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**Title:** A self-management programme of activity coping and education (SPACE) for COPD: 6 week results from a randomised controlled trial

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**Body:** Introduction: SPACE for COPD is a self-management programme which individuals follow independently with telephone support. Objective: To test the effectiveness of SPACE on health related quality of life (HRQoL) and exercise capacity compared with usual GP care at 6 weeks. Methods: 184 patients with COPD [101male; mean (SD) age 69(9.19) yrs; FEV<sub>1</sub> 1.45(0.56) l; BMI 27.56(5.2)] were recruited from primary care and randomised to SPACE or usual care. Blinded measurements were taken at baseline and 6 weeks and included Chronic Respiratory Questionnaire-SR [CRQ-dyspnoea (primary outcome)], Incremental Shuttle Walk Test (ISWT), Endurance Shuttle Walk Test (ESWT), and the Hospital Anxiety Depression Scale (HADS). Results: See Table1

	SPACE(n=71)		Usual Care(n=85)		Between Group Difference
	Baseline	Change(95%CI)	Baseline	Change(95%CI)	
CRQ-dyspnoea	3.31	0.71***(0.46-0.96)	2.90	0.49***(0.25-0.72)	0.33*(-0.001-0.665)
CRQ-fatigue	3.96	0.37**(0.17-0.59)	3.81	0.01(-0.19-0.21)	0.37*(0.08-0.66)
CRQ-emotion	4.87	0.31**(0.10-0.53)	4.85	-0.04(-0.21-0.13)	0.35*(0.08-0.62)
CRQ-mastery	5.27	0.14(0.07-0.35)	5.20	-0.10(-0.31-0.11)	0.25(-0.05- 0.54)
ISWT(m)	333.54	12.77(-0.90-26.44)	340.96	-7.71(-18.08-2.66)	20.48*(3.78-37.18)
ESWT(s)	258.63	219.60*** (140.86-298.33)	272.83	85.60**(32.39-138.82)	133.99(39.66-228.32)**
HADS-A	5.90	-0.61*(-1.15- -0.09)	6.79	0.12(-0.37-0.61)	-0.74*(-1.45--0.02)
HADS-D	5.29	-0.50(-1.04-0.04)	5.14	0.12(-0.39-0.63)	-0.62(-1.36-0.12)

\*  $p < 0.05$ , \*\* $p < 0.01$ , \*\*\* $p < 0.001$

Conclusion: SPACE is effective in improving HRQoL and exercise capacity, when compared with usual care. SPACE could be used to facilitate self-management of patients with COPD in primary care.