

Variable	Label	Description
AppID	Participant Identifier for App Data	Identifies each participant who was in the app arm of the trial
activated	User Activated?	Variable can take two values: <ul style="list-style-type: none"> <li>• 1 = User has at least 1 activity recorded</li> <li>• 0 = User has not used the app</li> </ul>
date	Date of Activity in the App	This is the date that the event was recorded in the app
time	Time of Activity in the App	Where applicable this is the time that a user recorded the activity in the app. <ul style="list-style-type: none"> <li>• This applies to generalV, prV, inhalerV, mindV, smokeV.</li> <li>• This does not apply to “symptomscore”, “catscore” and “catRisk”</li> </ul>
date1	Baseline Visit	The participants first trial visit – missing if didn’t attend
date2	Month 1 Visit	The participants second trial visit - missing if didn’t attend
date3	Month 2 Visit	The participants third trial visit - missing if didn’t attend
date4	Month 3 Visit	The participants fourth and final visit - missing if didn’t attend
sitekey	Site	Which site is the participant from (3 in total)
severity	COPD Severity	Stratification variable in Randomisation, two values: <ul style="list-style-type: none"> <li>• Mild</li> <li>• Moderate</li> </ul>
sex	Gender of participant	Male or Female participant
age	Age	Age of participant (adults only)
durationofcopd	No. Years since COPD Diagnosis	Calculated length of time the participant has had COPD
smokstatus	Smoking Status at Baseline	The participants status at baseline, two values: <ul style="list-style-type: none"> <li>• Current</li> <li>• Ex-smoker</li> </ul>

generalV	COPD Education Video	<p>Each video watch should have a date and time stamp.</p> <ul style="list-style-type: none"> <li>• 1 = participant watches this type of video</li> <li>• 0 = Not watched</li> </ul>
prV	COPD Pulmonary Rehab Video	<p>Each video watch should have a date and time stamp.</p> <ul style="list-style-type: none"> <li>• 1 = participant watches this type of video</li> <li>• 0 = Not watched</li> </ul>
inhalerV	How to use Inhaler Video	<p>Each video watch should have a date and time stamp.</p> <ul style="list-style-type: none"> <li>• 1 = participant watches this type of video</li> <li>• 0 = Not watched</li> </ul>
mindV	Mindfulness activity video	<p>Each video watch should have a date and time stamp.</p> <ul style="list-style-type: none"> <li>• 1 = participant watches this type of video</li> <li>• 0 = Not watched</li> </ul>
smokeV	Smoking Cessation video	<p>Each video watch should have a date and time stamp.</p> <ul style="list-style-type: none"> <li>• 1 = participant watches this type of video</li> <li>• 0 = Not watched</li> </ul>

symptomscore	Symptom Score Rating	<p>First screen shown to the participant when they log into the app, they must complete this to access the rest of the app. This is a rating of how they are feeling, there for four values:</p> <ul style="list-style-type: none"> <li>• 1 = Normal for Me &amp; I have taken my medication as prescribed</li> <li>• 2 = Mild Deterioration &amp; I need to take my rescue inhaler</li> <li>• 3 = Moderate Deterioration &amp; I need to take steroids and/or antibiotics</li> <li>• 4 = Severe Deterioration &amp; I needed to call the GP, 999, or was admitted to hospital</li> </ul>
catscore	COPD Assessment Test (CAT) Score	<p>Rating is from 0 (best I feel) to 40 (worst I feel) and is used to indicate how much impact COPD is having on the participants wellbeing and daily life. If the score is missing then participants did not report this on that particular day.</p>
catRisk	CAT Risk Group	<p>Derived from grouping the CAT Score into 4 different levels:</p> <ul style="list-style-type: none"> <li>• &lt;10 = Low Risk</li> <li>• 11-20 = Medium Risk</li> <li>• 21-30 = High Risk</li> <li>• 31-40 = Very High Risk</li> </ul>