

Online Supplement 1. The Alfred Wellness Score: AWEScore

You are asked to report on your present state of wellness to assist in providing best health care. Circle the number that reflects your current state.

**1. I rate the amount of coughing I do each day & night as:**

All the time Hardly ever

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**2. I rate the amount of sputum I cough up each day as:**

Highest amount Lowest amount

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**3. I rate my level of energy as:**

Lowest Highest

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**4. I rate my level of exercise participation as:**

Lowest Highest

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**5. I rate my appetite as:**

Poor Very good

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**6. I rate my weight as:**

Way off target Recommended/on target

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**7. I rate my mood as:**

Lowest/ flat Highest/cheerful

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**8. I rate my level of anxiety as:**

Highly anxious Not at all anxious

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**9. I rate my sleep amount & quality as:**

Poor Excellent

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**10. I rate my general health as:**

Poor Excellent

0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**Comments:**

**Date:**

**Total Score:**

Online Table S1. Reliability: AWESCORES at times A and B for clinically stable participants (n=27)

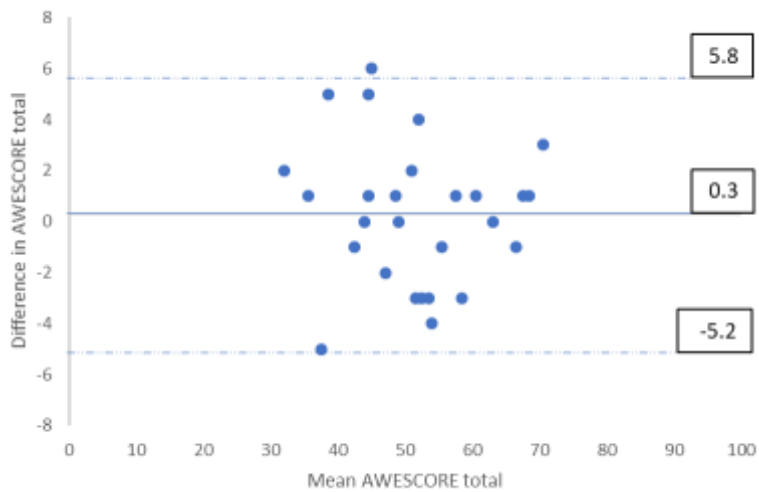
AWESCORES DOMAINS	Time A	Time B	Wilcoxon Signed Rank Test		ICC (95%CI)
			Z	p	
Cough	7 [5 to 9]	6 [5 to 8]	-1.633	0.102	0.934 (0.798 to 0.979)
Sputum	7 [6 to 7]	7 [5 to 7]	-1.342	0.180	0.776 (0.414 to 0.926)
Energy	8 [7 to 9]	8 [7 to 9]	-0.333	0.739	0.814 (0.497 to 0.939)
Exercise	8 [7 to 9]	8 [7 to 10]	-1.897	0.058	0.919 (0.757 to 0.975)
Appetite	9 [9 to 10]	9 [8 to 10]	-1.414	0.157	0.970 (0.906 to 0.991)
Weight	8 [6 to 10]	9 [5 to 10]	-0.378	0.705	0.953 (0.853 to 0.985)
Mood	8 [8 to 10]	8 [8 to 10]	-1.134	0.257	0.873 (0.636 to 0.959)
Anxiety	8 [6 to 10]	8 [6 to 10]	-1.732	0.083	0.977 (0.928 to 0.993)
Sleep	8 [8 to 10]	8 [8 to 10]	-1.000	0.317	0.985 (0.950 to 0.995)
General health	8 [7 to 8]	8 [7 to 9]	-1.732	0.083	0.910 (0.733 to 0.972)
TOTAL	mean 77 (SD 11)	mean 77 (SD 12)	* mean difference 0 (95%CI -1 to 1)		0.994 (0.980 to 0.998)

Data are median [IQR] except where indicated; CI, confidence interval; ICC, intraclass coefficient; SD, standard deviation; \*t-test as data normally distributed; p<0.05

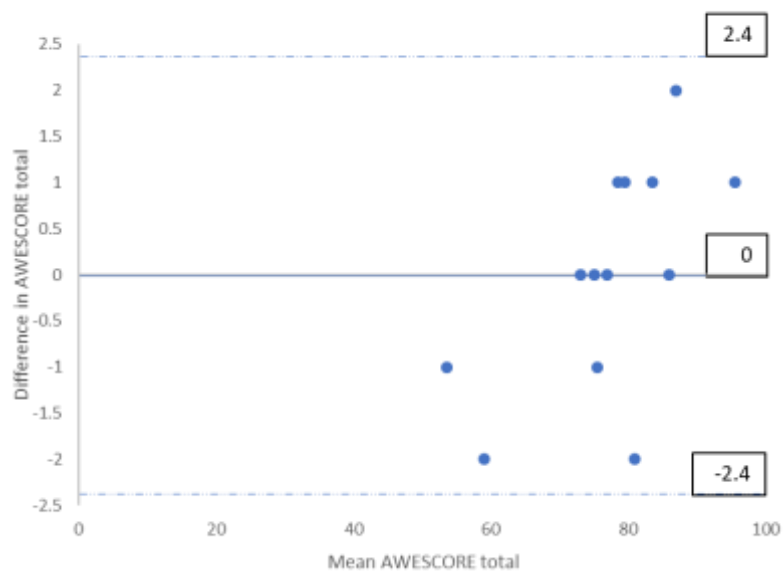
Online Table S2 . Reliability: AWESCORES at times A and B for participants in acute exacerbation (n=13)

AWESCORES DOMAINS	Time A	Time B	Wilcoxon Signed Rank Test		ICC (95%CI)
			Z	p	
Cough	5 [3 to 5]	4 [3 to 6]	-1.032	0.302	0.859 (0.715 to 0.933)
Sputum	5 [3 to 6]	5 [3 to 6]	0	1.000	0.920 (0.769 to 0.945)
Energy	4 [3 to 5]	4 [3 to 5]	-0.676	0.499	0.883 (0.761 to 0.945)
Exercise	4 [3 to 6]	4 [3 to 6]	-1.265	0.206	0.957 (0.909 to 0.980)
Appetite	6 [4 to 7]	6 [4 to 7]	-1.148	0.251	0.883 (0.759 to 0.945)
Weight	6 [3 to 8]	6 [3 to 8]	-0.577	0.564	0.973 (0.942 to 0.988)
Mood	6 [5 to 8]	6 [5 to 7]	-1.524	0.128	0.814 (0.633 to 0.911)
Anxiety	7 [4 to 8]	7 [5 to 8]	-0.941	0.347	0.874 (0.742 to 0.940)
Sleep	5 [3 to 8]	5 [3 to 8]	-0.566	0.571	0.918 (0.829 to 0.962)
General health	5 [4 to 6]	5 [3 to 6]	-1.732	0.083	0.895 (0.783 to 0.951)
TOTAL	mean 51 (SD 11)	mean 52 (SD 10)	* mean difference 1 (95%CI -1 to 1)		0.963 (0.921 to 0.983)

Data are median [IQR] except where indicated; CI, confidence interval; ICC, intraclass coefficient; SD, standard deviation; \*t-test as data normally distributed; p<0.05



Online Figure S1. Reliability: Bland Altman plot for total AWESCORES in clinically stable participants (n=27) within one outpatient visit. Solid line represents mean change in AWESCORE; dashed line represents the limits of agreement (1.96 x SD of the mean change in AWESCORE).



Online Figure S2. Reliability: Bland Altman plot for total AWESCORES in participants with exacerbation (n=13) over 24 hours. Solid line represents mean change in AWESCORE; dashed line represents the limits of agreement (1.96 x SD of the mean change in AWESCORE).