*Statistical analysis*

A professional statistician from Uppsala Clinical Research Centre (UCR) was involved in consolidating and analyzing all collected data according to an initial protocol. The Wilcoxon signed rank test was used to compare data within groups, for all symptom and VAS tests, and for LFT and VCT before and after IQS training. The Mann-Whitney U test was used to compare dysphagia and reflux symptoms between Groups A and B before and after IQS training. *P* < 0.05 was considered significant. All statistical analyses were performed using SAS version 9.1 software (SAS Institute Inc., Carey, NC, USA).