

Supporting information

S1 Table. Example search string using Medline

Platform EBSCO Database Medline Limits 2000-2016; Human.

S1	self*care.ab.ti
S2	self*manag*.ab.ti
S3	self*monitor*.ab.ti
S4	self*help.ab.ti
S5	OR/S1-S4
S6	(MH "Multiple Sclerosis+")
S7	(MH "Myelitis")
S8	(MH "Myelitis, Transverse")
S9	(MH "Demyelinating Autoimmune Diseases, CNS")
S10	(MH "Multiple Sclerosis, Chronic Progressive")
S11	(MH "Multiple Sclerosis, Relapsing- Remitting")
S12	multiple N6 Sclerosis ti.ab
S13	OR/S6-S12
S14	S5 and S13

Key

Ti- title word

Ab - abstract word

MH - Main index/ MeSH term