

**Supplement 3 – Follow-up number of exacerbation episodes.**

Variable	3 months		6 months		9 months	
	Intervention (n=14)	Control (n=20)	Intervention (n=14)	Control (n=20)	Intervention (n=14)	Control (n=20)
Exacerbation episodes						
None	12 (85.7%)	19 (95.0%)	10 (71.4%)	19 (95.0%)	11 (78.6%)	20 (100.0%)
One	1 (7.1%)	1 (5.0%)	3 (21.4%)	0 (0.0%)	2 (14.3%)	0 (0.0%)
Two or more	1 (7.1%)	0 (0.0%)	1 (7.1%)	1 (5.0%)	1 (7.1%)	0 (0.0%)
	0.456		0.087		0.095	

Data presented as count and percentage.