

Table S4. Summary of the effects of singing compared to control group

Outcome	No. of participants (studies)	Quality of evidence	Effect estimate (95% CI)		p-value
			MD	SMD	
Ventilation					
Breath hold (s)	52 (2)	⊕⊕⊕⊖ ^a Moderate	-4.89 (-8.34, -1.44)		0.005*
Single breath	52 (2)	⊕⊕⊕⊖ ^a Moderate	-2.93 (-6.35, 0.49)		0.09
Exercise capacity					
ISWT (m)	52 (2)	⊕⊕⊕⊖ ^a Moderate	-11.07 (-39.38, 17.24)		0.44
QoL					
SF-36 PCS	52 (2)	⊕⊕⊕⊖ ^a Moderate	12.64 (5.50, 19.77)		0.0005*
SF-36 MCS	52 (2)	⊕⊕⊕⊖ ^a Moderate	5.42 (-3.90, 14.74)		0.25
HAD-anxiety	52 (2)	⊕⊕⊕⊖ ^a Moderate	-1.25 (-2.61, 0.10)		0.07
HAD-sepression	52 (2)	⊕⊕⊕⊖ ^a Moderate	-0.87 (-2.16, 0.42)		0.19
QoL	82 (3)	⊕⊕⊕⊖ ^a Moderate		-0.14 (-0.58, 0.29)	0.52

MD, mean difference; SMD, standard mean difference; ISWT, incremental shuttle walk test; SF-36, Short Form 36 Questionnaire; PCS, physical component summary; MCS, mental component summary; HAD, Hospital Anxiety and Depression score; QoL, quality of life.

^aSerious imprecision of measurements (sample size <400 participants).

^bSerious inconsistency of results ($I^2 \geq 50\%$).

^cSerious risk of bias (>25% of participants from study with high risk of bias).

*p<0.001.

Table S5. Summary of the effects of combined BEs compared to control group

Outcome	No. of participants (studies)	Quality of evidence	Effect estimate (95% CI)		p-value
			MD	SMD	
Ventilation					
RR	111 (2)	⊕⊕⊕⊖ ^a Moderate	-5.53 (-6.98, -4.09)		<0.00001*
SpO ₂	91 (2)	⊕⊕⊕⊖ ^a Moderate		0.04 (-0.37, 0.46)	0.84
Exercise capacity					
VO ₂ (mL/min)	111 (2)	⊕⊕⊕⊖ ^a Moderate	-7.31 (-18.39, 3.78)		0.20

MD, mean difference; SMD, standard mean difference; RR, respiratory rate; SpO₂, oxygen saturation; VO₂, oxygen consumption.

^aSerious imprecision of measurements (sample size <400 participants).

^bSerious inconsistency of results ($I^2 \geq 50\%$).

^cSerious risk of bias (>25% of participants from study with high risk of bias).

*p<0.001.