Table 1: Baseline characteristics of patients.

|  |  |  |  |
| --- | --- | --- | --- |
| Variable | Experimental | Control | p-Value |
| Gender (male)\* | 27 (75%) | 25 (69.4%) | 0.60 |
| Age (year)\*\* | 8.72 ± 1.83 | 8.72 ± 2.72 | 0.42 |
| BMI\*\* | 17.77 ± 5.01 | 17.21 ± 2.79 | 0.66 |
| Night symptom scores\*\* | 1.38 ± 1.39 | 1.94 ± 1.75 | 0.21 |
| Morning symptoms scores\*\* | 1.27 ± 1.32 | 1.38 ± 1.53 | 0.90 |
| Activity limitation scores\*\* | 2.08 ± 2.11 | 1.22 ± 1.72 | 0.12 |
| Shortness of breath scores\*\* | 1.02 ± 1.36 | 1.22 ± 1.26 | 0.37 |
| Wheeze scores\*\* | 1.33 ± 1.24 | 1.30 ± 1.26 | 0.81 |
| short-acting bronchodilator scores\*\* | 2.11 ± 1.28 | 1.94 ± 1.63 | 0.62 |
| FEV1%\*\* | 99.77 ± 15.10 | 103.01 ± 19.70 | 0.15 |
| Total score of ACQ\*\* | 10.13 ± 4.22 | 9.47 ± 5.56 | 0.32 |

\*: Data presented as number of patients (percentage).

\*\*: Data presented as mean ± SD

Table 2: Change in the variables after intervention

|  |  |  |  |
| --- | --- | --- | --- |
| Variable | Experimental  (Mean ±SD) | Control  (Mean ±SD) | P-Value |
| Night symptom scores | 0.08 ± 0.36 | 0.50 ± 0.84 | 0.002 |
| Morning symptoms scores | 0.16 ± 0.44 | 0.58 ± 1.10 | 0.04 |
| Activity limitation scores | 0.22 ± 0.54 | 0.72 ± 1.30 | 0.03 |
| Shortness of breath scores | 0.11 ± 0.31 | 0.41 ± 1.69 | 0.03 |
| Wheeze scores | 0.05 ± 0.23 | 0.52 ± 0.73 | 0.000 |
| Short-acting bronchodilator scores | 0.02 ± 0.16 | 0.58 ± 1.22 | 0.02 |
| FEV1% | 114.30 ± 25.47 | 122.31 ± 31.57 | 0.43 |
| Total score of ACQ | 1 ± 1.30 | 3.38 ± 3.78 | 0.003 |

Table 3: Changes in the variables in the experimental group before and after intervention

|  |  |  |  |
| --- | --- | --- | --- |
| Experimental group  Variable | Before intervention  (Mean ±SD) | Post intervention  (Mean ±SD) | P-Value |
| Night symptom scores | 1.38 ± 1.39 | 0.08 ± 0.36 | 0.000 |
| Morning symptoms scores | 1.27 ± 1.32 | 0.16 ± 0.44 | 0.000 |
| Activity limitation scores | 2.08 ± 2.11 | 0.22 ± 0.54 | 0.000 |
| Shortness of breath scores | 1.02 ± 1.36 | 0.11 ± 0.31 | 0.000 |
| Wheeze scores | 1.33 ± 1.24 | 0.05 ± 0.23 | 0.000 |
| Short-acting bronchodilator scores | 2.11 ± 1.28 | 0.02 ± 0.16 | 0.000 |
| FEV1% | 99.77 ± 15.10 | 114.30 ± 25.47 | 0.004 |
| Total score of ACQ | 10.13 ± 4.22 | 1 ± 1.30 | 0.000 |

Table 4: Changes in the variables in the control group before and after intervention

|  |  |  |  |
| --- | --- | --- | --- |
| Control group  Variable | Before intervention  (Mean ±SD) | Post intervention  (Mean ±SD) | P-Value |
| Night symptom scores | 1.94 ± 1.75 | 0.50 ± 0.84 | 0.000 |
| Morning symptoms scores | 1.38 ± 1.53 | 0.58 ± 1.10 | 0.007 |
| Activity limitation scores | 1.22 ± 1.72 | 0.72 ± 1.30 | 0.006 |
| Shortness of breath scores | 1.22 ± 1.26 | 0.41 ± 1.69 | 0.000 |
| Wheeze scores | 1.30 ± 1.26 | 0.52 ± 0.73 | 0.001 |
| Short-acting bronchodilator scores | 1.94 ± 1.63 | 0.58 ± 1.22 | 0.001 |
| FEV1% | 103.01 ± 19.70 | 122.31 ± 31.57 | 0.01 |
| Total score of ACQ | 9.47 ± 5.56 | 3.38 ± 3.78 | 0.000 |