

## Supplement 1. Search strategy (Ovid Medline)

1	exp lung diseases, interstitial/ or exp pulmonary fibrosis/
2	((pulmon* or lung or alveol* or bronchopulmon* or bronchi*2 or airway*) adj2 fibro*4).mp.
3	(fibro* adj2 lung disease).mp.
4	(interstitial adj (pulmon* or lung or alveol* or bronchopulmon* or bronchi*2 or airway*)).mp.
5	1 or 2 or 3 or 4
6	exp self care/ or exp self-management/
7	exp disease management/
8	(disease management or disease cent* management or symptom management or symptom cent* management).mp.
9	(self adj (manag* or care or maint* or help or regulat* or control or monitor* or health or confidence or efficacy or concept)).mp.
10	(self adj (educat* or learn* or aware* or knowledge* or involv* or engage* or empower*)).mp.
11	(patient* adj1 (participat* or activat* or empower* or engag* or involv* or collaborat* or cooperat* or co-operat* or autonomy or decision making)).mp.
12	(patient* adj3 (manag* or care or caring or maint* or help* or control* or monitor*) adj3 themsel*).mp.
13	"look after themsel*".mp.
14	exp health education/ or exp consumer health information/ or exp health literacy/ or exp health promotion/ or exp patient education as topic/
15	((health or medical or patient or disease) adj (education or knowledge or information)).mp.
16	exp "treatment adherence and compliance"/ or exp patient compliance/ or exp medication adherence/
17	(patient* adj (adhere* or comply or complian* or acceptance*)).mp.
18	((treatment* or therap* or program* or protocol* or regimen*) adj (adhere* or comply or complian* or acceptance*)).mp.
19	(manage* adj2 (medic* or treatment* or therap* or side effect* or comorbidit* or co morbidit* or symptom*)).mp.
20	((identif* or recogni* or manag* or prevent*) adj3 (exacerbation* or "flare up*" or flareup* or infection*)).mp.
21	action plan*.mp.

22	exp Vaccination/ or Vaccination*.mp.
23	quality of life.mp. or exp "Quality of Life"/
24	((lifestyle* or life style*) adj2 (chang* or adjust* or modif* or intervention*)).mp.
25	exp Exercise/ or exp Exercise Movement Techniques/ or exp Exercise Therapy/
26	(pulmonary rehabilitation or respiratory rehabilitation or telerehabilitation or tele-rehabilitation or physical activit* or strength train* or endurance train* or stretch* exercise* or resistance train*).mp.
27	exp nutrition therapy/ or exp diet therapy/
28	((nutrition* or diet*) adj1 (chang* or adjust* or modif* or therap* or intervention* or education or knowledge)).mp.
29	exp Smoking/ or exp Smoking Cessation/
30	((stop* or quit* or reduc*) adj smoking).mp.
31	exp adaptation, psychological/ or exp health knowledge, attitudes, practice/
32	((psycholog* or mental*) adj1 (adapt* or adjust)).mp.
33	Attitude to Health/
34	(health attitude* or attitude* to health).mp.
35	(health* behavio?r* or adapt* behavio?r* or coping behavio?r* or social behavio?r*).mp.
36	(behavio?r* adj (change* or adjust* or modif* or therap* or intervention)).mp.
37	(self cope or self coping).mp.
38	exp Self-Help Groups/
39	(support group* or peer group* or group therapy).mp.
40	exp mental health services/ or exp counseling/ or exp psychotherapy/
41	((mental health or mental or psycholog* or psychosocial or psycho-social or emotional) adj (support or program* or intervention* or well being or wellbeing or care)).mp.
42	(mental adj (well being or wellbeing)).mp.
43	exp advance care planning/ or exp advance directives/ or exp palliative care/ or exp terminal care/
44	(palliative adj (care or approach or treatment or therapy)).mp.
45	(advance care plan* or advanced directive*).mp.
46	or/6-45
47	5 and 46

48	limit 47 to ("all infant (birth to 23 months)" or "all child (0 to 18 years)" or "newborn infant (birth to 1 month)" or "infant (1 to 23 months)" or "preschool child (2 to 5 years)" or "child (6 to 12 years)" or "adolescent (13 to 18 years)")
49	47 not 48
50	limit 49 to (case reports or comment or editorial or letter)
51	49 not 50
52	limit 51 to humans
53	limit 52 to english language