**APPENDIX A.** Health-related Quality of life measured with Cystic Fibrosis Questionnaire-Revised in patients completing the exercise programme (AVGG) and control group using per protocol analysis.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **AVG group** | | | | | **Control group** | | | |
|  | **Pre** | **Post** | | **Follow-up** | **Pre** | | **Post** | **Follow-up** |
| **CFQ-Child (6-11 years)** |  |  | |  |  | |  |  |
| Physical functioning | 86.42 ± 14.73 | 91.36 ± 8.38 | | 96.45 ± 4.77*a* | 85.18 ± 15.65 | | 79.63 ± 24.64 | 82.96 ± 13.52*a* |
| Emotional functioning | 83.33 ± 9.77 | 88.91 ± 11.42 | | 87.68 ± 14.35 | 84.09 ± 12.07 | | 88.05 ± 10.07 | 82.5 ± 13.29 |
| Social functioning | 69.31 ± 11.45 | 75.69 ± 10.32 | | 81.13 ± 15.60*a b* | 69.21 ± 10.17 | | 68.89 ± 11.92 | 68.88 ± 8.80*a* |
| Eating disturbances | 69.13 ± 35.48 | 87.69 ± 15.1*c* | | 92.59 ± 14.7*b* | 82.55 ± 17.27 | | 80.16 ± 22.72 | 81.74 ± 22.48 |
| Body image | 81.48 ± 24.22 | 85.18 ± 13.61 | | 87.65 ± 20.37 | 81.49 ± 22.49 | | 85.18 ± 21.28 | 85.93 ± 24.29 |
| Treatment burden | 74.07 ± 28.33 | 76.55 ± 20.38 | | 75.31 ± 19.06 | 78.53 ± 15.96 | | 86.67 ± 11.27 | 75.55 ± 25.96 |
| Respiratory symptoms | 74.07 ± 19.29 | 87.07 ± 25.1*c* | | 81.79 ± 14.03 | 82.77 ± 10.68 | | 81.11 ± 8.61 | 83.33 ± 13.36 |
| Digestive symptoms | 88.89 ± 23.57 | 85.18 ± 17.57 | | 81.48 ± 22.22 | 75.56 ± 23.46 | | 71.11 ± 21.33 | 84.45 ± 17.2 |
| **CFQ-Parents (6-13 years)** | | | | | | | | |
| Physical functioning | 91.67 ± 10.21 | 95.83 ± 6.97 | | 96.53 ± 4.87 | 89.16 ± 9.55 | | 89.16 ± 11.22 | 91.31 ± 12.04 |
| Emotional functioning | 77.78 ± 9.11 | 91.12 ± 12.4*c* | | 88.89 ± 10.89 | 82.11 ± 14.59 | | 84 ± 11.76 | 81.33 ±11.33 |
| Social functioning | 76.39 ± 17.01 | 92.13 ± 9.68 *c* | | 81.94 ± 17.81 | 77.78 ± 18.27 | | 78.89 ± 16.63 | 77.78 ± 13.96 |
| Eating disturbances | 77.78 ± 25.09 | 83.34 ± 21.08 | | 83.33 ± 21.08 | 61.11 ± 29.99 | | 67.78 ± 37.51 | 72.23 ± 24.12 |
| Body image | 75.92 ± 21.56 | 94.44 ± 9.3 | | 79.63 ± 27.59 | 68.15 ± 29.66 | | 77.03 ± 28.63 | 81.11 ± 19.9 |
| Treatment burden | 48.15 ± 24 | 70.37 ± 9.07 *c* | | 53.7 ± 26.68 | 51.11 ± 16.7 | | 57.03 ± 16.73 | 52.59 ± 14.84 |
| Respiratory symptoms | 72.22 ± 15.31 | 82.41 ± 16.26 | | 83.33 ± 11.11 | 80.37 ± 17.43 | | 84.44 ± 13.32 | 84.8 ± 9.72 |
| Digestive symptoms | 88.89 ± 9.94 | 83.33 ± 11.65 *c* | | 83.33 ± 15.31 *b* | 77.04 ± 14.82 | | 78.52± 11.47 | 80.75 ± 14.82 |
| **CFQ-Adolescent/Adult (> 14 years)** | | | | | | | | |
| Physical functioning | 84.9 ± 13.72 | | 90.1 ± 12.19 | 87.5 ± 14.09 | 81.94 ± 15.78 | 84.72 ± 16.84 | | 74.98 ± 19.08 |
| Emotional functioning | 91.67 ± 5.91 | | 90 ± 11.82 | 90.83 ± 7.92 | 86.65 ± 6.65 | 88.9 ± 10.18 | | 95.57 ± 7.68 *b* |
| Social functioning | 78.47 ± 10.47 | | 77.08 ± 11.28 | 81.94 ± 14.16 | 68.52 ± 3.18 | 66.65 ± 14.68 | | 68.51 ± 6.41 |
| Eating disturbances | 80.55 ± 30.72 | | 77.78 ± 35.63 | 79.17 ± 24.8 | 96.3 ± 6.41 | 74.06 ± 27.99 | | 85.2 ± 16.95 |
| Body image | 81.94 ± 17.75 | | 86.11 ± 14.24 | 88.89 ± 15.71 | 79.62 ± 22.45 | 85.2 ± 25.63 | | 92.59 ± 12.83 |
| Treatment burden | 61.11 ± 8.4 | | 55.55 ± 5.94 *a* | 65.28 ± 11.01 | 48.12 ± 16.99 | 70.39 ± 6.42 *a* | | 59.25 ± 23.16 |
| Respiratory symptoms | 64.58 ± 17.04 | | 73.61 ± 25.33 | 72.22 ± 19.7 | 60.18 ± 15.3 | 75.53 ± 16.35 | | 64.82 ± 25.05 |
| Digestive symptoms | 90.28 ± 9.27 *a* | | 91.67 ± 9.85 *a* | 91.67 ± 7.86 *a* | 61.09 ± 23.6 *a* | 61.13 ± 7.88 *a* | | 55.53 ± 15.74*a* |
| Vitality | 70.83 ± 16.06 | | 75 ± 12.6 | 73.95 ± 14.39 | 72.22 ± 17.38 | 75.01 ± 22.04 | | 66.64 ± 14.42 |
| Health perceptions | 77.78 ± 11.88 | | 73.61 ± 16.73 | 80.55 ± 12.94 | 77.79 ± 22.2 | 77.78 ± 22.23 | | 74.08 ± 23.12 |
| Role | 87.5 ± 16.67 | | 87.5 ± 19.42 | 87.5 ± 19.42 | 100 ± 0 | 88.9 ± 12.73 | | 94.46 ± 4.8 |
| Weight | 80.95 ± 32.53 | | 85.71 ± 26.23 | 80.95 ± 26.23 | 83.35 ± 23.55 | 100 ± 0 | | 100 ± 0 |

Data are presented as mean±SD. Differences among the different times: *a*between-group difference at follow-up p<0.05; *b*within-group difference at follow up p<0.05; *c*within-group difference at the end of intervention p<0.05.