

doi: 10.4081/monaldi.2026.3677

SUPPLEMENTARY MATERIAL

Association of kinesiophobia with physical function, mental health and health-related quality of life in patients with obstructive airway disease: a cross-sectional study

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Key words: obstructive airway disease, kinesiophobia, pulmonary rehabilitation, physical function, mental health, health-related quality of life.

Supplementary Table 1. Correlation of Tampa Scale for Kinesiophobia with functional outcomes across lower versus higher forced expiratory volume in one second/ forced vital capacity (FEV₁/FVC) groups.

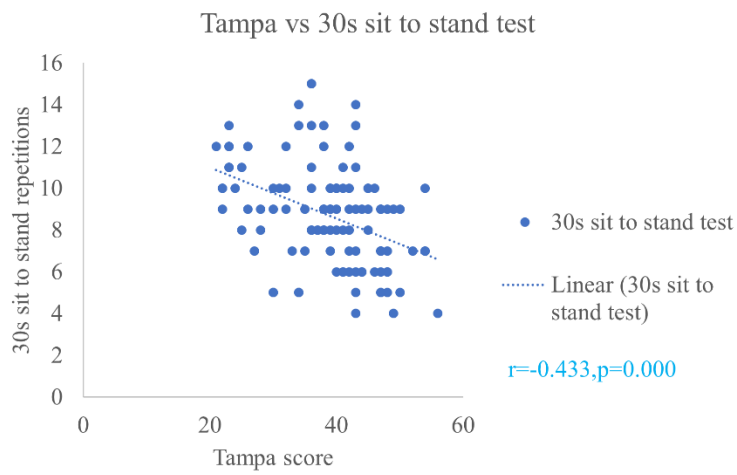
Domain	Functional Outcome	FEV ₁ /FVC<0.7 (n=44) r (p)	FEV ₁ /FVC 0.70 (n=67) r (p)
Physical function	Numerical Rating Scale	0.334* (0.027)	0.49* (0.000)
	Modified Research Council Scale	0.219 (0.153)	0.331* (0.006)
	Arm Curl Test (Left)	-0.302* (0.047)	-0.506* (0.000)
	Arm Curl Test (Right)	-0.419* (0.005)	-0.460* (0.000)
	30s Sit-to-Stand	-0.388* (0.009)	-0.506* (0.000)
	Back Scratch Test	0.311* (0.040)	0.284* (0.020)
	Sit & Reach	-0.317* (0.036)	-0.161 (0.192)
	Fatigue Severity Score	0.520* (0.000)	0.619* (0.000)
	IPAQ Score	-0.320* (0.034)	-0.500* (0.000)
Mental health	6-Min Walk Distance	-0.514* (0.000)	-0.517* (0.000)
	DASS-21	0.495* (0.001)	0.450* (0.000)
Lung function	FVC (L)	0.001 (0.997)	-0.052 (0.674)
	FEV ₁ (L)	-0.009 (0.956)	-0.027 (0.826)
Health-related quality of life	WHOQOL-BREF	-0.515* (0.000)	-0.567* (0.000)
	WHODAS 2.0	-0.161 (0.296)	-0.028 (0.821)

Spearman's correlation coefficient (r) is reported. *p<0.05

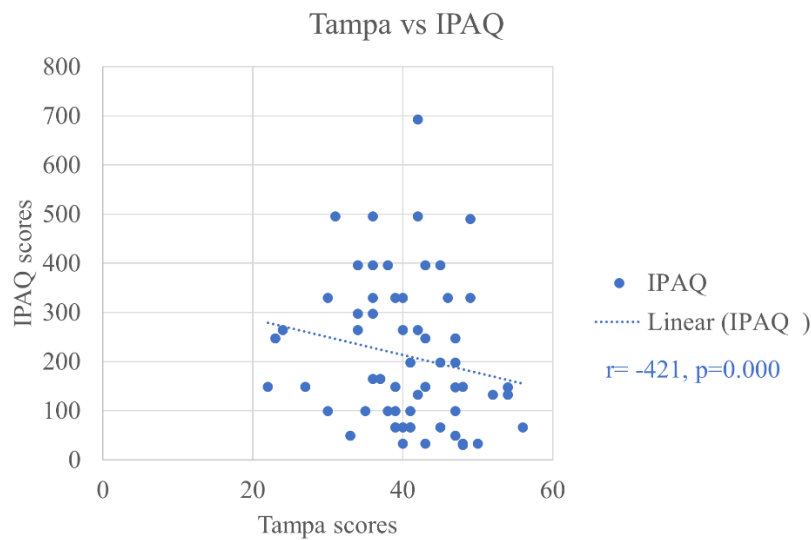
Supplementary Table 2. Predictors of kinesiophobia in patients with obstructive airway disease.

Model	Unstandardized coefficients		Standardized coefficients			95.0% CI		Collinearity statistics	
	B	Std. Error	β	t	Sig.	Lower bound	Upper bound	Tolerance	Variance inflation factor
(Constant)	61.018	3.037		20.094	0.000	54.988	67.047		
WHOQOL	-0.337	0.045	-0.615	-7.569	0.000*	-0.426	-0.249	1.000	1.000
(Constant)	67.577	2.868		23.563	0.000	61.882	73.272		
WHOQOL	-0.248	0.042	-0.453	-5.961	0.000*	-0.331	-0.165	0.859	1.164
FVC	-6.696	1.173	-0.433	-5.706	0.000*	-9.026	-4.365	0.859	1.164
(Constant)	52.344	5.341		9.800	0.000	41.736	62.952		
WHOQOL	-0.181	0.044	-0.330	-4.067	0.000*	-0.269	-0.092	0.680	1.471
FVC	-5.564	1.166	-0.360	-4.771	0.000*	-7.880	-3.248	0.785	1.274
FSS	0.243	0.073	0.276	3.316	0.001*	0.097	0.389	0.644	1.553
(Constant)	58.959	5.948		9.912	0.000	47.144	70.774		
WHOQOL	-0.165	0.044	-0.302	-3.763	0.000*	-0.252	-0.078	0.664	1.506
FVC	-5.561	1.139	-0.360	-4.880	0.000*	-7.824	-3.297	0.785	1.274
FSS	0.202	0.074	0.230	2.740	0.007*	0.056	0.349	0.607	1.648
6MWT %	-0.105	0.045	-0.165	-2.318	0.023*	-0.195	-0.015	0.839	1.192

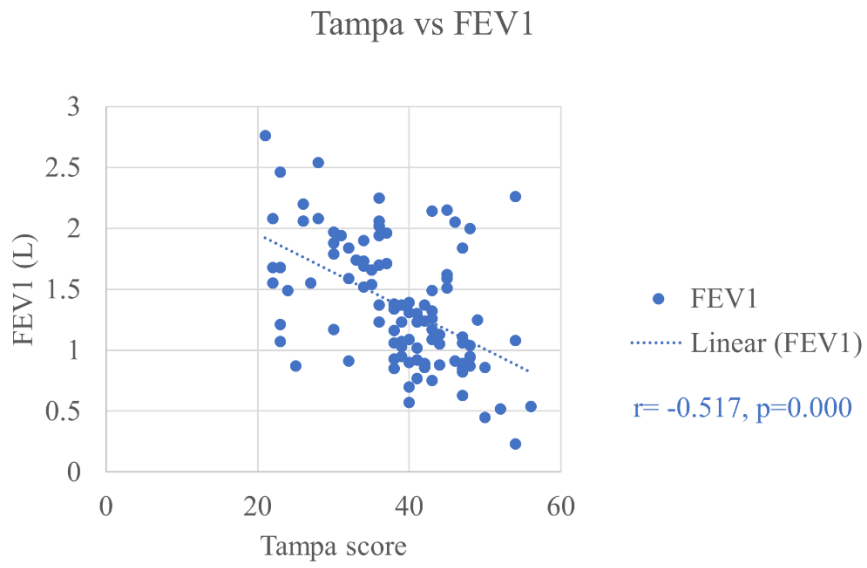
p<0.05 considered statistically significant. *indicates statistical significance. B, unstandardized coefficient; β, standardized coefficient; CI, confidence interval; FVC, forced vital capacity; FSS, Fatigue Severity Scale; WHOQOL, World Health Organization Quality of Life; 6MWT, 6-Minute Walk Test. VIF<5 indicates no multicollinearity.



Supplementary Figure 1. Correlation between kinesiophobia and 30-second sit-to-stand repetitions.



Supplementary Figure 2. Correlation between kinesiophobia and International Physical Activity Questionnaire (IPAQ) scores.



Supplementary Figure 3. Correlation between kinesiophobia and forced expiratory volume in 1 second (FEV₁).