## Supplement 3. Self-management components delivered in each study

Study	Patient education	Home exercise program	Behavioural modification	Understanding treatment options	Managing PF-related treatments	Self- monitoring	Managing disease & ADLs	Managing comorbidities	Managing physical symptoms	Preventing infections / managing exacerbation	Understanding lung disease / clinical tests	Goal setting	Psychosocial support / coping strategies	Sexuality / self-esteem	Palliation & EOL planning
Albright <i>et al.</i> (1)															
Al Moamary															
(2)															
Archibald et															
al. (3)															
Arizono et al.															
(4)															
Bajwah <i>et al.</i>															
(5)															
Bassi et al.															
(6)															
Bischoff et al.															
(7)															
Brunetti <i>et al.</i>															
(8)															
Cerdán-de-															
las-Heras et															
al. (9)															
Chai et al.															
(10)															
Chéhère et al.															
(11)															
da Fontoura															
et al. (12)															

Deniz et al.								
(13)								
Devani <i>et al.</i>								
(14)								
Dowman et								
al. (15)								
Duck et al.								
(16)								
Edwards et al.								
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Elganady et								
al. (18)								
Ferreira et al.								
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Ferreira et al.								
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Fushillo et al.								
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Gaunaurd et								
al. (22)								
Grongstad et								
al. (23)								
Guler et al.								
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Salitar et al.   Sali	(32)								
Kalluri et al.   Gallari et al.   Gall	Jarosch <i>et al.</i>								
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(38)         (39) <td< td=""><td>(37)</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	(37)								
Keyser et al.         (39)         Image: Control of the control of th	Kerti <i>et al.</i>								
(39)	(38)								
Khor et al. (40)  Kozu et al. (41)  Ku et al. (40)  Ku et al. (41)	Keyser <i>et al.</i>								
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Lindell et al.								
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Number of															
studies (%)															
(Total, n=87)	68 (78)	29 (33)	40 (46)	21 (24)	32 (37)	19 (22)	35 (40)	7 (8)	57 (66)	20 (23)	32 (37)	12 (14)	47 (54)	6 (7)	18 (21)

 $Shaded\ boxes\ represent\ the\ self-management\ components\ included\ in\ each\ study.$ 

PF: pulmonary fibrosis; ADLs: activities of daily living; EOL: end-of-life

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