

Intervention

Subjects were randomised to either breathing training or control groups. Study attendances for both groups consisted of three sessions, initial minute's small group session followed by two individual sessions of few minutes with few weeks between attendances. In the breathing training group, explanation of normal breathing and possible effects of abnormal dysfunctional breathing such as over-breathing, mouth breathing and upper chest breathing was provided [1]. In individual sessions, subjects were taught appropriate regular diaphragmatic and nasal breathing techniques and encouraged to practise these exercises for at least few minutes each day. We controlled for non-specific effects of professional attention by allocating similar sessions with a health professional delivering asthma education. This intervention comprised information on the nature of asthma followed by individual sessions,

