

S2 Table. Overview of Phases and Components for each Article

Articles	Phases											
	Preparation			Formulation of goals	Formulation of action plan	Coping planning				Follow up		
	Patient education	Patient reflection	Identification of topics for setting goals	Formulation of goals	Formulation of action plan	Identification of barriers	Identification of facilitators	Assessment of confidence	Formulation of strategies to overcome barriers	Patient self-monitoring	Support for the patient	Evaluation of progress
Arbour-Nicitopoulos et al. (2003)					x	x			x	x		x
Bacelar de Araujo Lourenco et al. (2013)					x	x			x		x	
Bearon et al. (2000)				x						x		
Becker et al. (2009)	x			x					x			x
Briggs-Early et al. (2009)				x		x			x			
Buechi et al. (2010)			x	x								
Calfas et al. (2002)		x		x	x	x	x		x		x	
Cho (2013)		x		x	x	x	x				x	x
Christiansen et al. (2010)		x			x	x			x			
Chunchu et al. (2012)		x		x	x	x		x		x		x
Corser et al. (2007)	x			x							x	
Coote & MacLeod (2012)	x			x	x	x			x	x	x	
Custer et al. (2013)				x								x
Davis & White (2008)	x			x						x		x
DeWalt et al. (2007)	x			x	x	x		x	x			x
Dickman et al. (2012)		x		x	x							
Doughty et al. (2008)	x				x							
Estabrooks et al. (2005)		x		x	x	x			x			x
Evans-Hudnall et al. (2014)	x	x		x	x				x	x	x	
Fuchs et al. (2011)		x		x	x				x	x		x
Glasgow et al. (2012)	x			x	x	x			x	x	x	
Glasgow et al. (1996)		x		x	x			x			x	
Glasgow et al. (2002)		x		x		x					x	x
Harris & Eng (2004)		x	x	x								
Hart (1978)			x	x	x							x
Holtrop et al. (2006)	x			x							x	x
Kjeken et al. (2014)				x	x			x			x	
Kroese et al. (2014)				x	x	x			x	x	x	x
Luszczynska (2006)	x				x						x	
Lyons et al. (2015)	x		x	x	x	x			x	x		
Magar et al. (2005)	x				x					x		

