

Table 1b Mean (SD) quality of life baseline characteristics

	Control (n=29)	Buteyko (n=30)	Pink City (n=30)
SF-36 questionnaire dimension scores (possible range 0–100)			
Physical function	81 (16)	83 (14)	71 (25)
Role limitation due to physical problems	74 (35)	69 (38)	75 (37)
Role limitation due to emotional problems	72 (40)	79 (32)	74 (37)
Social functioning	84 (18)	86 (19)	79 (23)
Mental health	71 (19)	75 (15)	74 (17)
Energy/vitality	55 (20)	58 (19)	54 (24)
Pain	82 (22)	80 (21)	67 (28)
General Health Perception	61 (24)	60 (23)	60 (17)
Asthma Quality of Life Questionnaire scores (possible range 1–7)			
Overall	5.0 (0.8)	5.1 (1.0)	4.9 (0.8)
Activity limitation	5.1 (0.9)	5.2 (1.0)	5.0 (1.0)
Symptoms	4.9 (0.9)	5.0 (1.0)	5.0 (0.8)
Emotional function	5.0 (1.3)	5.1 (1.4)	4.9 (1.2)
Exposure to environmental stimuli	4.9 (1.0)	5.0 (1.3)	4.8 (1.2)