

SUPPLEMENTARY MATERIAL S5: ESTIMATES FOR FIGURE 2 AND OBSERVED MEANS WITH STANDARD DEVIATIONS OR MEDIANS WITH INTERQUARTILE RANGE

Table S5.1: Marginal estimates for outcomes across time points and groups with 84% confidence intervals, equality constraints imposed for baseline means of continuous outcomes and adjusted for center as well as observed means (continuous outcomes) and medians (mMRC)

Physical performance measures					
	Estimated margin*	SE*	84% CI*		Observed mean (SD) ^{&} or median (IQR) [§]
6MWD in meters					
<i>Baseline</i>					
TERECO	506.20	7.37	495.84	516.56	514.52 (82.87)
Control	508.16	7.37	497.80	518.51	499.98 (93.41)
<i>Post-treatment</i>					
TERECO	586.74	9.53	573.35	600.13	588.40 (63.39)
Control	522.68	9.08	509.93	535.44	517.07 (88.87)
<i>Follow-up</i>					
TERECO	593.71	9.65	580.15	607.27	590.58 (69.67)
Control	524.29	9.38	511.11	537.46	521.38 (93.11)
Squat time in seconds					
<i>Baseline</i>					
TERECO	36.37	2.58	32.75	40.00	34.68 (21.85)
Control	36.93	2.58	33.30	40.56	38.60 (25.07)
<i>Post-treatment</i>					
TERECO	65.31	3.37	60.57	70.05	63.67 (37.33)
Control	45.47	3.21	40.96	49.98	46.58 (30.55)
<i>Follow-up</i>					
TERECO	63.90	3.42	59.10	68.70	61.46 (36.33)
Control	41.00	3.31	36.35	45.66	41.56 (24.30)
Spirometry					
	Estimated margin	SE	84% CI		
FEV1 in liters					
<i>Baseline</i>					
TERECO	2.20	0.06	2.11	2.29	2.24 (0.74)

Control	2.21	0.06	2.12	2.30	2.14 (0.69)
<i>Post-treatment</i>					
TERECO	2.46	0.08	2.35	2.58	2.47 (0.65)
Control	2.39	0.08	2.28	2.49	2.37 (0.77)
<i>Follow-up</i>					
TERECO	2.48	0.08	2.37	2.59	2.43 (0.55)
Control	2.50	0.08	2.39	2.61	2.48 (0.72)
FVC in liters					
<i>Baseline</i>					
TERECO	2.78	0.07	2.67	2.88	2.85 (0.75)
Control	2.79	0.07	2.68	2.89	2.69 (0.87)
<i>Post-treatment</i>					
TERECO	2.98	0.09	2.86	3.10	2.97 (0.75)
Control	2.97	0.08	2.85	3.08	2.93 (0.91)
<i>Follow-up</i>					
TERECO	3.06	0.09	2.94	3.19	3.00 (0.60)
Control	3.07	0.09	2.95	3.19	3.04 (0.85)
FEV1/FVC					
<i>Baseline</i>					
TERECO	0.80	0.01	0.78	0.81	0.79 (0.14)
Control	0.80	0.01	0.78	0.81	0.81 (0.12)
<i>Post-treatment</i>					
TERECO	0.84	0.02	0.82	0.86	0.84 (0.09)
Control	0.81	0.01	0.79	0.83	0.81 (0.11)
<i>Follow-up</i>					
TERECO	0.81	0.02	0.79	0.83	0.81 (0.09)
Control	0.82	0.01	0.80	0.84	0.82 (0.09)
MVV in liters per minute					
<i>Baseline</i>					
TERECO	68.90	2.75	65.04	72.76	74.30 (30.60)
Control	69.95	2.76	66.07	73.83	63.05 (26.12)
<i>Post-treatment</i>					
TERECO	83.57	3.40	78.78	88.35	86.82 (28.51)
Control	73.84	3.28	69.24	78.44	70.87 (30.70)
<i>Follow-up</i>					
TERECO	88.51	3.49	83.62	93.41	89.17 (27.06)

Control	84.17	3.36	79.45	88.89	80.65 (35.96)
PEF in liters per second					
<i>Baseline</i>					
TERECO	3.93	0.20	3.66	4.21	4.21 (2.33)
Control	3.98	0.20	3.71	4.26	3.66 (1.75)
<i>Post-treatment</i>					
TERECO	4.92	0.26	4.55	5.28	5.06 (2.13)
Control	4.57	0.25	4.23	4.92	4.43 (2.23)
<i>Follow-up</i>					
TERECO	4.81	0.27	4.44	5.19	4.92 (2.23)
Control	4.89	0.25	4.53	5.25	4.76 (2.07)
Quality of life					
	Estimated	SE	84% CI		
	margin				
SF-12 PCS					
<i>Baseline</i>					
TERECO	39.40	0.69	38.43	40.37	39.15 (7.16)
Control	39.45	0.69	38.48	40.42	39.69 (7.06)
<i>Post-treatment</i>					
TERECO	47.15	0.99	45.75	48.55	47.13 (6.83)
Control	43.43	0.93	42.12	44.74	43.53 (8.12)
<i>Follow-up</i>					
TERECO	47.44	1.01	46.02	48.86	47.38 (8.22)
Control	44.87	0.97	43.51	46.23	45.10 (8.23)
SF-12 MCS					
<i>Baseline</i>					
TERECO	44.37	0.75	43.32	45.42	44.67 (8.76)
Control	44.43	0.75	43.38	45.48	44.13 (8.25)
<i>Post-treatment</i>					
TERECO	50.60	1.07	49.10	52.09	50.80 (7.83)
Control	48.43	1.00	47.03	49.84	48.30 (8.65)
<i>Follow-up</i>					
TERECO	51.79	1.08	50.27	53.32	52.08 (7.26)
Control	49.69	1.04	48.23	51.15	49.61 (8.68)

mMRC perceived Dyspnea, favorable outcome in percent and median (IQR)					
	Percent	SE	84% logistic CI		
<i>2 weeks</i>					
TERECO	57.38	0.12	48.63	67.70	0 (0-1)
Control	44.94	0.14	36.79	54.90	1 (0-1)
<i>4 weeks</i>					
TERECO	66.63	0.10	58.13	76.38	0 (0-1)
Control	61.59	0.10	53.37	71.06	0 (0-1)
<i>Post-treatment</i>					
Intervention	88.94	0.05	83.30	94.97	0 (0-0)
Control	61.59	0.10	53.26	71.21	0 (0-1)
<i>Follow-up</i>					
TERECO	69.26	0.09	61.08	78.53	0 (0-1)
Control	58.76	0.11	50.33	68.60	0 (0-1)

*All estimates apart from those mMRC perceived dyspnea are from constrained linear mixed effects models with random intercept for study participants, with equality constraint for baseline means and adjusted for center. Estimates for mMRC perceived dyspnea are from a generalized linear model from the Poisson family with a log link adjusted for center and $\ln(\text{number of observations until data point})$ as offset, and using cluster-robust standard errors (cluster variable: participant ID). Baseline is zero percent favorable outcome for both groups and thus not estimated.

84% confidence intervals are used as comparison bars for visual inspection of margins in Figure 2. Overlap or non-overlap of 84% confidence intervals provides an approximation for comparing mean differences at $\alpha = 0.05$.

[&] For continuous outcomes.

[§] For mMRC.

SE = standard error, CI = confidence interval, IQR (Interquartile range), TERECO = telerehabilitation intervention for Covid-19 survivors, 6MWD = six minute walking distance, FEV1 = forced expiratory volume in 1 second, FVC = forced vital capacity, MVV = maximum voluntary ventilation, PEF = peak expiratory flow, SF-12 = Medical Outcomes Short Form-12, PCS = physical component score, MCS = mental component score, mMRC = modified Medical Research Council