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Title: Does pulmonary rehabilitation (PR) influence patient's perceptions of disease?

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Body: Background: PR leads to behaviour modification. The common sense model assumes that perceptions of disease are influenced by increased knowledge, skill acquisition and goal attainment. The aim was to test whether PR influenced patient's perceptions of their disease. Methods: This is a prospective cohort study of patients with COPD who completed the illness perceptions questionnaire-revised (IPQ-R) pre and post PR. Results: The IPQ-R was completed by 51 patients [mean(SD) age70.0(9.0)years,FEV₁ 1.4(0.7)l,28male]. Following PR patients adopt a less chronic view of their disease and perceived fewer consequences. Treatment control and coherence are reduced. Emotional impact of the disease is minimised by PR.

Table 1

Illness Perceptions	Pre	Change (95%CI)
Identity	5.18	0.67(-0.03-1.37)
Timeline chronic	24.59	-4.94*(-7.06--2.83)
Timeline cyclical	12.59	0.41(-0.63-1.46)
Consequences	20.85	-1.47*(-2.86--0.81)
Personal control	21.38	-1.29(-2.58-0.06)
Treatment control	16.50	-2.37*(-3.60--1.14)
Illness coherence	17.55	-4.38*(-6.27--2.49)
Emotional representations	17.55	-1.14*(-0.04--2.25)

*p<0.05 level

Conclusions: PR induces feelings of hope and increases patient's expectations. Prior to PR patients are unaware of their limitations in knowledge. The clinical benefits of PR reduce perceived consequences of the

disease and as a result emotional impact is minimised.