Additional File 5

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| Outcome measure | No change (n=3) | A bit better (n=8) | Much better (n=4) | Estimated difference in mean  change at 12-weeks per  1-unit increase in CWA  (95% CI) |
| FFI-DS | -0.8 | -1.08 | -5.75 | -2.64 (-33.2, 27.91) |
| PROMIS PF-20 | 1.23 | 1.35 | 2.7 | 0.78 (-5.95, 7.51) |
| ROADles | -0.83 | -0.94 | -0.31 | 0.29 (-2.14, 2.71) |
| 10MWT | -0.43 | -0.95 | -1.2 | -0.37 (-2.18, 1.44) |