

# Online supplement - Individual Search Strategies

## OVID MEDLINE

#	Searches
1	Human Activities/
2	"Activities of Daily Living"/
3	Leisure Activities/
4	human activit*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
5	activit* of daily living.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
6	adl*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
7	leisure activit*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
8	free living activit*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
9	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8
10	Motor Activity/
11	Exercise/
12	Walking/
13	physical activit*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
14	physical exercise.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
15	exercise.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
16	walk*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
17	10 or 11 or 12 or 13 or 14 or 15 or 16
18	Life Style/
19	Sedentary Lifestyle/
20	Supine Position/ or Posture/
21	sedentary behaviour*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
22	sedentary behavior*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
23	sedentary lifestyle*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
24	lying*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
25	sitting.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
26	18 or 19 or 20 or 21 or 22 or 23 or 24 or 25
27	Sleep/
28	sleep.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
29	sleep duration.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
30	sleep quality.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
31	27 or 28 or 29 or 30
32	Occupations/
33	Employment/
34	Housekeeping/
35	occupation.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
36	paid work.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
37	employment.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
38	housework.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
39	housekeeping.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original

	title, abstract, name of substance word, subject heading word, unique identifier]
40	chores.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
41	32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40
42	Television/
43	Computers/
44	"Play and Playthings"/ or Video Games/
45	screen time.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
46	television viewing.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
47	television watching.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
48	television.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
49	"computer use".mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
50	play.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
51	videogame play*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
52	42 or 43 or 44 or 45 or 46 or 47 or 48 or 49 or 50 or 51
53	Time Factors/
54	Behavior/
55	Interpersonal Relations/
56	"use of time".mp.
57	behavioural profile*.mp.
58	behavioral profile*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
59	"time use".mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
60	"time factor*".mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
61	social interaction*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
62	social behaviour*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
63	social behavior*.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
64	53 or 54 or 55 or 56 or 57 or 58 or 59 or 60 or 61 or 62 or 63
65	9 or 17 or 26 or 31 or 41 or 52 or 64
66	Pulmonary Disease, Chronic Obstructive/
67	copd.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
68	CHRONIC OBSTRUCTIVE PULMONARY DISEASE.mp. [mp=protocol supplementary concept, rare disease supplementary concept, title, original title, abstract, name of substance word, subject heading word, unique identifier]
69	66 or 67 or 68
70	65 and 69
71	limit 70 to humans

**Table OS1.1:** Search strategy – Ovid Medline.

#	Searches
1	exp human activities/
2	exp physical activity/
3	human activit*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
4	activit* of daily living.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
5	adl*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
6	leisure activit*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
7	free living activit*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
8	1 or 2 or 3 or 4 or 5 or 6 or 7
9	exp "physical activity, capacity and performance"/
10	exp locomotion/
11	physical activit*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
12	physical exercis*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
13	exercis*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
14	walk*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
15	9 or 10 or 11 or 12 or 13 or 14
16	exp "lifestyle and related phenomena"/
17	exp body position/
18	sedentary behaviour*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
19	sedentary behavior*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
20	sedentary lifestyle*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
21	lying.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
22	sitting.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
23	16 or 17 or 18 or 19 or 20 or 21 or 22
24	exp sleep/
25	sleep quality.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
26	sleep duration.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
27	24 or 25 or 26
28	exp occupation/
29	exp work/
30	occupation*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
31	paid work.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
32	employment.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
33	housework.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
34	house work.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
35	chores.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
36	housekeeping.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
37	house keeping.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
38	28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37

39	exp television viewing/
40	exp Internet/
41	exp recreation/
42	screen time.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
43	television viewing.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
44	television watching.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
45	"computer use".mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
46	"internet use".mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
47	"video game use".mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
48	39 or 40 or 41 or 42 or 43 or 44 or 45 or 46 or 47
49	exp time/
50	"use of time".mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
51	behavioural profile*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
52	behavioral profile*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
53	"time use".mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
54	time factor*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
55	social interaction*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
56	social behavior*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
57	social behaviour*.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
58	49 or 50 or 51 or 52 or 53 or 54 or 55 or 56 or 57
59	8 or 15 or 23 or 27 or 38 or 48 or 58
60	exp chronic obstructive lung disease/
61	COPD.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
62	chronic obstructive pulmonary disease.mp. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
63	60 or 61 or 62
64	59 and 63
65	limit 64 to human

**Table OS1.2:** Search strategy – Embase

EBSCO HOST

S1	human activities OR activities of daily living OR leisure activities OR human activit* OR activit* of daily living OR adl* OR leisure activit* OR free living activit*
S2	exercise OR walking OR physical activit* OR physical exercise OR walk*
S3	lifestyle* OR sedentary lifestyle* OR sedentary behav*r* OR lying OR sitting
S4	sleep OR sleep duration OR sleep quality
S5	OCCUPATION* OR employment OR housekeeping OR paid work OR housework OR chores
S6	television OR computer* OR play* OR video games OR screen time OR television view* OR television watch*
S7	use of time OR behvi*r OR interpersonal relations OR behavi*ral profiles OR time use OR time factors OR social interact* OR socal behavi*r
S8	S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7
S9	COPD OR chronic obstructive pulmonary disease
S10	S8 AND S9

**Table OS1.3:** Search strategy – EBSCO HOST

# SAGE JOURNALS

1		human activities or activities of daily living in all fields
2	or	leisure activities or human activit* in all fields
3	or	activit* of daily living or adl* in all fields
4	or	leisure activit* or free living activit* in all fields
5	or	exercise or walking in all fields
6	or	physical activit* or physical exercise in all fields
7	or	walk* or lifestyle* in all fields
8	or	sedentary lifestyle* or sedentary behav*r* in all fields
9	or	lying or sitting in all fields
10	or	sleep or sleep duration in all fields
11	or	sleep quality or occupation in all fields
12	or	employment or paid work in all fields
13	or	housework or housekeeping in all fields
14	or	chores or television in all fields
15	or	computer* or play* in all fields
16	or	video games or screen time in all fields
17	or	television view* or television watch* in all fields
18	or	use of time or behavi*r in all fields
19	or	interpersonal relations or behavi*ral profiles in all fields
20	or	time use or time factors in all fields
21	or	social interact* or social behavi*r in all fields
22	and	COPD or chronic obstructive pulmonary disease in all fields

**Table OS1.4:** Search strategy – SAGE Journals

1		human activities
2	or	activities of daily living
3	or	leisure activities
4	or	human activit*
5	or	activit* of daily living
6	or	adl*
7	or	leisure activit*
8	or	free living activit*
9	or	exercise
10	or	walking
11	or	physical activit*
12	or	physical exercise
13	or	walk*
14	or	lifestyle*
15	or	sedentary lifestyle*
16	or	sedentary behav*r*
17	or	lying
18	or	sitting
19	or	sleep
20	or	sleep duration
21	or	sleep quality
22	or	occupation
23	or	employment
24	or	paid work
25	or	housework
26	or	housekeeping
27	or	chores
28	or	television
29	or	computer*
30	or	play*
31	or	video games
32	or	screen time
33	or	television view*
34	or	television watch*
35	or	use of time
36	or	behavi*r
37	or	interpersonal relations
38	or	behavi*ral profiles
39	or	time use
40	or	time factors
41	or	social interact*
42	or	socal behavi*r
43	and	COPD
44	or	chronic obstructive pulmonary disease.

**Table OS1.5:** Search strategy – Science Direct

SCOPUS

1		human activities
2	or	activities of daily living
3	or	leisure activities
4	or	human activit*
5	or	activit* of daily living
6	or	adl*
7	or	leisure activit*
8	or	free living activit*
9	or	exercise
10	or	walking
11	or	physical activit*
12	or	physical exercise
13	or	walk*
14	or	lifestyle*
15	or	sedentary lifestyle*
16	or	sedentary behav*r*
17	or	lying
18	or	sitting
19	or	sleep
20	or	sleep duration
21	or	sleep quality
22	or	occupation
23	or	employment
24	or	paid work
25	or	housework
26	or	housekeeping
27	or	chores
28	or	television
29	or	computer*
30	or	play*
31	or	video games
32	or	screen time
33	or	television view*
34	or	television watch*
35	or	use of time
36	or	behavi*r
37	or	interpersonal relations
38	or	behavi*ral profiles
39	or	time use
40	or	time factors
41	or	social interact*
42	or	socal behavi*r
43	and	COPD
44	or	chronic obstructive pulmonary disease.

**Table OS1.6:** Search strategy – Scopus



**Online supplement – MARCA activity hierarchy**

superdomain	macrodomain	mesodomain	MET.min	activity
sleep	sleep	sleep	0.9	sleeping
screen time	active screen time	active videogames	1.7	playing active video games (eg EyeToy/dance mat/arcade/Wii games) - light
screen time	active screen time	active videogames	3.4	playing active video games (eg EyeToy/dance mat/arcade/Wii games) - medium
screen time	active screen time	active videogames	6.4	playing active video games (eg EyeToy/dance mat/arcade/Wii games) - hard
screen time	passive screen time	passive videogames	1.5	computer/console games (eg playstation/xbox/handheld)
screen time	passive screen time	TV	1.0	watching TV - lying quietly
screen time	passive screen time	TV	1.0	watching TV - sitting
quiet time	non-reading	lie awake	1.0	lying awake
quiet time	non-reading	listen to music	1.0	listening to music/radio - lying
quiet time	non-reading	listen to music	1.3	listening to music/radio - sitting
quiet time	non-reading	quiet time nec	1.0	sitting in a spa
quiet time	non-reading	sit	1.0	sitting quietly
quiet time	non-reading	sit	1.0	meditating
quiet time	non-reading	spiritual	1.0	praying
quiet time	non-reading	spiritual	1.5	sitting in church
quiet time	reading	reading	1.0	reading - lying down
quiet time	reading	reading	1.3	reading - sitting
quiet time	reading	reading	1.8	reading - standing
social	communication	phone/SMS	1.0	talking on phone - lying down
social	communication	phone/SMS	1.2	sending text messages (SMS) - lying down
social	communication	phone/SMS	1.5	talking on phone - sitting
social	communication	phone/SMS	1.5	sending text messages (SMS) - sitting
social	communication	phone/SMS	1.8	talking on phone - standing
social	communication	phone/SMS	1.8	sending text messages (SMS) - standing
social	communication	talk	1.8	standing - talking
social	communication	talk	1.5	sitting - talking
social	communication	talk	1.5	family get-togethers (eat talk sit relax)
social	cultural	art	1.0	drawing - lying down
social	cultural	art	1.5	arts and crafts - sitting
social	cultural	art	1.8	arts and craft - standing
social	cultural	art	1.8	drawing - sitting
social	cultural	art	2.3	drawing - standing
social	cultural	music	3.0	playing the guitar - standing

social	cultural	music	3.5	playing the trombone
social	cultural	music	2.5	playing the trumpet
social	cultural	music	1.8	playing the accordion
social	cultural	music	2.0	playing the cello
social	cultural	music	4.0	playing the drums
social	cultural	music	2.0	playing the flute/recorder - sitting
social	cultural	music	2.0	playing the guitar - sitting
social	cultural	music	2.0	playing the horn
social	cultural	music	2.5	playing the piano or organ
social	cultural	music	2.5	playing the violin
social	cultural	music	2.0	playing woodwind instruments
social	cultural	music	1.5	singing - sitting
social	cultural	music	2.0	singing - standing
social	Maori activities	Maori activities	7.1	Maori activities - Haka
social	Maori activities	Maori activities	8.5	Maori activities - Haka Powhiri (male)
social	Maori activities	Maori activities	6.5	Maori activities - Haka Tutungurahu (male)
social	Maori activities	Maori activities	6.2	Maori activities - Kapahaka (male)
social	Maori activities	Maori activities	5.0	Maori activities - Moteatea (male)
social	Maori activities	Maori activities	7.1	Maori activities - Taiaha (male)
social	Maori activities	Maori activities	5.9	Maori activities - Waiata-a-ringa (male)
social	Maori activities	Maori activities	5.4	Maori activities - Waiata Tira (male)
social	Maori activities	Maori activities	6.3	Maori activities - Whakaeke (male)
social	Maori activities	Maori activities	4.6	Maori activities - Poi
social	Maori activities	Maori activities	5.3	Maori activities - Haka Powhiri (female)
social	Maori activities	Maori activities	2.7	Maori activities - Haka Tutungurahu (female)
social	Maori activities	Maori activities	3.9	Maori activities - Kapahaka (female)
social	Maori activities	Maori activities	3.9	Maori activities - Moteatea (female)
social	Maori activities	Maori activities	5.0	Maori activities - Taiaha (female)
social	Maori activities	Maori activities	4.0	Maori activities - Waiata-a-ringa (female)
social	Maori activities	Maori activities	3.7	Maori activities - Waiata Tira (female)
social	Maori activities	Maori activities	3.6	Maori activities - Whakaeke (female)
social	Maori activities	Maori activities	6.7	Maori activities - Whakawatea (male)
social	Maori activities	Maori activities	7.0	Maori activities - Whakawhiti (male)
social	Maori activities	Maori activities	4.7	Maori activities - Whakawatea (female)
social	Maori activities	Maori activities	3.8	Maori activities - Whakawhiti (female)
social	socialising	party	1.8	partying (mostly standing)

social	socialising	party	3.2	partying (mostly dancing)
social	socialising	party	1.5	partying (mostly sitting)
social	socialising	social nec	1.2	standing quietly - eg standing in a line
social	socialising	social nec	1.0	sitting at the movies/cinema/theatre
social	socialising	social nec	1.5	playing cards/puzzles/board games
social	socialising	social nec	1.5	watching live sporting events
social	socialising	social nec	1.5	casino gambling (eg pokies/roulette/blackjack) - sitting
social	socialising	social nec	2.5	camping - sitting
social	socialising	social nec	1.0	kissing/hugging
social	socialising	social nec	1.5	sexual activity
social	socialising	social nec	1.5	amusement/theme park rides
social	socialising	social nec	2.3	drama
social	socialising	social nec	1.8	giving a talk/presentation
social	socialising	social nec	1.5	wrapping/unwrapping presents
social	socialising	social nec	2.3	casino gambling (eg pokies/roulette/blackjack) - standing
self-care	eating	eating	2.0	eating while standing
self-care	eating	eating	2.0	drinking while standing
self-care	eating	eating	1.5	eating - sitting
self-care	eating	eating	1.5	drinking - sitting
self-care	grooming and ablutions	grooming and ablutions	1.0	having hair/nails done by someone else
self-care	grooming and ablutions	grooming and ablutions	1.5	sitting in bath
self-care	grooming and ablutions	grooming and ablutions	1.0	sitting on toilet
self-care	grooming and ablutions	grooming and ablutions	2.5	brushing or combing hair (standing)
self-care	grooming and ablutions	grooming and ablutions	2.0	brushing teeth
self-care	grooming and ablutions	grooming and ablutions	2.0	showering & towelling off
self-care	grooming and ablutions	grooming and ablutions	1.0	taking medicine
self-care	grooming and ablutions	grooming and ablutions	2.0	shaving
self-care	grooming and ablutions	grooming and ablutions	2.0	washing hands/face
self-care	grooming and ablutions	grooming and ablutions	2.0	putting on makeup/sunscreen/contact lenses/grooming etc
self-care	grooming and ablutions	grooming and ablutions	2.0	dressing & undressing
self-care	grooming and ablutions	grooming and ablutions	2.0	getting ready for bed
work	computer	computer	1.8	computer work (eg typing/internet)
work	employment	blue collar	5.5	construction work outside
work	employment	blue collar	6.0	using heavy power tools (eg pneumatic drill/jackhammer)
work	employment	blue collar	7.0	masonry - building with bricks
work	employment	blue collar	4.5	carpentry - light

work	employment	blue collar	6.0	carpentry - medium
work	employment	blue collar	7.5	carpentry - hard
work	employment	blue collar	6.0	roofing
work	employment	blue collar	3.5	wiring/plumbing
work	employment	blue collar	4.5	sanding floors with power sander
work	employment	blue collar	3.0	buffing the floor
work	employment	blue collar	6.5	coal mining (eg drilling coal/rock/erecting supports)
work	employment	blue collar	7.0	coal mining (eg shoveling coal)
work	employment	blue collar	2.5	operating heavy duty equipment (not driving)
work	employment	blue collar	3.0	assembly line work
work	employment	blue collar	5.3	steel mill - fettling/forging/tipping moulds
work	employment	blue collar	7.9	steel mill - tending furnace/hand rolling/merchant mill rolling
work	employment	blue collar	11.0	steel mill - removing slag
work	employment	blue collar	6.5	loading/unloading truck
work	employment	blue collar	3.0	machinery fitter
work	employment	blue collar	3.0	toolmaker
work	employment	blue collar	4.0	fixing the car - body work
work	employment	blue collar	3.0	fixing the car - general
work	employment	other occupations	2.5	policing - directing traffic - standing
work	employment	other occupations	4.0	policing - making an arrest - standing
work	employment	other occupations	11.0	fire fighting - climbing ladder with full gear
work	employment	other occupations	8.0	fire fighting - hauling hoses on the ground
work	employment	other occupations	3.0	nursing - patient care
work	employment	other occupations	3.0	setting up chairs/light furniture for an event
work	employment	other occupations	4.0	masseuse - giving massages - standing
work	employment	other occupations	2.2	postman
work	employment	other occupations	4.1	garbage collector
work	employment	other occupations	8.0	climbing ladder
work	employment	other occupations	1.5	lab work - sitting
work	employment	other occupations	3.5	locksmith
work	employment	primary	3.0	farming - milking by hand
work	employment	primary	2.5	mowing lawn with ride on mower
work	employment	primary	6.0	horse grooming
work	employment	primary	6.0	butchering animals
work	employment	primary	4.3	farming - tending to cattle (eg feeding/hauling water)
work	employment	primary	6.0	digging ditches - light

work	employment	primary	7.0	digging ditches - medium
work	employment	primary	9.0	digging ditches - hard
work	employment	primary	4.3	forestry - weeding/using a power saw
work	employment	primary	5.4	forestry - hoeing/slow axe chopping/planting by hand)
work	employment	primary	7.0	forestry - sawing by hand/barking trees/stacking
work	employment	primary	8.0	forestry - felling trees
work	employment	primary	9.0	forestry - trimming trees
work	employment	primary	17.0	forestry - axe chopping (fast)
work	employment	primary	1.5	farming - milking with a machine
work	employment	primary	5.5	farming - shovelling grain
work	employment	primary	6.0	farming - grooming/brushing/shearing farm animals
work	employment	primary	8.0	farming - forking straw/baling hay/cleaning barn
work	employment	white collar	2.3	using a photocopier - standing
work	employment	white collar	1.5	office work - sitting (eg filing/stapling/organisng documents)
work	employment	white collar	1.5	sitting in a meeting
work	employment	white collar	2.3	filing - standing
work	employment	white collar	2.3	checkout/fast food operator
work	employment	white collar	3.0	stacking shelves
work	employment	white collar	3.0	waitressing
work	employment	white collar	2.2	librarian
work	employment	white collar	3.5	petrol station attendant
work	employment	white collar	2.3	bartending
work	employment	white collar	3.3	bakery work
work	employment	white collar	2.3	tailoring - cutting/hand sewing/machine sewing
work	employment	white collar	2.0	ushering
work	employment	white collar	3.0	door to door sales/delivery - long periods of walking
work	employment	white collar	1.5	teaching - sitting and talking
work	employment	white collar	6.5	teaching PE (participating in class)
work	employment	white collar	4.0	teaching PE (not participating in class)
work	employment	white collar	2.3	teaching - standing and talking
work	study	study	1.8	studying/homework
work	study	study	1.8	taking notes/class discussion
work	study	study	1.8	writing - sitting
work	study	study	2.3	writing - standing
work	study	study	1.0	writing - lying down
transport	active transport	cycling	6.0	riding a bicycle/bike - light

transport	active transport	cycling	8.0	riding a bicycle/bike - medium
transport	active transport	cycling	10.0	riding a bicycle/bike - hard
transport	active transport	new locomotions	3.3	riding a scooter - light
transport	active transport	new locomotions	4.4	riding a scooter - medium
transport	active transport	new locomotions	5.5	riding a scooter - hard
transport	active transport	new locomotions	3.8	riding a skateboard - light
transport	active transport	new locomotions	5.0	riding a skateboard - medium
transport	active transport	new locomotions	6.3	riding a skateboard - hard
transport	active transport	new locomotions	9.4	rollerblading (in-line skating) - light
transport	active transport	new locomotions	12.5	rollerblading (in-line skating) - medium
transport	active transport	new locomotions	15.6	rollerblading (in-line skating) - hard
transport	active transport	new locomotions	5.3	rollerskating - light
transport	active transport	new locomotions	7.0	rollerskating - medium
transport	active transport	new locomotions	8.8	rollerskating - hard
transport	active transport	walking	3.0	walking - light
transport	active transport	walking	3.8	walking - medium
transport	active transport	walking	5.0	walking - hard
transport	active transport	walking	5.0	climbing stairs - light
transport	active transport	walking	6.0	climbing stairs - medium
transport	active transport	walking	8.0	climbing stairs - hard
transport	active transport	walking	4.5	walking carrying a load - light
transport	active transport	walking	5.0	walking carrying a load - medium
transport	active transport	walking	6.5	walking carrying a load - hard
transport	active transport	walking	5.0	walking using crutches
transport	active transport	walking	1.9	walking - pushing a pram - light
transport	active transport	walking	2.5	walking - pushing a pram - medium
transport	active transport	walking	3.2	walking - pushing a pram - hard
transport	active transport	walking	3.0	walking - pushing a wheelchair - light
transport	active transport	walking	4.0	walking - pushing a wheelchair - medium
transport	active transport	walking	5.0	walking - pushing a wheelchair - hard
transport	passive transport	driving	2.0	driving a car/light truck/bus
transport	passive transport	driving	3.0	driving a heavy truck (eg semi trailer)
transport	passive transport	driving	2.5	riding a motorcycle or motor scooter
transport	passive transport	driving	3.5	snowmobiling
transport	passive transport	driving	2.5	driving a tractor/harvester
transport	passive transport	riding	1.0	riding in a car/truck

transport	passive transport	riding	1.0	riding in a train/tram/ferry
transport	passive transport	riding	1.0	riding in a bus
transport	passive transport	riding	1.0	riding in a plane
chores	inside chores	child care	2.5	child care - sitting (eg feeding/bathing)
chores	inside chores	child care	3.0	child care - standing (eg carrying/dressing/playing)
chores	inside chores	child care	2.0	breast feeding
chores	inside chores	child care	3.0	carrying small children
chores	inside chores	child care	2.8	playing with young children - light
chores	inside chores	child care	4.0	playing with young children - medium
chores	inside chores	child care	5.0	playing with young children - hard
chores	inside chores	cleaning house	2.5	dusting
chores	inside chores	cleaning house	3.5	mopping
chores	inside chores	cleaning house	2.3	putting away clothes
chores	inside chores	cleaning house	3.8	scrubbing floors in bathroom or bathtub
chores	inside chores	cleaning house	3.3	sweeping floor
chores	inside chores	cleaning house	3.0	tidying/cleaning room
chores	inside chores	cleaning house	3.5	vacuuming
chores	inside chores	cleaning house	2.0	making the bed
chores	inside chores	cleaning house	2.5	cleaning the bathroom/toilet
chores	inside chores	cleaning house	3.0	taking out the rubbish/garbage bin
chores	inside chores	food preparation	2.5	serving food
chores	inside chores	food preparation	2.5	setting the table
chores	inside chores	food preparation	2.0	cooking - standing
chores	inside chores	food preparation	2.3	washing or clearing dishes
chores	inside chores	food preparation	2.0	making recess or lunch
chores	inside chores	inside chores nec	2.5	fixing things up (eg bike/toys/mechanical work on car etc)
chores	inside chores	inside chores nec	3.0	getting ready to leave (eg close windows/shut/lock doors)
chores	inside chores	inside chores nec	3.0	loading/unloading car
chores	inside chores	inside chores nec	3.5	unpacking boxes
chores	inside chores	inside chores nec	3.5	bathing dog
chores	inside chores	inside chores nec	2.5	building a fire in a fireplace
chores	inside chores	inside chores nec	4.5	painting - inside the house
chores	inside chores	inside chores nec	2.3	putting up the christmas tree
chores	inside chores	inside chores nec	3.4	sewing with machine
chores	inside chores	inside chores nec	1.5	knitting or sewing
chores	inside chores	inside chores nec	6.0	carrying very heavy items (eg moving furniture)

chores	inside chores	inside chores nec	2.5	feeding or caring for pets/farm animals (eg brushing)
chores	inside chores	inside chores nec	2.5	packing/unpacking bag
chores	inside chores	laundry	2.0	hanging out washing
chores	inside chores	laundry	2.0	doing the laundry
chores	inside chores	laundry	2.3	ironing
chores	inside chores	shopping-related	2.5	putting away or carrying groceries
chores	inside chores	shopping-related	2.3	shopping
chores	outside chores	garden	5.5	mowing lawn
chores	outside chores	garden	5.0	wheelbarrowing
chores	outside chores	garden	4.3	raking leaves
chores	outside chores	garden	4.0	gardening
chores	outside chores	garden	2.5	fertilising/seeding/watering lawn
chores	outside chores	garden	3.0	picking flowers fruit or vegetables
chores	outside chores	garden	3.5	using garden power tools (eg power cutter/leaf blower/edger/snow blower)
chores	outside chores	garden	5.0	shoveling/digging
chores	outside chores	garden	4.5	pulling up weeds
chores	outside chores	garden	2.5	watering plants
chores	outside chores	non-garden	5.0	carrying/loading/stacking wood
chores	outside chores	non-garden	6.0	chopping wood
chores	outside chores	non-garden	6.0	using a chainsaw
chores	outside chores	non-garden	5.0	cleaning the gutters
chores	outside chores	non-garden	6.0	shovelling snow
chores	outside chores	non-garden	5.0	painting - outside the house
chores	outside chores	non-garden	4.0	carrying sports equipment
chores	outside chores	non-garden	2.5	filling car with petrol/gas
chores	outside chores	non-garden	3.0	washing car or windows
chores	outside chores	non-garden	4.0	sweeping outside
physical activity	play	animals	2.5	playing with animals - sitting
physical activity	play	animals	2.8	playing with animals - walk/run - light
physical activity	play	animals	4.0	playing with animals - walk/run - medium
physical activity	play	animals	5.0	playing with animals - walk/run - hard
physical activity	play	games	3.0	quoits
physical activity	play	games	3.8	totem tennis - light
physical activity	play	games	5.0	totem tennis - medium
physical activity	play	games	6.3	totem tennis - hard
physical activity	play	games	3.0	hacky sack - light



physical activity	play	games	4.0	hacky sack - medium
physical activity	play	games	5.0	hacky sack - hard
physical activity	play	games	1.9	playing catch - light
physical activity	play	games	2.5	playing catch - medium
physical activity	play	games	3.2	playing catch - hard
physical activity	play	games	3.0	mini golf or putt putt
physical activity	play	games	4.5	paddleball - light
physical activity	play	games	6.0	paddleball - medium
physical activity	play	games	7.5	paddleball - hard
physical activity	play	games	2.3	frisbee (general) - light
physical activity	play	games	3.0	frisbee (general) - medium
physical activity	play	games	3.8	frisbee (general) - hard
physical activity	play	games	6.0	frisbee (ultimate) - light
physical activity	play	games	8.0	frisbee (ultimate) - medium
physical activity	play	games	10.0	frisbee (ultimate) - hard
physical activity	play	games	2.5	pool/billiards/snooker
physical activity	play	games	3.0	table tennis - light
physical activity	play	games	4.0	table tennis - medium
physical activity	play	games	5.0	table tennis - hard
physical activity	play	games	3.0	tenpin bowling
physical activity	play	games	4.0	juggling
physical activity	play	games	2.5	darts
physical activity	sport	dance	4.9	dancing (general) - light
physical activity	sport	dance	6.5	dancing (general) - medium
physical activity	sport	dance	8.1	dancing (general) - hard
physical activity	sport	dance	3.6	ballet - light
physical activity	sport	dance	4.8	ballet - medium
physical activity	sport	dance	6.0	ballet - hard
physical activity	sport	dance	3.6	tap/jazz dancing - light
physical activity	sport	dance	4.8	tap/jazz dancing - medium
physical activity	sport	dance	6.0	tap/jazz dancing - hard
physical activity	sport	gym	3.0	lifting weights - light
physical activity	sport	gym	4.0	lifting weights - medium
physical activity	sport	gym	5.0	lifting weights - hard
physical activity	sport	gym	3.5	gym - stationary rowing - light
physical activity	sport	gym	7.0	gym - stationary rowing - medium

physical activity	sport	gym	8.5	gym - stationary rowing - hard
physical activity	sport	gym	3.8	gym - elliptical trainer - light
physical activity	sport	gym	5.1	gym - elliptical trainer - medium
physical activity	sport	gym	6.4	gym - elliptical trainer - hard
physical activity	sport	gym	2.0	fitball exercises - light
physical activity	sport	gym	2.7	fitball exercises - medium
physical activity	sport	gym	3.4	fitball exercises - hard
physical activity	sport	gym	5.5	gym - stationary cycling/bike - light
physical activity	sport	gym	7.0	gym - stationary cycling/bike - medium
physical activity	sport	gym	8.8	gym - stationary cycling/bike - hard
physical activity	sport	gym	4.8	gym - push ups/sit ups/pull ups etc - light
physical activity	sport	gym	6.4	gym - push ups/sit ups/pull ups etc - medium
physical activity	sport	gym	8.0	gym - push ups/sit ups/pull ups etc - hard
physical activity	sport	gym	8.0	gym - circuit training with minimal rest
physical activity	sport	gym	5.3	gym - ski machine - light
physical activity	sport	gym	7.0	gym - ski machine - medium
physical activity	sport	gym	8.8	gym - ski machine - hard
physical activity	sport	gym	6.8	gym - stair machine - light
physical activity	sport	gym	9.0	gym - stair machine - medium
physical activity	sport	gym	11.3	gym - stair machine - hard
physical activity	sport	gym	8.0	skipping/jump rope - light
physical activity	sport	gym	10.0	skipping/jump rope - medium
physical activity	sport	gym	12.0	skipping/jump rope - hard
physical activity	sport	gym	5.0	aerobics/health hustle - light
physical activity	sport	gym	7.0	aerobics/health hustle - medium
physical activity	sport	gym	8.5	aerobics/health hustle - hard
physical activity	sport	gym	3.5	light home exercises (eg back exercises)
physical activity	sport	gym	2.5	stretching exercises
physical activity	sport	gym	2.5	tai chi/yoga
physical activity	sport	gym	3.0	gymnastics - light
physical activity	sport	gym	4.0	gymnastics - medium
physical activity	sport	gym	5.0	gymnastics - hard
physical activity	sport	gym	7.5	karate/martial arts/judo/kick boxing - light
physical activity	sport	gym	10.0	karate/martial arts/judo/kick boxing - medium
physical activity	sport	gym	12.5	karate/martial arts/judo/kick boxing - hard
physical activity	sport	gym	4.5	using a punching bag - light

physical activity	sport	gym	6.0	using a punching bag - medium
physical activity	sport	gym	7.5	using a punching bag - hard
physical activity	sport	miscellaneous sports	6.0	rockclimbing - light
physical activity	sport	miscellaneous sports	8.0	rockclimbing - medium
physical activity	sport	miscellaneous sports	11.0	rockclimbing - hard
physical activity	sport	miscellaneous sports	3.5	archery
physical activity	sport	miscellaneous sports	3.0	horseback riding - light
physical activity	sport	miscellaneous sports	4.0	horseback riding - medium
physical activity	sport	miscellaneous sports	5.0	horseback riding - hard
physical activity	sport	miscellaneous sports	8.0	horse racing - galloping
physical activity	sport	miscellaneous sports	6.5	horse racing - trotting
physical activity	sport	miscellaneous sports	2.6	horse racing - walking
physical activity	sport	miscellaneous sports	3.4	golf - light
physical activity	sport	miscellaneous sports	4.5	golf - medium
physical activity	sport	miscellaneous sports	5.6	golf - hard
physical activity	sport	partner sports	5.3	racquetball - light
physical activity	sport	partner sports	7.0	racquetball - medium
physical activity	sport	partner sports	8.8	racquetball - hard
physical activity	sport	partner sports	9.0	squash - light
physical activity	sport	partner sports	12.0	squash - medium
physical activity	sport	partner sports	15.0	squash - hard
physical activity	sport	partner sports	5.3	tennis (court) - light
physical activity	sport	partner sports	7.0	tennis (court) - medium
physical activity	sport	partner sports	8.8	tennis (court) - hard
physical activity	sport	partner sports	3.4	badminton - light
physical activity	sport	partner sports	4.5	badminton - medium
physical activity	sport	partner sports	5.6	badminton - hard
physical activity	sport	partner sports	2.5	croquet
physical activity	sport	snow sports	4.0	snowboarding - light
physical activity	sport	snow sports	5.3	snowboarding - medium
physical activity	sport	snow sports	6.6	snowboarding - hard
physical activity	sport	snow sports	6.4	snowshoeing - light
physical activity	sport	snow sports	8.5	snowshoeing - medium
physical activity	sport	snow sports	10.6	snowshoeing - hard
physical activity	sport	snow sports	5.5	ice skating - light
physical activity	sport	snow sports	7.0	ice skating - medium

physical activity	sport	snow sports	9.0	ice skating - hard
physical activity	sport	snow sports	7.0	skiing (cross-country) - light
physical activity	sport	snow sports	8.0	skiing (cross-country) - medium
physical activity	sport	snow sports	9.0	skiing (cross-country) - hard
physical activity	sport	snow sports	5.0	skiing (downhill) - light
physical activity	sport	snow sports	6.0	skiing (downhill) - medium
physical activity	sport	snow sports	8.0	skiing (downhill) - hard
physical activity	sport	snow sports	7.0	speed skating (competitive) - light
physical activity	sport	snow sports	9.0	speed skating (competitive) - medium
physical activity	sport	snow sports	15.0	speed skating (competitive) - hard
physical activity	sport	snow sports	5.3	bobsled toboggan luge - light
physical activity	sport	snow sports	7.0	bobsled toboggan luge - medium
physical activity	sport	snow sports	8.8	bobsled toboggan luge - hard
physical activity	sport	snow sports	3.0	curling - light
physical activity	sport	snow sports	4.0	curling - medium
physical activity	sport	snow sports	5.0	curling - hard
physical activity	sport	snow sports	6.0	hockey (ice) - light
physical activity	sport	snow sports	8.0	hockey (ice) - medium
physical activity	sport	snow sports	10.0	hockey (ice) - hard
physical activity	sport	team sports	3.8	baseball - light
physical activity	sport	team sports	5.0	baseball - medium
physical activity	sport	team sports	6.3	baseball - hard
physical activity	sport	team sports	6.0	basketball - light
physical activity	sport	team sports	8.0	basketball - medium
physical activity	sport	team sports	10.0	basketball - hard
physical activity	sport	team sports	3.8	cricket - light
physical activity	sport	team sports	5.0	cricket - medium
physical activity	sport	team sports	6.3	cricket - hard
physical activity	sport	team sports	6.0	football (Australian/Gaelic/American) - light
physical activity	sport	team sports	8.0	football (Australian/Gaelic/American) - medium
physical activity	sport	team sports	10.0	football (Australian/Gaelic/American) - hard
physical activity	sport	team sports	7.5	rugby league - light
physical activity	sport	team sports	10.0	rugby league - medium
physical activity	sport	team sports	12.5	rugby league - hard
physical activity	sport	team sports	7.5	rugby union - light
physical activity	sport	team sports	10.0	rugby union - medium

physical activity	sport	team sports	12.5	rugby union - hard
physical activity	sport	team sports	5.3	soccer (field/indoor) - light
physical activity	sport	team sports	7.0	soccer (field/indoor) - medium
physical activity	sport	team sports	8.8	soccer (field/indoor) - hard
physical activity	sport	team sports	6.0	European handball (team) - light
physical activity	sport	team sports	8.0	European handball (team) - medium
physical activity	sport	team sports	10.0	European handball (team) - hard
physical activity	sport	team sports	6.0	hockey (field) - light
physical activity	sport	team sports	8.0	hockey (field) - medium
physical activity	sport	team sports	10.0	hockey (field) - hard
physical activity	sport	team sports	6.0	lacrosse - light
physical activity	sport	team sports	8.0	lacrosse - medium
physical activity	sport	team sports	10.0	lacrosse - hard
physical activity	sport	team sports	3.0	lawn bowls
physical activity	sport	team sports	6.0	netball - light
physical activity	sport	team sports	8.0	netball - medium
physical activity	sport	team sports	10.1	netball - hard
physical activity	sport	team sports	4.0	coaching (eg football/soccer/basketball)
physical activity	sport	team sports	3.8	softball or t-ball - light
physical activity	sport	team sports	5.0	softball or t-ball - medium
physical activity	sport	team sports	6.3	softball or t-ball - hard
physical activity	sport	team sports	3.0	volleyball (court) - light
physical activity	sport	team sports	4.0	volleyball (court) - medium
physical activity	sport	team sports	5.0	volleyball (court) - hard
physical activity	sport	team sports	6.0	volleyball (beach) - light
physical activity	sport	team sports	8.0	volleyball (beach) - medium
physical activity	sport	team sports	10.0	volleyball (beach) - hard
physical activity	sport	team sports	6.0	touch football - light
physical activity	sport	team sports	8.0	touch football - medium
physical activity	sport	team sports	10.0	touch football - hard
physical activity	sport	track and field	4.5	athletics (track and field): jumping - light
physical activity	sport	track and field	6.0	athletics (track and field): jumping - medium
physical activity	sport	track and field	7.5	athletics (track and field): jumping - hard
physical activity	sport	track and field	7.5	athletics (track and field): hurdles steeplechase - light
physical activity	sport	track and field	10.0	athletics (track and field): hurdles steeplechase - medium
physical activity	sport	track and field	12.5	athletics (track and field): hurdles steeplechase - hard

physical activity	sport	track and field	3.0	athletics (track and field): throwing - light
physical activity	sport	track and field	4.0	athletics (track and field): throwing - medium
physical activity	sport	track and field	5.0	athletics (track and field): throwing - hard
physical activity	sport	track and field	6.8	orienteering - light
physical activity	sport	track and field	9.0	orienteering - medium
physical activity	sport	track and field	11.3	orienteering - hard
physical activity	sport	track and field	8.0	running/jogging - light
physical activity	sport	track and field	10.0	running/jogging - medium
physical activity	sport	track and field	12.5	running/jogging - hard
physical activity	sport	track and field	4.9	race walking - light
physical activity	sport	track and field	6.5	race walking - medium
physical activity	sport	track and field	8.1	race walking - hard
physical activity	sport	water sports	2.0	sailboard/windsurfing - light
physical activity	sport	water sports	3.0	sailboard/windsurfing - medium
physical activity	sport	water sports	5.0	sailboard/windsurfing - hard
physical activity	sport	water sports	4.5	water skiing - light
physical activity	sport	water sports	6.0	water skiing - medium
physical activity	sport	water sports	7.5	water skiing - hard
physical activity	sport	water sports	7.0	jetskiing
physical activity	sport	water sports	2.3	sailing/boating - light
physical activity	sport	water sports	3.0	sailing/boating - medium
physical activity	sport	water sports	3.8	sailing/boating - hard
physical activity	sport	water sports	3.0	rowing/canoeing - light
physical activity	sport	water sports	7.0	rowing/canoeing - medium
physical activity	sport	water sports	12.0	rowing/canoeing - hard
physical activity	sport	water sports	3.8	kayaking - light
physical activity	sport	water sports	5.0	kayaking - medium
physical activity	sport	water sports	6.3	kayaking - hard
physical activity	sport	water sports	7.0	skindiving (SCUBA) - light
physical activity	sport	water sports	12.5	skindiving (SCUBA) - medium
physical activity	sport	water sports	16.0	skindiving (SCUBA) - hard
physical activity	sport	water sports	3.8	snorkeling - light
physical activity	sport	water sports	5.0	snorkeling - medium
physical activity	sport	water sports	6.3	snorkeling - hard
physical activity	sport	water sports	2.3	surfing (body or board) - light
physical activity	sport	water sports	3.0	surfing (body or board) - medium

physical activity	sport	water sports	3.8	surfing (body or board) - hard
physical activity	sport	water sports	7.0	swimming laps - light
physical activity	sport	water sports	10.0	swimming laps - medium
physical activity	sport	water sports	11.0	swimming laps - hard
physical activity	sport	water sports	3.8	whitewater rafting - light
physical activity	sport	water sports	5.0	whitewater rafting - medium
physical activity	sport	water sports	6.3	whitewater rafting - hard
physical activity	sport	water sports	3.0	swimming (playing in pool) - light
physical activity	sport	water sports	4.0	swimming (playing in pool) - medium
physical activity	sport	water sports	5.0	swimming (playing in pool) - hard
physical activity	sport	water sports	3.0	water aerobics - light
physical activity	sport	water sports	4.0	water aerobics - medium
physical activity	sport	water sports	5.0	water aerobics - hard
physical activity	sport	water sports	7.5	water polo - light
physical activity	sport	water sports	10.0	water polo - medium
physical activity	sport	water sports	12.5	water polo - hard
physical activity	sport	water sports	2.5	fishing - sitting
physical activity	sport	water sports	3.0	fishing - standing
physical activity	sport	water sports	3.0	fishing - in the water with waders

**Table OS2:** MARCA activity domain hierarchy

**Online Supplement** – Full text evaluation and exclusion decisions

**Not Original Research**

Author	Year	Title	Citation
	1965	Home and clinic care of patients with chronic obstructive lung disease.	Aspen Emphysema Conference 8: 28-34.
Traver, G. A.	1975	Living with chronic respiratory disease.	Am J Nurs 75 (10): 1777-1781, 1794.
Callahan, M.	1982	C.O.P.D. makes a bad first impression, but you'll find wonderful people underneath.	Nursing 12(5): 67-72.
	1984	Coping with COPD.	Patient Care 18(11): 185-185.
	1984	Exercise, diet, and COPD.	Patient Care 18(20): 123.
Branscomb, B. V. & Weems, B. P.	1986	Home care and COPD: patient responsibility.	Respir Ther 16(5): 11-13.
Burns, M. R.	1987	Cruising with COPD.	Am J Nurse 87(4): 479-482.
Hoffman, L. A. et al.	1989	Daily living with COPD. Self-help skills to improve functional ability.	Postgrad Med 86(6): 153-154.
Brown, S. & Mann, R.	1990	Breaking the cycle--control of breathlessness in chronic lung disease.	Professional nurse (London, England) 5 (6): 325-328.
Bencini, S. et al.	1992	Quality of life measurement in chronic obstructive pulmonary diseases: Instruments and issues.	Giornale Italiano della Malattie del Torace 46 (4): 249-256.
Drummond, G. B.	1992	Body composition and exercise performance in patients with chronic obstructive pulmonary disease (COPD).	Thorax 47(1): 66.
Garcia Rio, F. J. et al.	1992	[Effects of sleep on chronic obstructive pulmonary disease].	Med Clin (Barc) 99(5): 188-193.
Hodgkin, J. E. et al.	1992	Your role in COPD home care.	Patient Care 26(5): 147.
	1992	Blowing balloons for better breathing.	Hosp Pract 27 (9): 252.
	1992	Living with COPD: a few practical guidelines.	Patient Care 26(2): 59-60.
Mitchell, F. et al.	1993	[Evaluation of the quality of life in persons with COPD].	Rev Mal Respir 10(2): 147-153.
Jones, P. W.	1995	Issues concerning health-related quality of life in COPD.	CHEST 107(5): 187S-193.
Yohannes, A. M. et al.	1997	Predictors of functional disability in elderly patients with chronic obstructive pulmonary disease.	Physiother 83 (7): 353.
Cannon, C. A. & Cavanaugh, J.C.	1998	Chronic illness in the context of marriage: A systems perspective of stress and coping in chronic obstructive pulmonary disease.	Fam Syst Health 16(4): 401-418.



Carr-Lopez, S. et al.	1998	Medication use in home care patients with COPD.	Home Care Provid 3(3): 144-148.
Epler, G. R. M., E.J.	1998	Case records of the Massachusetts General Hospital. Weekly clinicopathological exercises. Case 11-1998. A 35-year-old woman with obstructive pulmonary disease and cystic changes on CT scans of the chest.	N Engl J Med 338 (15): 1051-1058.
Garvey, C.	1998	COPD and exercise.	Lippincott's Prim Care Pract 2(6): 589-598.
	1998	Comparison of outcome measures for patients with chronic obstructive pulmonary disease (copd) in an outpatient setting.	Resp Care 43(3): 168.
	1998	Strategies in preserving lung health and preventing COPD and associated diseases. The National Lung Health Education Program (NLHEP).	Chest 113(2 Suppl): 123S-163S.
Asplund, R.	1999	Sleep disorders in the elderly.	Drugs Aging 14(2): 91-103.
D'Urzo, A. D.	1999	Exercise limitation in chronic obstructive pulmonary disease (COPD).	Am J Respir Crit Care Med 160(2): 756.
Masa Jimenez, J. F.	1999	[Respiratory sleep disorders in COPD].	Archivos de Bronconeumologia 35 Suppl 3: 28-33.
	1999	Rx for COPD.	J Sport Exerc Psychol 21(2): 177.
	1999	Breathing better with COPD: respiratory series, National Educational Video.	
Coons, S. J. et al.	2000	A comparative review of generic quality-of-life instruments.	Pharmacoeconomics 17(1): 13-35.
Corrado, O. J.	2000	Caring for older hospital-at-home patients.	Age Ageing 29 (2): 97-98.
	2000	Overcoming shortness of breath.	Nursing 30 (8): 20.
	2000	Exercise for COPD.	Health news (Waltham, Mass.) 6 (11): 8.
Anderson, J. P.	2001	Activity limitations reported in the National Health Interview Survey: An anomaly and its effect on estimates of national well-being [1].	Am J Pub Health 91(7): 1135-1136.
Steiner, M. C. & Morgan, M.D.	2001	Enhancing physical performance in chronic obstructive pulmonary disease.	Thorax 56(1): 73-77.
Braghiroli, A. & Alvarez-Sala, R.	2002	Sleep disordered breathing and COPD.	Sleep Breath 6(1): 1-2.
Dekhuijzen, P. N. R.	2002	The Confronting COPD International Survey: Patients hardly know they have COPD.	Eur Respir J 20 (4): 793-794.
Sanjuas, C.	2002	[Dyspnea and quality of life in chronic obstructive pulmonary disease].	Arch Bronconeumol 38(10): 485-488.
Ayalon, L.	2003	Providing Care in the End of Life.	Clin Case Stud 2(2): 107-126.
Booker, R.	2003	Nurses play 'pivotal' role in COPD.	Br J Nurs (BJN) 12(18): 1062.

Burckhardt, C. S. & Anderson, K.L.	2003	The Quality of Life Scale (QOLS): Reliability, validity, and utilization.	Health Qual Life Outcomes 1(23).
Carlson, B. W. & Mascarella, J.J.	2003	Change in Sleep Patterns in COPD.	Am J Nurse 103(12): 71-74.
Carlson, B. W. & Mascarella, J.J.	2003	Living with illness. Changes in sleep patterns in COPD: a new vital sign in the management of people with chronic obstructive pulmonary disease.	Am J Nurse 103(12): 71.
Celli, B. R.	2003	A 62-Year-Old Woman with Chronic Obstructive Pulmonary Disease.	JAMA 290(20): 2721-2729.
Crockett, A.	2003	Coping with chronic obstructive pulmonary disease.	J Mens Health 2 (1): 20-23.
Crouch, D.	2003	'We're empowering, patients with COPD'.	Nurs Times 99(31): 38-39.
Hussey, J. & Wilson, F.	2003	Measurement of activity levels is an important part of physiotherapy assessment.	Physiother 89(10): 585-593.
Laursen, L. C. & Dirksen, A.	2003	Chronic obstructive pulmonary disease - An overlooked lifestyle disease. [Danish].	Ugeskrift for Laeger 165 (37): 3497.
Moy, M. L. et al.	2003	Ambulatory monitoring of cumulative free-living activity.	IEEE EngMed Biol Mag 22(3): 89-95.
	2003	COPD: three effective steps to relief.	Johns Hopkins Med Lett Health After 50 15 (1): 3, 7.
Bourbeau, J. et al.	2004	Self-management and behaviour modification in COPD.	Patient Educ Couns 52 (3): 271-277.
Coleman, K.	2004	Bodies in motion.	J Rehabil Res Devel 41(2): xi; author reply xii.
Fanfulla, F. et al.	2004	Sleep disordered breathing in patients with chronic obstructive pulmonary disease.	Minerva Medica 95(4): 307-321.
Karlin, C.	2004	Bodies in motion.	J Rehabil Res Dev 41(2): xi-xii; author reply xii.
Partridge, M. R.	2004	Living with COPD: The patients' perspective.	Eur Respir Rev 13(88): 1-5.
Sankaranarayanan, V. et al.	2004	Predicting outcomes in chronic obstructive pulmonary disease.	N Engl J Med 350(22): 2308-2310; author reply 2308-2310.
	2004	Patient advice. Chronic obstructive pulmonary disease (COPD) and exercise.	SportEX Health(19): 17-17.
Barnett, M.	2005	Caring for a patient with COPD: a reflective account.	Nurs Stand 19(36): 41-46.
Bhullar, S. & Phillips B.	2005	Sleep in COPD patients.	COPD 2(3): 355-361.
Booker, R.	2005	Care of chronic conditions. Chronic obstructive pulmonary disease: non-pharmacological approaches.	Br J Nurs 14(1): 14-18.
Palomba, B.	2005	[Question 4-7. Activities of daily living in patients with chronic obstructive pulmonary disease].	Rev Mal Respir 22(5 Pt 3): 7S86.
Palomba, B.	2005	Question 4-7. Daily life activities.	Question 4-7. Les activités de la vie journalière 22(5 C3).

Vanhees, L et al.	2005	How to assess physical activity? How to assess physical fitness.	Eur J Cardiovasc Prev Rehabil 12(2): 102-114.
Varray, A.	2005	Question 3-6. Physical activity questionnaires - Application in COPD.	Question 3-6. Les questionnaires d'activité physique - Application aux BPCO 22(5 C3): 7S47-47S53.
	2005	Statement on home care for patients with respiratory disorders.	Am J Respir Crit Care Med 171(12): 1443-1464.
	2005	Independent Nurse: Patients fear hospital above symptoms.	GP: General Practitioner: 91-92.
Adams, S. G.	2006	Managing COPD to improve quality of life.	Drug Benefit Trends 18 (4): 259-265.
Calverley, P. M. A.	2006	Caring for the burden of COPD.	Thorax. 61: 831-832.
Corbo, G. M.	2006	Chronic obstructive pulmonary disease and asthma in the primary care setting: simple questionnaires can promote patient awareness and provide feedback to physicians.	Respiration 73(3): 277-278.
Dahlin, C.	2006	It takes my breath away end-stage COPD. Part 2: pharmacologic and nonpharmacologic management of dyspnea and other symptoms.	Home Healthc Nurse 24(4): 218-224; quiz 225-216.
Dahlin, C.	2006	It takes my breath away: end-stage COPD. Part 1: a case study and an overview of COPD.	Home Healthc Nurse 24(3): 148-155; quiz 156-147.
Foy, C. G. et al.	2006	The Reconditioning Exercise and Chronic Obstructive Pulmonary Disease Trial II (REACT II): rationale and study design for a clinical trial of physical activity among individuals with chronic obstructive pulmonary disease.	Contemp Clin Trials 27(2): 135-146.
Goldstein, R.	2006	Physical activity, spirometry and quality-of-life in chronic obstructive pulmonary disease.	COPD 3(2): 71-72.
O'Donnell, D. E.	2006	Journal of Aging and Physical Activity: Introduction.	Proc Am ThoraciSoc 3(2): 175.
Pitta, F. et al.	2006	Quantifying physical activity in daily life with questionnaires and motion sensors in COPD.	Eur Respir J 27(5): 1040-1055.
Reardon, J. Z. et al.	2006	Functional status and quality of life in chronic obstructive pulmonary disease.	Am J Med 119(10 Suppl 1): 32-37.
Swisher, A. K.	2006	Study of energy expenditure during activities of daily living using and not using body position recommended by energy conservation techniques in patients with COPD.	Cardiopulmon Phys Ther J 17(4): 139-139.
Varray, A.	2006	Improving Health Status Through Physical Activity for Individuals With Chronic Pulmonary Diseases.	Adapt Phys Activ Q 23(2): 112-128.
Abramson, M. et al.	2007	Managing chronic obstructive pulmonary disease.	Aust Prescr 30 (3): 64-67.
Appel, K.	2007	Elderly patients with COPD tend to increased resting energy expenditure. [German].	Pneumologie 61 (12): 754.
Berry, M. J.	2007	The relationship between exercise tolerance and other outcomes in COPD.	COPD 4(3): 205-216.
Boggia, B. et al.	2007	Burden of copd on health profiles in different work attvities.	G Ital Med Lav Ergon 29(3): 835-836.
Bourbeau, J. & Nault D.	2007	Self-Management Strategies in Chronic Obstructive Pulmonary Disease.	Clin Chest Med 28 (3): 617-628.

Bruce, M. L. & McEvoy, P.	2007	COPD Your Role in Early Detection.	Nurse Practit 32(11): 24-34.
Casaburi, R.	2007	Activity monitoring in assessing activities of daily living.	COPD 4(3): 251-255.
Corsonello, A. et al.	2007	Functional status in chronic obstructive pulmonary disease.	Am J Med 120(10): e9; author reply e11.
Davidson, M. & de Morton, N.	2007	A systematic review of the human activity profile.	Clin Rehabil 21(2): 151-162.
de Vries, U. & Petermann, F.	2007	[How do patients with COPD circumvent their disease? Psychological factors].	Dtsch Med Wochenschr 132(31-32): 1639-1643.
García Rfo, F.	2007	Daily living activity in COPD: A new parameter to be evaluated?	Med Clin 129(9): 337-338.
Goodell, T. T.	2007	Sexuality in Chronic Lung Disease.	Nurs Clin North Am 42(4): 631-638.
Plasqui, G. & Westerterp, K.R.	2007	Physical activity assessment with accelerometers: An evaluation against doubly labeled water.	Obesity 15(10): 2371-2379.
Stull, D. E. et al.	2007	Measuring functional performance in patients with COPD: A discussion of patient-reported outcome measures.	Curr Med Res Opin 23(11): 2655-2665.
ZuWallack, R.	2007	How are you doing? What are you doing? Differing perspectives in the assessment of individuals with COPD.	COPD 4(3): 293-297.
Aguirre-Kelley, L.	2008	Coming of age. Energy conservation for the COPD patient.	AARC Times 32(11): 24.
Agusti, A.	2008	Physical activity and chronic obstructive pulmonary disease.	Am J Respir Crit Care Med 177(7): 675-676.
Bidwell, B. & Schlosser J.	2008	Sleep waves. Sleep and COPD.	AARC Times 32(11): 16.
Gosker, H. R. & Schols, A.	2008	The major limitation to exercise performance in COPD is inadequate energy supply to the respiratory and locomotor muscles vs. lower limb muscle dysfunction vs. dynamic hyperinflation. Missing pieces.	J Appl Physiol 105(2): 761.
Janssen, D. J. A. et al.	2008	Daily symptom burden in end-stage chronic organ failure: A systematic review.	Palliat Med 22(8): 938-948.
Kaptein, A. A. et al.	2008	Illness perceptions and COPD: An emerging field for COPD patient management.	J Asthma 45(8): 625-629.
Morgan, M.	2008	Life in slow motion: quantifying physical activity in COPD.	Thorax. 63: 663-664.
Prince, S. A. et al.	2008	"A comparison of direct versus self-report measures for assessing physical activity in adults: A systematic review."	Int J Behav Nutr Phys Act 5.
Rozenbaum, W. V.	2008	Patients with chronic obstructive pulmonary disease: Between reality and expectations - A patient's perspective.	Dis Manage Health Outcomes 16 (5): 353-358.
Westerterp, K. R.	2008	Physical activity as determinant of daily energy expenditure.	Physio Behav 93(4-5): 1039-1043.
	2008	Respiratory nursing. Disturbed sleep for patients with COPD.	Nursing Times 104(9): 38-38.

	2008	Summaries for Patients. Effects of home-based pulmonary rehabilitation in patients with chronic obstructive lung disease.[Original report in Ann Intern Med. 2008 Dec 16;149(12):869-78; PMID: 19075206].	Ann Int Med 149(12): 156.
Benzo, R.	2009	Activity monitoring in chronic obstructive pulmonary disease.	J Cardiopul Rehabil Prev 29(6): 341-347.
Blumenthal, J. A. et al.	2009	Caregiver-assisted coping skills training for patients with COPD: background, design, and methodological issues for the INSPIRE-II study.	Clin Trials 6(2): 172-184.
Bourbeau, J.	2009	Activities of life: the COPD patient.	COPD 6(3): 192-200.
Esteban, C.	2009	[Role of physical activity in chronic obstructive pulmonary disease].	Arch Bronconeumol 45 Suppl 5: 7-13.
Guirao-Goris, J. A. et al.	2009	Structured review of physical activity measurement with questionnaires and scales in older adults and the elderly.	Grac Sanit 23(4): 334.e331-334.e317.
Langer, D. et al.	2009	Quantifying physical activity in COPD: different measures for different purposes.	Thorax 64(5): 458; author reply 458-459.
Pairon, J. C. et al.	2009	COPD and work.	Rev Mal Respir Actual (SUPPL. 2): S118-S120.
Roche, N.	2009	Activity limitation: a major consequence of dyspnoea in COPD.	Eur Respir Rev 18(112): 54-57.
Troosters, T.	2009	Physical activity monitoring: a new outcome facing many challenges, but yielding promising results.	COPD 6(2): 82-83.
Vogiatzis, I. & Zakyntinos, S.	2009	Physical inactivity: common pathway to peripheral muscle weakness in chronic respiratory diseases?	Eur Respir J 34(6): 1213-1214.
Walker, P.	2009	Use of pedometers to measure activity in COPD patients -- a step too far?	Chron Respir Dis 6(4): 199-200.
Watz, H. et al.	2009	Physical activity in patients with COPD.[Erratum appears in Eur Respir J. 2010 Aug;36(2):462].	Eur Respir J 33(2): 262-272.
Zuwallack, R. L.	2009	How do we increase activity and participation in our patients?	Semin Respi Crit Care Med 30(6): 708-712.
Adami, P. E. et al.	2010	The role of physical activity in the prevention and treatment of chronic diseases.	Clin Ter 161 (6): 537-541.
Bajwa, A. A. et al.	2010	A 19-year-old man with severe obstructive lung disease.	Respir Med CME 3 (3): 153-155.
Barczok, M.	2010	[Physical exercise is essential for COPD-patients].	MMW Fortschr Med 152(48): 45-46.
Christiansen, S. & Frederiksen, K.	2010	How patients with chronic obstructive pulmonary disease (COPD) experience dyspnea [Danish].	Sygeplejersken 110(13): 70-81.
Duran-Cantolla, J. et al.	2010	[Chronic obstructive pulmonary disease and sleep apneas].	Arch Bronconeumol 46 Suppl 3: 2-10.
Gardiner, C. et al.	2010	Exploring the care needs of patients with advanced COPD: An overview of the literature.	Respir Med 104 (2): 159-165.
Koehler, U. et al.	2010	Sport activities of patients with severe COPD in an outpatient setting only possible with self-guidance?	Pulmonologia 64(3): 194-195.

Terrie, Y. C.	2010	Coping with chronic obstructive pulmonary disease.	Pharm Times 76(4).
Thomas, M. J. et al.	2010	The impact of home-based physiotherapy interventions on breathlessness during activities of daily living in severe COPD: a systematic review.	Physiotherapy 96(2): 108-119.
Vuillemin, A. & Pierre, M.C.	2010	Added value of the daily physical activity measurement in the evaluation of a chronic respiratory disease.	Rev Mal Respir Actual 2(6): 601-603.
Yang, C. C. & Hsu, Y.L.	2010	A review of accelerometry-based wearable motion detectors for physical activity monitoring.	Sensors 10(8): 7772-7788.
	2010	Chronic obstructive pulmonary disease: it takes your breath away.	Harv Mens Health Watch 14 (7): 1-4.
Agusti, A. et al.	2011	Night-time symptoms: A forgotten dimension of COPD.	Euro Respir Rev 20(121): 183-194.
Berman, A. R.	2011	Management of Patients with End-Stage Chronic Obstructive Pulmonary Disease.	Prim Care 38 (2): 277-297.
Bhatti, Z. U. et al.	2011	Chronic diseases influence major life changing decisions: A new domain in quality of life research.	J R Soc Med 105(6): 241-250.
Bossenbroek, L. et al.	2011	Daily physical activity in patients with chronic obstructive pulmonary disease: A systematic review.	COPD 8 (4): 306-319.
Casaburi, R.	2011	Activity promotion: a paradigm shift for chronic obstructive pulmonary disease therapeutics.	Proc Am Thorac Soc 8(4): 334-337.
Cooke, J. R. & Ancoli-Israel, S.	2011	Chapter 41 - Normal and abnormal sleep in the elderly.	Handbook of Clinical Neurology. M. Pasquale and C. Sudhansu, Elsevier. Volume 98: 653-665.
Gimeno-Santos, E. et al.	2011	Validity of instruments to measure physical activity may be questionable due to a lack of conceptual frameworks: A systematic review.	Health Qual Life Outcomes 9.
Jones, P. W.	2011	COPD: Functional status, health status and primary care.	Prim Care Respir J 20 (3): 227-228.
Ruhle, K. H. et al.	2011	Telemedicine and training in COPD. [German].	Pneumologie 65 (10): 596-601.
Troosters, T. et al.	2011	Assessing the impact of tiotropium on lung function and physical activity in GOLD stage II COPD patients who are naïve to maintenance respiratory therapy: A study protocol.	Open Respir Med J 5(1): 1-9.
Tudor-Locke, C. et al.	2011	How many steps/day are enough? For older adults and special populations.	Int J Behavi Nutr Phys Act 8.
Vorrink, S. N. W. et al.	2011	Level of daily physical activity in individuals with COPD compared with healthy controls.	Respir Res : 33.
Wouters, E. F. et al.	2011	Survival and Physical Activity in COPD: A Giant Leap Forward!	CHEST 140(2): 279-281.
Giacomini, M. et al.	2012	"Experiences of living and dying with COPD: a systematic review and synthesis of the qualitative empirical literature."	Ont Health Technol Assess Ser 12(13): 1-47.
Taraldsen, K et al.	2012	Physical activity monitoring by use of accelerometer-based body-worn sensors in older adults: A systematic literature review of current knowledge and applications.	Maturitas 71(1): 13-19.

**Table OS3.1:** Not Original Research

## No COPD Diagnosis

Author	Year	Title	Citation
Gerbert, B. & Hargreaves, W.A.	1986	Measuring physician behavior.	Med Care 24(9): 838-847.
Kaplan, S. H.	1987	Patient reports of health status as predictors of physiologic health measures in chronic disease.	J Chron Dis 40, Supplement 1(0): 27S-35S.
Fioravanti, M. et al.	1996	Quality of life in chronic diseases of the aged: the importance of cognitive deterioration.	Arch Gerontol Geriatr 22(3): 195-205.
Kishimoto, M. et al.	1998	Relationship between the Level of Activities of Daily Living and Chronic Medical Conditions among the Elderly.	J Epidemiol 8(5): 272-277.
Ayres, L.	2000	Narratives of family caregiving: The process of making meaning.	Res Nurs Health 23(6): 424-434.
Miller, M. E. et al.	2000	Physical activity, functional limitations, and disability in older adults.	Journal of the American Geriatrics Society 48(10): 1264-1272.
Resnick, B.	2001	Testing a model of overall activity in older adults.	J Aging Phys Act 9(2): 142-160.
Schwartz, A. L. et al.	2002	Measurement of fatigue: determining minimally important clinical differences.	J Clin Epidemiol 55(3): 239-244.
Vignatelli, L. et al.	2004	Health-related quality of life in Italian patients with narcolepsy: The SF-36 health survey.	Sleep Med 5(5): 467-475.
Baiardini, I. et al.	2005	A new tool to assess and monitor the burden of chronic cough on quality of life: Chronic Cough Impact Questionnaire.	Allergy 60 (4): 482-488.
Elavsky, S. et al.	2005	Physical activity enhances long-term quality of life in older adults: Efficacy, esteem, and affective influences.	Ann Behav Med 30(2): 138-145.
Jerant, A. F. et al.	2005	Patients' perceived barriers to active self-management of chronic conditions.	Patient Educ Couns 57(3): 300-307.
Mâsse, L. C. et al.	2005	Accelerometer data reduction: A comparison of four reduction algorithms on select outcome variables.	Med Sci Sports Exerc 37(11 SUPPL.): S544-S554.
Aalto, A. M. et al.	2006	Sociodemographic, disease status, and illness perceptions predictors of global self-ratings of health and quality of life among those with coronary heart disease - One year follow-up study.	Qual Life Res 15(8): 1307-1322.
Schnohr, P. et al.	2006	Long-term physical activity in leisure time and mortality from coronary heart disease, stroke, respiratory diseases, and cancer. The Copenhagen City Heart Study.	Eu J Cardiovasc Prev Rehabil 13(2): 173-179.
Ortega-Smith, E. M. et al.	2007	The role of social support and self-efficacy in shaping the leisure time physical activity of older adults.	J Leis Res 39(4): 705-727.
Shaaban, R. et al.	2007	Physical activity and bronchial hyperresponsiveness: European Community Respiratory Health Survey II.	Thorax 62(5): 403-410.
Warms, C. A. et al.	2007	Correlates of physical activity in adults with mobility limitations.	Fam Community Health 30(SUPPL. 2): S5-S16.
Augustovski, F. A. et al.	2008	The Argentine-Spanish SF-36 Health Survey was successfully validated for local outcome research.	J Clin Epidemiol 61(12): 1279-1284.e1276.

Kao, M. C. J. et al.	2011	Determinants of physical activity: A first characterization of the nationally representative physical activity database in national health and nutrition examination survey.	PM and R Conference: Conference Publication: 3 (10 SUPPL. 1): S164-S165.
Mollaoglu, M. et al.	2011	Fatigue and disability in elderly patients with chronic obstructive pulmonary disease (COPD).	Arch Gerontol Geriatr 53(2): e93-e98.
Redondo, A. et al.	2011	Trends in Leisure Time Physical Activity Practice in the 1995-2005 Period in Girona.	Rev Espa Cardiol 64(11): 997-1004.

**Table OS3.2:** No COPD Diagnosis

#### Failed to report a Free Living Activity

Author	Year	Title	Citation
Alpert, J. S et al.	1974	Effects of physical training on hemodynamics and pulmonary function at rest and during exercise in patients with chronic obstructive pulmonary disease.	Chest 66(6): 647-651.
Mertens, D. J. et al.	1978	Long-term exercise for chronic obstructive lung disease.	Respiration 35(2): 96-107.
Lagerson, J.	1979	Home care of patients with chronic obstructive pulmonary disease.	Ph.D., Union Institute and University.
Fleetham, J. et al.	1982	Sleep, arousals, and oxygen desaturation in chronic obstructive pulmonary disease. The effect of oxygen therapy.	Am Rev Respir Dis 126(3): 429-433.
Fletcher, E. C. & Martin, R.J.	1982	Sexual dysfunction and erectile impotence in chronic obstructive pulmonary disease.	Chest 81(4): 413-421.
McSweeney, A. J. et al.	1982	Life quality of patients with chronic obstructive pulmonary disease.	Arch Intern Med 142(3): 473-478.
Hoberty, R. J. & Craig, M.W.	1983	'Living up to par'. A golf tournament for persons with COPD.	Respir Care 28 (11): 1480-1483.
Stockdale-Woolley, R.	1983	Sexual dysfunction and COPD: problems and management.	Nurse Practitioner 8(2): 16-17.
Barnes, L.	1984	Jogging the lungs good for patients with COLD. (chronic obstructive lung disease).	Phys Sportsmed 12(2): 22-22.
Kaplan, R. M. et al.	1984	Validity of a quality of well-being scale as an outcome measure in chronic obstructive pulmonary disease.	J Chron Dis37(2): 85-95.
Lee, H. Y. et al.	1984	Exercise performance in male patients with chronic obstructive pulmonary disease.	Taiwan I Hsueh Hui Tsa Chih 83(5): 444-451.
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Tel, H. et al.	2012	"Care burden and quality of life among the caregivers of patients with COPD"	Turk Toraks Dergisi 13(3): 87-92.
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Walters, E. H. et al.	2012	"Clinical diaries in COPD: compliance and utility in predicting acute exacerbations."	Int J COPD 7: 427-435.
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Moy, M. L. et al.	2013	"Daily step count predicts acute exacerbations in a US cohort with COPD."	PLoS ONE 8(4): e60400.
Sullivan, S. D. et al.	2013	"Assessment of nighttime and early morning symptoms among patients with chronic obstructive pulmonary disease."	Value Health 16 (3): A238-A239.

**Table OS3.3:** Failed to report a Free Living Activity



### Failed to Report Frequency and/or Duration

Author	Year	Title	Citation
Sexton, D. L. et al.	1988	Living with a Chronic Illness the Experience of Women with Chronic Obstructive Pulmonary Disease (COPD).	West J Nurs Res 10(1): 26-44.
Leidy, N. K. & Haase, J.E.	1996	Functional performance in people with chronic obstructive pulmonary disease: a qualitative analysis.	ANS Adv Nurs Sci 18(3): 77-89.
Partridge, M. R. et al.	2001	What time of day do patients take steroid tablets?	Resp Med 95 (1): 90-91.
Seamark, D. A. et al.	2004	Living with severe chronic obstructive pulmonary disease (COPD): Perceptions of patients and their carers. An interpretative phenomenological analysis.	Palliat Med 18 (7): 619-625.
Orbon, K. H. et al.	2005	Employment status and quality of life in patients with chronic obstructive pulmonary disease.	Int Arch Occup Environ Health 78 (6): 467-474.
Belfer, M. H.	2007	The impact of exercise on activities of daily living and quality of life: a primary care physician's perspective.	COPD 4(3): 289-291.
Garcia-Aymerich, J. et al.	2009	Physical activity and clinical and functional status in COPD.	Chest 136(1): 62-70.
Guo, A.-M. et al.	2011	Validation of the Chinese version of the Functional Performance Inventory Short Form in patients with chronic obstructive pulmonary disease.	J Clin Nurs 20(11-12): 1613-1622.
McLaughlin, D. et al.	2011	Living with stairs: Functioning in a large cohort of older Australian adults.	J Am Geriatr Soc 59 (8): 1560-1562.
Norweg, A. et al.	2011	Outcome measurement for COPD: Reliability and validity of the Dyspnea Management Questionnaire.	Respir Med 105(3): 442-453.
Pachana, N. A. et al.	2011	The effect of having a partner on activities of daily living in men and women aged 82–87 years.	Maturitas 68(3): 286-290.

**Table OS3.4:** Failed to Report Frequency and/or Duration

### Foreign Language manuscript – unable to source translation

Author	Year	Title	Citation
Bum, A.	1988	[Chronic obstructive pulmonary disease from the viewpoint of a specialist practice].	Praxis und Klinik der Pneumologie 42(7): 525-526.
Lin, C. C. & Huang, W.C.	1992	[Sleep quality and nocturnal hypoxemia in patients with chronic obstructive pulmonary disease].	J Formos Med Assoc 91 Suppl 3: S232-238.
Kurihara, N. et al.	1995	[Exercise tolerance and chronic obstructive pulmonary disease].	Nihon Naika Gakkai 84(5): 726-729.
Nakata, K. & Tsuboi, E.	2000	[Chronic obstructive pulmonary disease and physical activity].	Nippon Rinsho 58 Suppl: 510-514.
Nagao, K.	2001	[Exercise tolerance in COPD].	Nippon Naika Gakkai 90(5): 801-806.

Kida, K.	2003	[Chronic obstructive pulmonary disease (COPD): problems and the solution in elderly patients].	Nippon Ronen 40(5): 455-458.
Bang, S.-Y.	2007	[Influencing factors on fatigue in patients with chronic obstructive pulmonary disease].	Taehan Kanho Hakhoe chi 37(6): 855-862.
Shen, N. et al.	2008	Patient' s perspective of chronic obstructive pulmonary disease in Yanqing county of Beijing.	Zhonghua jie he he hu xi za zhi 31(3): 206-208.
Akashiba, T.	2009	Sleep disordered breathing in COPD. [Japanese].	Kokyu To Junkan 57 (8): 851-855.
Magnussen, H. et al.	2009	[Measurement of physical activity in patients with chronic obstructive pulmonary disease].	Med Klin 104(4): 303-308.
Satoh, H. et al.	2009	[Effect of proactive use of inhaled procaterol on dyspnea in daily activities and quality of life in patients with chronic obstructive pulmonary disease]. [Japanese].	Nihon Kokyuki Gakkai zasshi 47 (9): 772-780.
Akashiba, T.	2010	Sleep disordered breathing in patients with COPD. [Japanese].	Kokyu To Junkan 58 (2): 159-164.
Nell, C. et al.	2011	Chronic pulmonary diseases: Point of view of partners and their assessments with regard to the effects of lung sports.	Pneumologie 65(12): 751-755.
Tel, H. et al.	2012	KOAH'LI hastalarin bakim vericilerinde bakim yuku ve yasam kalitesi."	Turk Toraks Dergisi 13(3): 87-92.

**Table OS3.5:** Foreign Language manuscript – unable to source translation

#### Unable to locate manuscript as cited

Author	Year	Title	Citation
Hanson, E. I.	1982	Effects of chronic lung disease on life in general and on sexuality: Perceptions of adult patients.	Heart Lung 11(5): 435-441.
Barchfeld, T. et al.	1999	[Evaluation of daily activity in patients with COPD].	Med Klin 94(1 Spec No): 93-95.
Atasever, A. & Erdinc, E.	2003	[Quality of life in COPD].	Tuberkuloz ve Toraks 51(4): 446-455.
Meng, W. P. & Tan, P.	2004	Evaluation of ability of daily living and anlysis of its influencing factors in 986 elderly people from 10 military entertainment centers for retired cadres of Fuzhou area.	Chinese Journal of Clinical Rehabilitation 8(30): 6572-6574.
	2005	[Therapy of COPD. Reducing air trapping in the lung--improving physical capacity].	MMW Fortschritte der Medizin 147(19): 54-55.
	2006	[Yolande, an ordinary day of a respiratory insufficiency patient].	Soins; La Revue de Reference Infirmiere(710): 52-53.
Ando, M. et al.	2007	[Which parameters should be chosen to evaluate daily activities of the patients with chronic lung disease?].	Nihon Kokyuki Gakkai Zasshi 45(2): 135-145.
Balcells Vilarnau et al.	2007	[Evaluation of regular physical activity in COPD patients with an accelerometer and a questionnaire: a pilot study].	Archiv Bronconeumol 43(9): 524-525.
Bak-Drabik, K. & Ziora, D.	2010	[The impact of socioeconomic status on the quality of life in patients with chronic obstructive pulmonary disease].	Pneumonol Alergol Polska 78(1): 3-13.

Barua, A. et al.	2011	Functional impairments: A study in elderly individuals.	J Int Med Sci Acad 24 (2): 61-63.
Narasimhadevara, V. et al.	2011	Are COPD patients with higher depression scores more likely to be physically inactive?	Chest. Conference: CHEST 140(4 MEETING ABSTRACT).

**Table OS3.6:** Unable to locate manuscript as cited

**Excluded after unsuccessful attempts to contact primary author**

Author	Year	Title	Citation
Bossenbroek, L. et al.	2009	Cross-sectional Assessment of Daily Physical Activity in Chronic Obstructive Pulmonary Disease Lung Transplant Patients.	J Heart Lung Transplant 28(2): 149-155.

**Table OS3.7:** Excluded after unsuccessful attempts to contact primary author

**Tables OS3.1 – OS3.7:** Exclusions based on Full text review.

Online Supplement - Appraisal of bias

Qualitative Research										
Author	Year	Purpose	Literature	Design	Sample	Data Collection	Analysis	Rigour	Conclusion	Score
Guthrie, S. J. [43]	2001	1	0	0	0	0	0	1	1	4.8/8
Barnett, M [41]	2005	1	1	0	0	0	0	1	1	6.3/8
Odencrants, S. [44]	2005	1	1	0	0	0	1	1	1	6.6/8
Shackell, B. S. [19]	2007	1	1	1	0	0	0	1	1	7.1/8
Cooney A.L [42]	2013	1	1	0	0	0	1	1	1	6.7/8
Quantitative Research										
Author	Year	Purpose	Literature	Design	Sample	Outcomes	Intervention	Results	Conclusion	Score
Köseoglu, N. [39]	2005	1	0	1	0	0	0	0	1	5.1/8
Pitta, F. [30]	2005a	1	1	1	0	1	0	0	1	7.1/8
Pitta, F. [31]	2005b	1	1	1	1	1	0	1	1	7.7/8
Garcia-Aymerich, J. [37]	2006	1	1	1	0	0	1	1	1	6.0/8
Pitta, F. [29]	2006	1	1	1	0	1	0	0	1	7.1/8
Pitta, F. [28]	2008	1	1	1	0	1	0	1	1	7.3/8
Hernandes, N. A. [24]	2009	1	1	1	0	1	0	0	1	6.7/8
Moy, M. L. [20]	2009	1	1	1	0	0	0	0	1	6.3/8
Pitta, F. [27]	2009	1	1	1	0	0	1	0	1	6.9/8
Breyer, M. K. [23]	2010	1	1	1	0	0	0	1	1	6.3/8
Jehn, M. [34]	2011	1	1	1	1	0	0	0	1	6.9/8
Langer, D. [25]	2011	1	1	1	0	0	0	0	1	6.1/8
Mantoani, L. C. [26]	2011	1	1	1	0	0	0	0	1	6.6/8
Montes De Oca, M. [40]	2011	1	1	1	0	0	1	1	1	6.0/8
Borges R.C. [22]	2012	1	1	1	1	0	1	1	1	7.0/8
Dacosta Dibonaventura, M. [36]	2012	1	1	1	0	1	0	1	1	7.3/8
Jehn, M. [33]	2012	1	1	1	1	1	0	0	1	7.4/8
Polatli M. [38]	2012	1	1	1	0	0	0	0	1	5.8/8
Vitorasso R. [32]	2012	1	1	1	0	0	0	0	1	6.6/8
Nunes D.M. [35]	2013	1	1	1	0	0	0	0	1	6.1/8
<b>Donaire-Gonzalez, D. [5]</b>	<b>2013</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>6.6/8</b>

0: Insufficiently Report 1 Sufficiently Reports 0 Partially reports

**Table OS4:** Appraisal of bias – Individual study results.

**Online Supplement - Individual Study Outcome data**

Author	Measurement Tool/s	Activity	Frequency/Duration
<b>2001</b>			
Guthrie, S. J. [43]	Qualitative Interview (Phenomological)	Medical appointments	Once per week
		Bathing	Once daily
		Medical appointment/Chemist	Twice monthly
		Shopping	Once per fortnight
		Visiting friends	4 times per week
		Leaving house	Once per week
		Religion	Once per month
		Shopping	Four times per week
<b>2005</b>			
Barnett, M. [41]	Qualitative Interview (Phenomological)	Showering	3 times per week
		Showering	45 – 90 mins per episode
		Strip wash	4 times per week
		Bathing	3 times per week
		Walking	1 time per 6 month
Köseoğlu, N. [39]	Questionnaire (IIEF*)	Sexual intercourse	1.5 (0.9) times per week
Odencrants, S. [44]	Qualitative Interview (Phenomological)	Eating - dinner	1 hour per night
		Night time waking	1 per night
		Sitting	1 hour after meals
Pitta, F. [30]	Activity monitor (Dynaport) & Diary (Self-report)	Walking (dynaport)	45 (20) minutes daily
		Walking (self reported)	66 (47) minutes daily
		Cycling (dynaport)	4 (9) minutes daily
		Cycling (self reported)	3 (9) minutes daily
		Standing (dynaport)	191 (85) minutes daily
		Standing (self report)	146 (71) minutes daily
		Sitting (dynaport)	390 (161) minutes daily
		Sitting (self report)	375 (134) minutes daily
		Lying (dynaport)	88 (141) minutes daily
		Lying (self report)	83 (83) minutes daily
Pitta, F. [31]	Activity monitor (Dynaport)	Walking	44 (26) minutes daily
		Cycling	4 (8) minutes daily
		Standing	191 (99) minutes daily
		Sitting	374 (139) minutes daily

		Lying	87 (97) minutes daily
2006			
Garcia-Aymerich, J. [37]	Questionnaire (Self-reported activity)	Cycling - winter	77.5% of respondents reported no cycling per week
		Cycling - winter	9.5% of respondents reported cycling for <0.5 hours per week
		Cycling - winter	7.6% of respondents reported cycling for <0.5 - 1 hours per week
		Cycling - winter	4.1% of respondents reported cycling for 1 - 2 hours per week
		Cycling - winter	1.3% of respondents reported cycling for > 2 hours per week
		Cycling - summer	62.5% of respondents reported no cycling per week
		Cycling - summer	11.5% of respondents reported cycling for <0.5 hours per week
		Cycling - summer	12.3% of respondents reported cycling for <0.5 - 1 hours per week
		Cycling - summer	8.2% of respondents reported cycling for 1 - 2 hours per week
		Cycling - summer	5.5% of respondents reported cycling for > 2 hours per week
Pitta, F. [29]	Activity monitor (Dynaport)	Walking	57 minutes daily
		Cycling	0 minutes daily
		Standing	208 minutes daily
		Sitting	338 minutes daily
		Lying	39 minutes daily
2007			
Shackell, B. S. [19]	Qualitative Interview (Semi Structured)	Lying awake (sleep latency)	42 (33) minutes nightly
		Sleep	5 hours daily
		Going to the bathroom	3 episodes per night
2008			
Pitta, F. [28]	Activity monitor (Dynaport)	Walking	55 (26) minutes daily
		Standing	227 (92) minutes daily
		Sitting	355 (121) minutes daily
		Lying	77 (87) minutes daily
2009			
Hernandes, N. A. [24]	Activity monitor (Dynaport)	Walking	55 (33) minutes daily
		Sitting	294 (114) minutes daily
Moy, M. L. [20]	Questionnaire (Self-report) & Activity monitor (Actiped)	Walking > 5 mins	5.32 times per week
		Walking in grocery store	2.76 times per week
		Unloading groceries from car	3 times per week
		Walking in mall	1.7 times per week
		Errands (post office)	3 times per week
		Medical appointments	1 times per week
		Visiting relatives or friends	4.1 times per week
		Preparing meals	4.7 times per week

		Climbing stairs	4.8 times per week
		Digging in the garden	2.1 times per week
		Gym (exercise)	0.9 times per week
		Exercise (home)	1.5 times per week
		Collecting Mail from mailbox	3.2 times per week
		Housework	3.4 times per week
		Travel in car, bus or train	5.7 times per week
Pitta, F. [27]	Activity monitor (Dynaport)	Walking (Brazilian)	56 (32) minutes daily
		Sitting (Brazilian)	269 (109) minutes daily
		Standing (Brazilian)	246 (122) minutes daily
		Lying (Brazilian)	119 (110) minutes daily
		Walking (Austrian)	40 (36) minutes daily
		Sitting (Austrian)	388 (208) minutes daily
		Standing (Austrian)	192 (182) minutes daily
Lying (Austrian)	98 (116) minutes daily		
2010			
Breyer, M. K. [23]	Activity monitor (Dynaport)	Walking	42.3 (36.5) minutes daily
		Standing	222 (169) minutes daily
		Sitting	362 (195) minutes daily
		Lying	88.7 (91.5) minutes daily
2011			
Jehn, M. [34]	Activity monitor (Aipermon)	Walking	53.5 (29.5) minutes daily
		Walking	51 (27.5) minutes daily
		Fast walking	2.4 (5.6) minutes daily
Langer, D. [25]	Activity monitor (Dynaport & Sensewear)	Walking	32 (21) minutes daily
		Standing	189 (84) minutes daily
		Sitting	378 (128) minutes daily
		Lying	110 (113) minutes daily
Mantoani, L. C. [26]	Activity monitor (Dynaport & Sensewear)	Walking	51 minutes daily
		Standing	237 minutes daily
Montes De Oca, M. [40]	Questionnaire (PLATINO*)	Employment	5.85 working days (average 8.97 hours) per week
2012			
Borges R.C. [22]	Activity monitor (Dynaport)	Lying	30.7 (20.2)% of daily wear time 221.04 (145.44) minutes
		Sitting	38.9 (17.6)% of daily wear time 280.08 (126.72) minutes
		Standing	22.7 (14)% of daily wear time 163.44 (100.8) minutes
		Walking	6.1 (4.4)% of daily wear time 43.92 (31.68) minutes
Dacosta Dibonaventura, M.	Questionnaire (WPAIQ*)	Presenteeism (impaired while working)	4.75 hours weekly

[36]		Absenteeism (Sick leave)	1.08 hours weekly
		Provider (doctor) visits	6.24 times annually
		Emergency room presentations	0.27 times annually
		Hospitalizations	0.19 times annually
Jehn, M. [33]	Activity monitor (Aipermon)	Walking	51 (27.5) minutes daily
		Fast walking	2.4 (5.6) minutes daily
		Total walking	53.5 (29.5) minutes daily
Polatli M.C. [38]	Interview (Telephone based)	Laying down	9.3 (2.7) hours daily
		Watching TV/listening to music	5 (3.1) hours daily
		Time outside of house and/or work	2.2 (3.8) hours daily
		Outside house	3.4 (2.8) hours daily
		Work/working	2.2 (3.8) hours daily
		Reading (newspaper/book)	1 (1.3) hours daily
		Chores	0.6 (1.5) hours daily
Vitorasso R.C.A [32]	Activity monitor (Dynaport & Sensewear)	Walking	53 minutes daily
		Standing	196 minutes daily
		Sitting	307 minutes daily
		Cleaning (cupboards)	10 minutes per day
2013			
Cooney A.L. [42]	Qualitative Interview (Grounded theory)	Dancing	2 dances per night
Donaire-Gonzalez, D. [5]	Yale Physical Activity Questionnaire	Household activities (Non adherence to PA)	8.1(8.1) hours per week
		Work activities (Non adherence to PA)	3.7 (11.8) hours per week
		Leisure activities (Non adherence to PA)	11.6 (11) hours per week
		Yard work/gardening (Non adherence to PA)	1.1 (4.3) hours per week
		Caretaking (Non adherence to PA)	0.9 (4.5) hours per week
		Exercise (Non adherence to PA)	0.7 (1.5) hours per week
		Recreational activities (Non adherence to PA)	9 (10) hours per week
		Household activities (Adherence to PA-bouts)	6.3 (7.1) hours per week
		Work activities (Adherence to PA-bouts)	2.4 (9.7) hours per week
		Leisure activities (Adherence to PA-bouts)	16.2 (13.4) hours per week
		Yard work/gardening (Adherence to PA-bouts)	4.1 (6.9) hours per week
		Caretaking (Adherence to PA-bouts)	0 (0) hours per week
		Exercise (Adherence to PA-bouts)	2.5 (7.6) hours per week
		Recreational activities (Adherence to PA-bouts)	9.6 (9.6) hours per week
		Household activities (Adherence to PA-consecutive)	11.5 (12.1) hours per week
		Work activities (Adherence to PA- consecutive)	5.7 (15.2) hours per week



		Leisure activities (Adherence to PA- consecutive)	16.4 (12.3) hours per week
		Yard work/gardening (Adherence to PA- consecutive)	3 (10.2) hours per week
		Caretaking (Adherence to PA- consecutive)	0.9 (3.5) hours per week
		Exercise (Adherence to PA- consecutive)	1.5 (3.5) hours per week
		Recreational activities (Adherence to PA- consecutive)	10.9 (7.3) hours per week
Nunes D.M. [35]	Activity monitor (Motionlogger)	Sleep – night time	280.84 (110.6) minutes daily
		Lying awake (sleep latency)	39.49 (43.5) minutes per night
		Night time awakening	96.09 (43.5) minutes
		Sleep - daytime	54.01 (44.2) minutes daily

WPAIQ: work productivity and activity impairment questionnaire; IIEF: International index of erectile function; PLATINO: Proyecto LatinoAmericano de Investigación en Obstrucción Pulmonar.

**Table OS5:** Individual study results.

**Online Supplement - Population level dataset comparisons**

	Time spent in activity (min/d)		
	COPD	ATUS	HETUS
<b>Chores</b>	<b>53</b>	<b>197.1</b>	<b>235.5</b>
Housework	23		
Household activities (housework; cooking; lawn and garden care; pet care; vehicle maintenance and repair; home maintenance, repair, decoration, and renovation; and household management and organizational activities)	26	140.7	235.5
Purchasing goods and services		50.7	
Caregiving and helping household members	4	5.7	
<b>Screen Time</b>	<b>300</b>	<b>0</b>	<b>235</b>
Watching TV	300		167.5
Other media			67.5
<b>Self-Care &amp; Sleep</b>	<b>465</b>	<b>686.1</b>	<b>698.5</b>
<b>Self-Care</b>	<b>120</b>		<b>163</b>
Showering	60		
Eating	60	86.1	
<b>Personnel care (inc Sleep)</b>		585	
Telephone calls, mail, and e-mail.		15	
<b>Sleep</b>	<b>345</b>		<b>535.5</b>
Nocturnal	291		
Daytime	54		
Sleep latency	41		
Lying awake	96		
<b>Leisure &amp; Sports</b>	<b>324</b>	<b>473.1</b>	<b>165</b>
<b>Socio-cultural</b>	<b>324</b>	<b>34.8</b>	<b>76</b>
Time spent outdoors	168		
Recreation/Leisure time	96		
Organizational, civic and Religious activities (volunteering, performing civic obligations, religious and spiritual activities)		34.8	
Volunteer work			14.5
Participatory work (social life and Entertainment and culture)			61.5
Reading	60		
<b>Sports/Exercise</b>	<b>13</b>	<b>438.3</b>	<b>89</b>
<b>Leisure and sports (sports, exercise, and recreation; socializing &amp; communicating)</b>	<b>13</b>	438.3	
Resting-time out (sports, outdoor activities, hobbies and games)			89
<b>Transport</b>	<b>53</b>	<b>0</b>	<b>41</b>

Walking	51		
Cycling	2		
Travel			41
<b>Work/Study</b>	<b>49</b>	<b>60.9</b>	<b>15.5</b>
Employment	49	46.2	14.5
Absenteeism	13		
Presenteeism	58		
Caregiving and helping non-household members		14.1	
Educational Activities		0.6	
Study			1

min/d: minutes per day, COPD: Chronic Obstructive Pulmonary Disease, ATUS: American Time Use Survey; HETUS Harmonized European Time Use Survey

**Table OS6.1:** Time spent engaged in specific activities (in min/d) – Synthesised COPD data (this review) versus American and European Time Use survey data.

	Dataset			% of day devoted to activity group		
	COPD	ATUS	HETUS	COPD	ATUS	HETUS
<b>Chores</b>	<b>53</b>	<b>197.1</b>	<b>235.5</b>	<b>3%</b>	<b>14%</b>	<b>17%</b>
<b>Screen Time</b>	<b>300</b>	<b>0</b>	<b>235</b>	<b>19%</b>	<b>0%</b>	<b>17%</b>
<b>Self-Care &amp; Sleep</b>	<b>465</b>	<b>686.1</b>	<b>698.5</b>	<b>29%</b>	<b>48%</b>	<b>50%</b>
<b>Leisure &amp; Sports</b>	<b>324</b>	<b>473.1</b>	<b>165</b>	<b>20%</b>	<b>33%</b>	<b>12%</b>
<b>Transport</b>	<b>13</b>	<b>0</b>	<b>41</b>	<b>1%</b>	<b>0%</b>	<b>3%</b>
<b>Work/Study</b>	<b>49</b>	<b>60.9</b>	<b>15.5</b>	<b>3%</b>	<b>4%</b>	<b>1%</b>

COPD: Chronic Obstructive Pulmonary Disease, ATUS: American Time Use Survey; HETUS Harmonized European Time Use Survey

**Table OS6.2:** Percentage of an average day devoted to specific activity domains.

