

**S1 Figure:** Self-efficacy for Managing Chronic Disease 6-item Scale (Lorig *et al* 2001)

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| 1. How confident are you that you can keep the fatigue caused by your disease from interfering with the things you want to do?                                | Not at all                     Totally<br>confident 1 2 3 4 5 6 7 8 9 10 confident |
| 2. How confident are you that you can keep the physical discomfort or pain of your disease from interfering with the things you want to do?                   | Not at all                     Totally<br>confident 1 2 3 4 5 6 7 8 9 10 confident |
| 3. How confident are you that you can keep the emotional distress caused by your disease from interfering with the things you want to do?                     | Not at all                     Totally<br>confident 1 2 3 4 5 6 7 8 9 10 confident |
| 4. How confident are you that you can keep any other symptoms or health problems you have from interfering with the things you want to do?                    | Not at all                     Totally<br>confident 1 2 3 4 5 6 7 8 9 10 confident |
| 5. How confident are you that you can do the different tasks and activities needed to manage your health condition so as to reduce your need to see a doctor? | Not at all                     Totally<br>confident 1 2 3 4 5 6 7 8 9 10 confident |
| 6. How confident are you that you can do things other than just taking medication to reduce how much your illness affects your everyday life?                 | Not at all                     Totally<br>confident 1 2 3 4 5 6 7 8 9 10 confident |