

## Multimedia Appendix 1. Contents of the mHealth tool.

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<b>Questions on symptoms and medication use</b>	<b>Answers</b>
<b>In comparison to normal, do you today .....</b>	
1. ..experience more shortness of breath?	YES/NO
2. ..experience more fear because of your shortness of breath?	YES/NO
3. ..experience more fatigue?	YES/NO
4. ..feel more hindered by your COPD during your daily activities?	YES/NO
5. ..experience more sputum in you airways?	YES/NO
6. ..notice any difference in your sputum colour/composition?	YES/NO
7. ..experience more wheezing?	YES/NO
8. ..experience more coughing?	YES/NO
9. ..have a sore throat?	YES/NO
10. ..have a cold or a runny nose?	YES/NO
11. ..experience more stress or tension?	YES/NO
12. ..have used more of your bronchodilators?	YES/NO
<hr/> <b>Questions on physiological measurements</b>	
1. What is your temperature in degrees Celsius?	__._ (Example: 37.2)
2. What is your FEV1 in litres?	_.__ (Example: 1.31)
3. What is your SpO2 in percentages?	__ (Example: 95)

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