/N) with corresponding percentages (%). Group differences were assessed using independent samples t-tests, Welch's t-test, Mann-Whitney U tests, Chi-square tests, or Fisher's exact tests, as appropriate, with p values reported.

*Statistically significant difference.

1-min STS: 1-minute sit-to-stand test; 6MWT: 6-minute walk test; COPD: Chronic Obstructive Pulmonary Disease; EQ5D-index: EuroQol 5-Dimension index; EQ VAS: EuroQol visual analogue scale; FEV₁: forced expiratory volume in 1 second; FSS: Fatigue Severity Scale; FVC: forced vital capacity; IST: Inappropriate Sinus Tachycardia; MEP: maximal expiratory pressure; mMRC: modified Medical Research Council dyspnoea scale; PCC: post-COVID-19 condition; PESE: Post-Exertional Symptom Exacerbation; PEF: peak expiratory flow; POTS: Postural Orthostatic Tachycardia Syndrome. PSFS: Patient-Specific Functional Scale