

**Table S2.** Search strategy (December 12<sup>th</sup> 2018)

Search Query	Items found
#3 #1 AND #2 AND #3 Filters: Publication date from 2010/01/01	4,898
#4 #1 AND #2 AND #3	7,947
#3 ("Clinical Trials as Topic"[Mesh] OR "Randomized Controlled Trial" [pt] OR "Controlled Clinical Trial" [pt] OR randomized [tiab] OR randomly[tiab] OR placebo[tiab] OR trial[ti]) NOT (animals[mh] NOT humans[mh])	1,168,031
#2 "Self Care"[Mesh] OR "Self-Management"[Mesh] OR "Power (Psychology)"[Mesh] OR "Health Education"[Mesh] OR "Patient Participation"[Mesh] OR "Decision Making"[Mesh] OR "Telemedicine"[Mesh] OR self-administration*[tiab] OR self-care[tiab] OR self efficac*[tiab] OR self-manag*[tiab] OR selfmanag*[tiab] OR self-monitor*[tiab] OR selfmonitor*[tiab] OR self-diagnos*[tiab] OR selfdiagnos*[tiab] OR self-assess*[tiab] OR selfassess*[tiab] OR self-direct*[tiab] OR selfdirect*[tiab] OR self-help*[tiab] OR empower*[tiab] OR enablement[tiab] OR health education[tiab] OR patient education[tiab] OR patient participation[tiab] OR coach*[tiab] OR health promot*[tiab] OR ((community[tiab] OR peer[tiab]) AND (support*[tiab] OR advice*[tiab] OR monitor*[tiab] OR train*[tiab] OR instruction*[tiab] OR intervention*[tiab] OR consult*[tiab] OR assist*[tiab] OR educat*[tiab] OR information*[tiab] OR skill*[tiab])) OR group support*[tiab] OR group intervention*[tiab] OR group advice*[tiab] OR group monitor*[tiab] OR group train*[tiab] OR training group*[tiab] OR group instruct*[tiab] OR group assist*[tiab] OR group educat*[tiab] OR group inform*[tiab] OR group skill*[tiab] OR ((patient[tiab] OR patients[tiab]) AND (centered[tiab] OR centred[tiab] OR focus*[tiab] of directed[tiab] OR coach*[tiab] OR engage*[tiab] OR involve*[tiab] OR orient*[tiab] OR participat*[tiab])) OR ((patient[tiab] OR patients[tiab]) AND (educat*[tiab] OR train*[tiab] OR instruct*[tiab] OR teach*[tiab])) OR (management*[tiab] AND (plan[tiab] OR program*[tiab] OR disease[tiab])) OR (symptom*[tiab] AND (management[tiab] OR directed[tiab] OR focus*[tiab])) OR ((personalized[tiab] OR personalized[tiab]) AND care[tiab]) OR telemedicine[tiab] OR eHealth[tiab] OR e-Health[tiab] OR mHealth[tiab] OR m-Health[tiab] OR shared decision*[tiab] OR sharing decision*[tiab] OR informed decision*[tiab] OR informed choice*[tiab] or decision aid*[tiab] OR ((share*[ti] OR sharing*[ti] OR informed*[ti]) AND (decision*[ti] OR deciding*[ti] OR choice*[ti]))	1,906,456
#1 "Obesity"[Mesh] OR "Overweight"[Mesh] OR overweight[tiab] OR obes*[tiab]	326,851