

Supplementary File 1.

Table 1. WATCH Demographics at N=275 enrolment (Sample size when MIDAS undertaken) and current dataset of N=501.

<i>Measure</i>	Baseline M (SD)		
	Full baseline sample (N = 17)	WATCH N=275	WATCH N=501
<i>Age</i>	46.3 (12.7)	49.8 (15.7)	50.6 (15.8)
<i>BMI</i>	35.8 (8.93)	31.1 (7.3)	30.9 (7.3)
<i>Oral steroid courses (last year)</i>	4.73 (3.75)	3.5 (4.0)	3.6 (3.9)
<i>Hospitalisations (last year)</i>	1.41 (2.72)	0.8 (1.9)	0.8 (1.9)
<i>GP visits (last year)</i>	7.41 (7.00)	-	-
<i>Asthma control (ACQ)</i>	2.69 (1.36)	2.5 (1.4)	2.5 (1.4)
<i>Quality of Life (AQLQ)</i>	4.07 (1.13)	-	-
<i>Anxiety (HADS-A)</i>	9.18 (2.90)	7.1 (4.8)	7.1 (4.8)
<i>Depression (HADS-D)</i>	6.94 (4.98)	5.3 (4.4)	5.4 (4.4)
<i>State Anxiety (SSAI)</i>	46.6 (4.75)	-	-
<i>Trait Anxiety (STAI)</i>	47.6 (6.35)	-	-
<i>Nijmegen</i>	25.5 (12.3)	21.3 (12.5)	22.2 (12.4)
<i>Mindfulness (MAAS)</i>	4.39 (1.04)	4.6 (1.0)	4.6 (1.0)
<i>Attention Control (ACS)</i>	44.6 (9.30)	-	-
<i>Medication Adherence (MARS-A)</i>	4.18 (0.58)	4.2 (0.6)	4.2 (0.7)
<i>FEV₁</i>	2.12 (0.77)	-	-
<i>FEV₁-predicted %</i>	72.1 (19.8)	78.4% (23.1)	75.6% (22.8)
<i>FEV₁/FVC %</i>	68.0 (13.6)	67.8% (14.6)	66.4% (14.6)