

Author, year of publication	Outcome measure	Instrument	Time of measurement (pre- and post-treatment)	Pre-treatment mean (SD)	Post-treatment mean (SD)	Significant effect
<b>Symptoms and signs</b>						
Allen, 2013 *intensive counseling	Body weight	Weighing scale	0, 6 months	I: 100.3 (16.5) C: 96.4 (16.9)	I: 94.9 (4.0) C: 94.6 (3.7)	No
	BMI	Scale and meter	0, 6 months	I: 34.3 (3.9) C: 35.3 (4.1)	I: 32.5 (1.3) C: 34.7 (1.3)	No
	Male waist circumference	Measuring tape	0, 6 months	I: 119.4 (11.6) C: 113.8 (23.0)	I: 112.4 (2.6) C: 110.4 (8.3)	No
	Female waist circumference	Measuring tape	0, 6 months	I: 109.7 (11.4) C: 105.5 (11.1)	I: 104.0 (3.7) C: 110.4 (8.3)	No
Allen, 2013 *less intensive counseling	Body weight	Weighing scale	0, 6 months	I: 96.8 (14.8) C: 96.4 (16.9)	I: 93.5 (5.9) C: 94.6 (3.7)	No
	BMI	Scale and meter	0, 6 months	I: 33.5 (3.5) C: 35.3 (4.1)	I: 32.4 (2.0) C: 34.7 (1.3)	No
	Male waist circumference	Measuring tape	0, 6 months	I: 116.4 (4.6) C: 113.8 (23.0)	I: 109.9 (0.35) C: 110.4 (8.3)	No
	Female waist circumference	Measuring tape	0, 6 months	I: 108.7 (8.4) C: 105.5 (11.1)	I: 105.1 (7.9) C: 110.4 (8.3)	No
Dear, 2015 *regular contact group	Average pain	Wilcinson Brief Pain Questionnaire	0, 8 weeks	I: 5.74 (1.72) C: 5.72 (1.63)	I: 4.86 (1.79) C: 5.20 (1.80)	No
Dear, 2015 *optional contact group	Average pain	Wilcinson Brief Pain Questionnaire	0, 8 weeks	I: 5.54 (1.74) C: 5.72 (1.63)	I: 4.85 (1.73) C: 5.20 (1.80)	No
Glasgow, 2010	BMI	Scale and meter	0, 4 months	I: 35.2 (6.78) C: 34.5 (6.28)	I: 35.1 (6.83) C: 34.4 (6.27)	Yes
	Hemoglobin	Bio-Rad Variant II Turbo liquid by high pressure liquid chromatography	0, 4 months	I: 8.26 (1.75) C: 8.01 (1.85)	I: 8.05 (1.48) C: 7.84 (1.67)	No
	Lipid ratio (total / HDL)	Modular chemistry analyzer, Abell Kendall method	0, 4 months	I: 4.04 (1.11) C: 4.00 (1.25)	I: 3.94 (1.16) C: 3.84 (1.06)	No

	Mean arterial blood pressure	Blood pressure meter	0, 4 months	I: 95.12 (10.54) C: 95.42 (10.40)	I: 94.58 (10.50) C: 94.27 (10.20)	No
Torbjørnsen, 2014	Hemoglobin	Blood test	0, 4 months	I: 8.2 (1.08) C: 8.1 (1.09)	I: 7.8 (1.44) C: 7.8 (0.91)	No
Trompetter, 2015	Pain	Pain NRS	0, 3 months	I: 6.3 (1.6) C: 6.1 (1.6)	I: 5.4 (2.2) C: 5.9 (2.3)	Yes
Van den Berg, 2006	Disease activity: pain, swelling and tenderness	Reumatoid Arthritis Disease Activity: DAS28	0, 12 months	I: 3.5 (2.3) C: 3.3 (2.1)	I: 3.1 (1.6) C: 2.8 (2.0)	No
Yardley, 2014 *basic nurse support	Body weight	Weighing scale	0, 6 months	I: 103.43 (25.23) C: 98.25 (18.11)	I: 97.92 (5.80) C: 99.00 (5.75)	No
Yardley, 2014 *regular nurse support	Body weight	Weighing scale	0, 6 months	I: 100.36 (19.38) C: 98.25 (18.11)	I: 97.14 (5.74) C: 99.00 (5.75)	No
<b>Daily activity related limitations</b>						
Allen, 2013 * intensive counseling	Self-reported activity	Stanford 7-Day Physical Activity Recall	0, 6 months	I:4.9 (5.7) C:3.5 (3.7)	I: 2.9 (5.4) C:3.3 (5.1)	No
Allen, 2013 *less intensive counseling	Self-reported activity	Stanford 7-Day Physical Activity Recall	0, 6 months	I: 5.3 (5.4) C:3.5 (3.7)	I:1.7 (5.5) C:3.3 (5.1)	No
Van den Berg, 2006	Functional ability	MACTAR	0, 12 months	I: 51.0 (4.0) C: 50.0 (4.0)	I: 55.2 (8.1) C: 52.5 (10.1)	Yes
	Rheumatoid related disabilities	Health Assessment Questionnaire	0, 12 months	I: 0.75 (1.13) C: 0.75 (0.75)	I: 0.66 (0.35) C: 0.71 (0.16)	Yes
Dear, 2015 *regular contact group	Backpain associated disability in daily activities	Roland-Morris Disability Questionnaire	0, 8 weeks	I: 13.47 (5.23) C: 13.92 (5.06)	I: 11.05 (5.63) C: 11.36 (5.22)	No
Dear, 2015 *optional	Backpain associated	Roland-Morris Disability	0, 8 weeks	I: 13.24 (5.60) C: 13.92 (5.06)	I: 10.95 (.84) C: 11.36 (5.22)	No

contact group	disability in daily activities	Questionnaire				
Glasgow, 2010	Physical activity	CHAMPS instrument	0, 4 months	I: 3664 (2959) C: 4294 (3054)	I: 3697 (3272) C: 4146 (3578)	No
Liebreich, 2009	Leisure-time Physical activity	Modified version Godin Leisure-Time Exercise Questionnaire	0, 3 months	I: 483 (620) C: 501 (582)	I: 654 (659) C: 490 (562)	Yes
McKay, 2001	Moderate-to-vigorous exercise	Behavioral Risk Factor Surveillance system	0, 2 months	I: 5.6 (6.2) C: 7.3 (6.2)	I: 17.6 (15.3) C: 18.0 (17.3)	No
	Walking	Behavioral Risk Factor Surveillance system	0, 2 months	I: 6.4 (6.2) C: 8.4 (8.4)	I: 12.5 (9.5) C: 16.8 (22.8)	No
Van den Berg, 2006	Meeting physical activity recommendations	Self-reported, percentage of total sample	0, 12 months	I: 0 (0) C: 0 (0)	I: 19 (26) C: 11 (15)	No
	Physical activity score	Number of acceleration per 5-minute period throughout the day, Actilog V3.0 activity monitor	0, 12 months	I: 72.0 (33.5) C: 79.0 (25.8)	I: 72.3 (34.0) C: 80.7 (30.6)	No
Trompetter, 2015	Disruption of daily activities by chronic pain	Pain Disability Index	0, 3 months	I: 36.0 (12.7) C: 36.4 (12.7)	I: 30.6 (14.5) C: 34.6 (14.3)	No
<b>Dealing with the chronic condition: cognitive measures</b>						
Dear, 2015 *regular contact group	Pain Self-efficacy	Pain Self-efficacy Questionnaire	0, 8 weeks	I: 28.86 (12.93) C: 26.80 (11.52)	I: 35.94 (12.98) C: 33.21 (11.97)	Yes
	Fear of movement	TAMPA Scale of Kinesiophobia	0, 8 weeks	I: 38.59 (7.99) C: 39.35 (7.37)	I: 34.48 (7.00) C: 34.59 (6.80)	No
	Pain acceptance	Chronic Pain Acceptance	0, 8 weeks	I: 22.58 (7.53) C: 22.26 (7.19)	I: 26.79 (6.69) C: 25.76 (6.65)	No

		Questionnaire				
Dear, 2015 *optional contact group	Pain Self- efficacy	Pain Self- efficacy Questionnaire	0, 8 weeks	I: 28.61 (14.08) C: 26.80 (11.52)	I: 33.60 (13.83) C: 33.21 (11.97)	No
	Fear of movement	TAMPA Scale of Kinesiophobia	0, 8 weeks	I: 37.60 (8.40) C: 39.35 (7.37)	I: 34.88 (7.80) C: 34.59 (6.80)	No
	Pain acceptance	Chronic Pain Acceptance Questionnaire	0, 8 weeks	I: 23.30 (7.72) C: 22.26 (7.19)	I: 25.40 (8.01) C: 25.76 (6.65)	No
Liebreich, 2009	Self-efficacy in performing regular physical activity	Self-efficacy 12-item scale, Plotnikoff et al.	0, 3 months	I: 3.00 (0.74) C: 3.01 (0.71)	I: 2.99 (0.84) C: 2.82 (0.84)	No
	Outcome expectations of engaging in physical activity	Modified version of the Decisional Balance Scale and Physical Activity Expectations Scale	0, 3 months	I: 4.66 (0.87) C: 4.62 (0.37)	I: 4.57 (0.54) C: 4.57 (0.42)	No
	The perceived importance of outcome expectations	Perceived importance of the Outcome Expectations	0, 3 months	I: 2.73 (0.29) C: 2.71 (0.34)	I: 2.69 (0.39) C: 2.65 (0.36)	No
	The degree to which participants rewarded themselves and set realistic goals	Reinforcement 4-item scale, Marcus et al.	0, 3 months	I: 2.73 (0.66) C: 2.58 (0.84)	I: 2.83 (0.74) C: 2.70 (0.91)	No
	Emotional coping response	Emotional well- being subscale	0, 3 months	I: 2.93 (0.76) C: 2.78 (0.67)	I: 2.90 (0.67) C: 2.90 (0.67)	No
	Participants'ind ication of how true a variety	Subscale of Behavior Regulation in	0, 3 months	I: 3.81 (0.54) C: 3.94 (0.53)	I: 3.56 (0.91) C: 3.75 (1.05)	No

	of reasons to exercise were (e.g. 'I value the benefits of exercise')	Exercise Questionnaire				
	Experienced confidence in performing physical activity	Behavioral capacity 4-item scale, Rogers et al.	0, 3 months	I: 3.10 (1.18) C: 3.25 (0.98)	I: 3.23 (1.32) C: 2.97 (0.98)	Yes
	Indication of how often external situations prevented participants from getting a physical active lifestyle	Situation 17-item scale, Rogers et al.	0, 3 months	I: 2.41 (0.66) C: 2.11 (0.55)	I: 2.35 (0.67) C: 2.16 (0.59)	No
	Experienced social support in getting a physical active lifestyle	Social support 2-item scale, Cournya et al.	0, 3 months	I: 5.06 (1.52) C: 4.58 (1.99)	I: 4.18 (2.10) C: 4.27 (2.05)	No
	The degree to which participants observed others being physical active	Observational learning 2-item scale, Plotnikoff et al.	0, 3 months	I: 4.14 (0.78) C: 3.25 (0.98)	I: 3.96 (0.92) C: 2.97 (0.98)	No
Trompetter, 2015	Positive mental health	Mental Health Continuum-Short Form	0, 3 months	I: 52.6 (11.8) C: 53.1 (11.8)	I: 54.7 (12.2) C: 55.9 (15.2)	No
	Avoidance of pain and cognitive fusion with	Psychological Inflexibility in Pain Scale	0, 3 months	I: 55.0 (11.6) C: 55.1 (11.6)	I: 40.7 (13.8) C: 46.3 (14.1)	Yes

	pain					
	Mindfulness skills	Five Facet Mindfulness Questionnaire-Short Form	0, 3 months	I:81.4 (10.7) C:83.2 (10.7)	I:86.7 (12.2) C: 88.8 (12.5)	No
	Pain catastrophizing	Pain Catastrophizing Scale	0, 3 months	I: 18.6 (9.5) C: 17.6 (10.2)	I: 13.5 (11.3) C: 15.6 (11.7)	No
<b>Dealing with the chronic condition: behavioral measures</b>						
Nobis, 2015	Coping with diabetes	Acceptance and Action Diabetes Questionnaire	0, 2 months	I: 36.93 (8.96) C: 36.56 (10.27)	I: 34.13 (8.45) C: 36.11 (9.86)	Yes
	Diabetes specific self-management	Diabetes Self-Management Questionnaire	0, 2 months	I: 4.78 (0.65) C:4.68 (0.65)	I: 4.76 (0.55) C: 4.72 (0.62)	No
Torbjørnsen, 2014	Self-management: skills and technique acquisition	Hei-Q	0, 4 months	I: 2.87 (0.43) C: 2.95 (0.46)	I: 3.04 (0.52) C: 2.98 (0.62)	No
	Self-management: Health service navigation	Hei-Q	0, 4 months	I: 3.08 (0.43) C: 3.14 (0.51)	I: 3.27 (0.56) C: 3.21 (0.60)	Yes
Trompetter, 2015	Awareness of personal values and the degree to which this guide person's actions in daily life	Engaged Living Scale	0, 3 months	I:51.5 (10.4) C: 51.5 (9.9)	I: 55.1 (12.4) C: 56.1 (12.8)	No
	The degree to which pain interferes with daily activities	Multidimensional Pain Inventory	0, 3 months	I: 32.3 (9.8) C: 32.2 (9.8)	I: 28.7 (12.0) C: 32.7 (12.3)	Yes
<b>Emotional outcomes</b>						
Dear, 2015 *regular	Depression	Patient Health Questionnaire	0, 8 weeks	I: 11.55 (5.88) C: 10.90 (4.76)	I: 6.30 (4.57) C: 6.96 (4.29)	No

contact group		9-item				
	Anxiety	Generalized Anxiety Disorder 7-item		I: 8.40 (5.52) C: 8.28 (4.60)	I: 4.91 (4.40) C: 5.16 (3.91)	No
Dear, 2015 *optional contact group	Depression	Patient Health Questionnaire 9-item	0, 8 weeks	I: 10.60 (5.33) C: 10.90 (4.76)	I: 7.20 (5.25) C: 6.96 (4.29)	No
	Anxiety	Generalized Anxiety Disorder 7-item		I: 7.98 (4.67) C: 8.28 (4.60)	I: 5.66 (4.94) C: 5.16 (3.91)	No
McKay, 2001	Depression	10-item version of the Center for Epidemiologic Studies Depression scale	0, 2 months	I: 16.9 (11.6) C: 17.6 (10.4)	I: 14.9 (12.5) C: 19.9 (14.2)	No
Nobis, 2015	Depressive symptom severity	Center for Epidemiologic Studies Depression Scale	0, 2 months	I: 32.7 (6.95) C: 32.53 (7.51)	I: 21.08 (8.84) C: 28.90 (8.65)	Yes
	Depressive symptoms	Hospital Anxiety and Depression Scale	0, 2 months	I: 11.99 (3.23) C: 11.69 (3.08)	I: 8.12 (3.92) C: 11.26 (3.72)	Yes
	Emotional distress related to living with DM	Problem Areas in Diabetes Scale	0, 2 months	I: 10.24 (4.27) C: 10.57 (4.52)	I: 8.35 (3.94) C: 10.87 (4.67)	Yes
Trompetter, 2015	Anxiety	Hospital Anxiety and Depression Scale	0, 3 months	I: 7.2 (3.3) C: 6.5 (3.4)	I: 6.0 (3.8) C: 5.7 (3.8)	No
	Depression	Hospital Anxiety and Depression Scale	0, 3 months	I: 6.1 (3.4) C: 7.5 (3.3)	I: 5.1 (3.7) C: 5.9 (3.9)	No

Quality of life						
De Boer, 2014	Health related quality of life: Physical functioning	RAND-36 subscale Physical functioning	0, 4 months	I: 50.10 (17.20) C: 52.50 (22.94)	I: 58.50 (22.37) C: 55.88 (22.35)	Yes
	Health related quality of life: Social functioning	RAND-36 subscale Social functioning	0, 4 months	I: 49.34 (23.74) C: 47.92 (23.79)	I: 65.79 (26.95) C: 54.17 (27.00)	Yes
	Health related quality of life: Role impairment (physical)	RAND-36 subscale Role impairment (physical)	0, 4 months	I: 15.79 (29.12) C: 15.63 (24.24)	I: 37.24 (41.89) C: 22.19 (34.89)	No
	Health related quality of life: Role impairment (emotional)	RAND-36 subscale Role impairment (emotional)	0, 4 months	I: 59.65 (42.42) C: 57.97 (44.06)	I: 71.93 (41.96) C: 67.39 (40.97)	No
	Health related quality of life: Mental health	RAND-36 subscale Mental health	0, 4 months	I: 62.74 (18.95) C: 65.83 (18.80)	I: 70.11 (20.76) C: 66.17 (17.61)	No
	Health related quality of life: Vitality	RAND-36 subscale Vitality	0, 4 months	I: 41.32 (15.35) C: 39.79 (16.84)	I: 52.63 (20.30) C: 40.63 (14.69)	Yes
	Health related quality of life: Pain	RAND-36 subscale Pain	0, 4 months	I: 37.16 (14.73) C: 38.76 (17.87)	I: 50.70 (18.60) C: 39.80 (19.35)	Yes
	Health related quality of life: General health appraisal	RAND-36 subscale General health appraisal	0, 4 months	I: 49.33 (23.35) C: 42.50 (22.84)	I: 56.63 (27.69) C: 43.54 (20.51)	No
	Health related quality of life: Perceived health change	RAND-36 subscale Perceived health change	0, 4 months	I: 28.75 (24.70) C: 38.54 (30.38)	I: 51.25 (23.61) C: 38.54 (34.56)	Yes
Van den Berg, 2006	Disease related quality of life	Rheumatoid Arthritis	0, 12 months	I: 10.0 (10.2) C: 10.0 (9.5)	I: 8.7 (6.1) C: 9.4 (3.6)	Yes



		Quality of Life				
	Quality of life: physical summary scale	RAND-36: physical summary	0, 12 months	I: 52.8 (40.1) C: 54.4 (42.8)	I: 47.9 (17.6) C: 50.4 (18.2)	Yes
	Quality of life: mental summary	RAND-36: mental summary	0, 12 months	I: 75.1 (26.2) C: 73.0 (30.5)	I: 74.9 (21.0) C: 72.2 (12.2)	No