

S4 Table. Summary of findings and extracted outcomes

Reported outcomes	Method of assessment	Findings in (c)-RCTs
Self-efficacy		
Changes in perceived self-efficacy	DMSES	(+) Sturt et al. (1)
	Questionnaire (Likert 7-point scale)	(+) Clarkson et al. (2, 3)
	Arthritis Self-Efficacy Scale (8 items) * adapted from Lorig et al. 1989	(+) (post-treatment); NS (6 months); NS (12 months) Broderick et al. (4)
	Arthritis Self-Efficacy pain subscale	NS Dziedzic et al. (5-7)
	GSE	(+) Zimmermann et al. (8)
	GSES-12	NEA Barley et al. (9) NS van Dijk-de Vries et al. (10)
	Questionnaire (28 item)	NS Hoffmann et al. (11)
	Self-administered questionnaire	NS Meland et al. (12, 13)
	PRAISE	NS Mitchell et al. (14, 15)
	CDMSES	NS Browning et al. (16, 17)
	COPD self-efficacy scale	NS Bischoff et al. (18)
	DSES	NS Smit et al. (19, 20)
	Short form healthcare climate questionnaire	NS Kennedy et al. (21, 22)
Managing Chronic Disease 6-Item Scale	(+) Fortin et al. (23, 24)	
Level of patient activation	PAM-13	NS Eikelenboom et al. (25, 26)
Self-management and patient enablement	Patient Enablement Instrument (PEI)	(+) Dziedzic et al. (5-7)
Quality of life		
Change in HRQOL	SGRQ	(+) Efraimsson et al. (27) NS Wood-Baker et al. (28) NS McGeoch et al. (29) NS Watson et al. (30)
	Dizziness Handicap Inventory (25 items)	(+) Yardley et al. (31)
	WSAS	(+) Moss-Morris et al. (32, 33) (+) Striegel-Moore et al. (34, 35)
	IBSQOL	(+) Heitkemper et al. (36)
	Brief clinical inventory category	(+) Jaipakdee et al. (37)
	AIMS2-SF	NS (Group 1); (+) (Group 2 symptom scale, the lower limb scale, and the social scale) Rosemann et al. (38) NS Broderick et al. (4)

	SF-12	NS (physical health); (+) (mental health) Freund et al. (39) NEA Barley et al. (9) NS van Dijk-de Vries et al. (10) (+) Fortin et al. (23, 24) NS (physical component score); NS (mental component summary) Dzedzic et al. (5-7)
	SF-36	NS (physical health); (+) (mental health) Hoffmann et al. (11)
	SF-36PF	NS Friedberg et al. (40, 41)
	EQ-5D	NS Richards et al. (42) NS Zimmermann et al. (8) NS Kennedy et al. (21, 22)
	ADDQoL	NS Gabbay et al. (43)
	CRQ	NS Bischoff et al. (18)
	AQLQ	NS Mehuys et al. (44)
	WHO QoL-BREF	NS Browning et al. (16, 17)
	Juniper questionnaire	(+) McLean et al. (45)
	CAT	(+) Ferrone et al. (46)
	CCQ	(+) Ferrone et al. (46)
Physical and social functioning		
General functioning	Satisfaction with life scale; SAS-SR	(+) Banasiak et al. (47) [#]
Physical and social functioning	WOMAC	(+) (post-treatment); NS (6 months); NS (12 months) Broderick et al. (4)
General health and physical functioning	GHQ Medical Outcome Study short form general health survey	(+) Chalder et al.(48) (+) Chalder et al.(48)
Physical functioning	SF-36	NS Yardley et al. (31)
Perceived effect of diabetes on daily functioning	DFT	NS van Dijk-de Vries et al. (10)
Changes in physical and mental health status	SF-12	NS Murphy et al. (49-51)
	Warwick-Edinburgh Mental Well-being Scale	NEA Barley et al. (9)
Functional status	RDQ (modified)	NS Cherkin (52) [#]
Symptoms and functioning	Brief psychiatric rating scale	NS Bartels et al. (53)
Social functioning	Social Functioning scale from the SF-36	NS Von Korff et al.(54)

Psychological functioning		
Overall psychological functioning and wellbeing	CORE-OM	(+) Waite et al. (55) NS Richards et al. (42) (+) Williams et al. (56)
Self-esteem	RSCQ	(+) Waite et al. (55)
Depression score	PHQ	(+) Morgan et al. (57, 58) (+) Watkins et al. (59) NS Jaipakdee et al. (37) NS Dziedzic et al. (5-7)
Anxiety score	GAD-7	(+) Watkins et al. (59) NS Dziedzic et al. (5-7)
Cognitive symptoms	CSFBD	(+) Heitkemper et al. (36)
Level of distress	SCL-90R	(+) Heitkemper et al. (36)
	K10	(+) Browning et al. (16, 17)
Psychological/ psychosocial functioning	BDI-II	NS Friedberg et al. (40, 41) (+) Waite et al. (55) (+) Williams et al. (56) (+) Banasiak et al. (47) [#] (+) Watkins et al. (59)
Psychological distress	Mental Health Inventory	NS Von Korff et al. (54)
	Kessler Psychological Distress Scale	(+) Fortin et al. (23, 24)
Diabetes-related distress	PAID	(+) Gabbay et al. (60) [#] NS Gabbay et al. (43) (+) Sturt et al. (1) NS van Dijk-de Vries et al. (10)
Level of anxiety and depression	HADS	NS Yardley et al. (31) NS McGeoch et al. (29) NS Moss-Morris et al. (32, 33) [#] (+) (HADS anxiety); NS (HADS depression) Mitchell et al. (14, 15) NEA Barley et al. (9)
	BDI	(+) Striegel-Moore et al. (34, 35) (+) (post-treatment); NS (6 months); (+) (12 months) Broderick et al. (4) NS Grilo et al. (61)
Coping	FQCI	NS Zimmermann et al. (8)
	CSQ	(+) Broderick et al. (4)
Knowledge		
Disease knowledge	Questionnaire (5-point scale)	(+) Cherkin et al. (52)
	Brief Diabetes Knowledge Test	(+) Mehuys et al. (62)
	Questionnaire (details not reported)	(+) Efraimsson et al. (27) (+) McLean et al. (45)
	BCKQ	(+) Hill et al. (63) (+) Mitchell et al. (14, 15)

		(+) Ferrone et al. (46)
	Knowledge of Asthma and Asthma Medicine questionnaire (updated version)	NS Mehuys et al. (44)
	KQ	NS Grilo et al. (61)
Self-management knowledge and behaviours	PIH-NL	NS van Dijk-de Vries et al. (10)
Self-management education	Health Education Impact Questionnaire (heiQ)	(+) Fortin et al. (23, 24)
Behaviours		
Exercise		
Level of exercise/ physical activity	Questionnaire (details not reported)	(+) Cherkin (52)
	IPAQ	NS Rosemann et al. (38) NS Dziedzic et al. (5-7)
	PACE	NS Clark et al. (64, 65)
	PASE	NS Dziedzic et al. (5-7)
	Rapid Assessment of Physical Activity questionnaire	NS Eikelenboom et al. (25, 26)
Physical activity over the past 7 days (steps/ day)	Self-report diary card and pedometer recordings	NS Wood-Baker et al. (28)
Smoking		
Mean number of cigarettes smoked per day	Questionnaire (details not reported)	NS Meland et al. (12, 13)
Smoking behaviour	Questionnaire	NS Tiessen et al. (66, 67) [#] (+) Efraimsson et al. (27)
Smoking status	Smoking status assessment questionnaire	NS Eikelenboom et al. (25, 26)
Diet		
Estimated daily grams of fat	The Block Fat Screener questionnaire (15 items)	NS Clark et al. (64, 65)
Dietary behaviour	Rapid Eating Assessment for Participants — short questionnaire	NS Eikelenboom et al. (25, 26)
Self-management activities		
Mean days per week engaging in 3 separate diet activities	Questionnaire (self-reported) *self-care items taken from Toobert et al. 2000.	(+) Doucette et al. (68)
Mean days per week engaging in 5 separate diabetes activities	Questionnaire (self-reported) *self-care items taken from Toobert et al. 2000.	(+) Doucette et al. (68)

Mean days per week engaging in 2 separate exercise activities	Questionnaire (self-reported) *self-care items taken from Toobert et al. 2000.	NS Doucette et al. (68)
Self-care activities	SDSCA	NS (general diet); (+) (specific diet); NS (physical exercise); NS (blood glucose monitoring); NS (foot care) Browning et al. (16, 17)
		NS (general diet); NS (specific diet); (+) (physical exercise); (+) (foot care); NS (smoking) Mehuys et al. (62)
		NS Gabbay et al. (43)
		(+) Clark et al. (64, 65)
General medical illness self-management	Stanford Chronic Disease self-efficacy scale	NS Bartels et al. (53)
Self-management	COPD-SMI	(+) (for all domains expect one) McGeoch et al. (29)
Psychiatric illness self-management	IMR scale	(+) Bartels et al. (53)
Adherence		
Adherence to medication (number of prescription refills; self-reported)	Questionnaire	(+); NS Mehuys et al. (62)
Technique		
Inhalation technique	Checklist	(+) Mehuys et al. (44)
Disease specific		
Diabetes / cardiovascular conditions		
Change in HbA1c / blood glucose	Clinical laboratory measurements	(+) Goudswaard et al. (69) (+) Huang et al. (70, 71) (+) Morgan et al. (57, 58) (+) Adachi et al. (72) (+) Olry de Labry Lima et al. (73) (+) Mehuys et al. (62) (+); NS Jaipakdee et al. (37) NS Gabbay et al. (60) [#] NS Sturt et al. (1) NS Doucette et al. (68) NS Farmer et al. (74-76) NS Ismail et al. (77) NS Browning et al. (16, 17) NS Tiessen et al. (66, 67) [#] NS van Dijk-de Vries et al. (10) NS Gabbay et al. (43) (-) Partapsingh et al. (78) [#]
Change in weight / BMI	Anthropometric measurements	(+) Goudswaard et al. (69) NS Gabbay et al. (60) [#]

		NS Huang et al. (70, 71) NS Morgan et al. (57, 58) [#] NS Ismail et al. (77) NS Adachi et al. (72) NS Partapsingh et al. (78) NS Olry de Labry Lima et al. (73) [#] NS Browning et al. (16, 17) NS Tiessen et al. (66, 67) [#]
Change in blood pressure	Blood pressure measurement	(+) Gabbay et al. (60) (+) (SBP); NS (DBP) Huang et al. (70, 71) (+) (SBP); NS (DBP) Browning et al. (16, 17) (+) (SBP); NS (DBP) Gabbay et al. (43) NS Meland et al. (12, 13) NS Doucette et al. (68) NS Morgan et al. (57, 58) [#] NS Murphy et al. (49-51) NS Ismail et al. (77) NS Adachi et al. (72) NS Partapsingh et al. (78) NS Olry de Labry Lima et al. (73) NS Tiessen et al. (66, 67) [#]
Change in lipids	Clinical laboratory test	NS Meland et al. (12, 13) NS Gabbay et al. (60) [#] NS Doucette et al. (68) NS Huang et al. (70, 71) NS Morgan et al. (57, 58) [#] NS Murphy et al. (49-51) NS Ismail et al. (77) NS Adachi et al. (72) NS Partapsingh et al. (78) NS Olry de Labry Lima et al. (73) NS Browning et al. (16, 17) NS Tiessen et al. (66, 67) [#] NS Gabbay et al. (43)
Chest pain	Modified Rose Angina Questionnaire	NEA Barley et al. (9)
Chronic obstructive pulmonary disease		
Pulmonary function	FEV1	NS Wood-Baker et al. (28)
		(+) Ferrone et al. (46)
Respiratory status	Diary (self-report)	NS Watson et al. (30)
Courses of antibiotics	COPD-SMI	NS McGeoch et al. (29)
	Diary (self-report)	(+) Wood-Baker et al. (28) (+) Watson et al. (30)

Courses of oral steroids	COPD-SMI	NS McGeoch et al. (29)
	Diary (self-report)	(+) Wood-Baker et al. (28) NS Watson et al. (30)
Symptom burden	CRQ-SR	(+) (6 weeks); NS (6 months) Mitchell et al. (14, 15) NS Bischoff et al. (18)
Frequency and patients' management of exacerbations	TEXAS	NS Bischoff et al. (18)
	Diary (self-report)	(+) Ferrone et al. (46)
Eating disorders		
Frequency over the past 28 days of episodes of objective binge eating	EDE; EDE-Q	(+) Banasiak et al. (47) NS Grilo et al. (61)
Frequency over the past 28 days of episodes of subjective binge eating	EDE; EDE-Q	(+) Banasiak et al. (47) [#]
Purging episodes score=primary purging behaviour (episodes of vomiting, or laxative, or diuretic or enema/suppository misuse).	EDE; EDE-Q	(+) Banasiak et al. (47)
Body mass index	Direct measurements of weight and height	NS Banasiak et al. (47) [#] NS Grilo et al. (61)
Binge eating severity	The Gormally binge eating scale (16 items)	NEA Clark et al. (64, 65) [#]
Abstinence from binge eating	PHQ-ED (modified)	(+) Striegel-Moore et al. (34, 35)
Asthma		
Level of asthma control	ACT	NS Mehuys et al. (44)
PEF	PEFR (self-measured)	NS Mehuys et al. (44) (+) McLean et al. (45)
Rescue medication use	Self-report diary	(+) Mehuys et al. (44)
Asthma symptoms	North of England asthma symptoms scale (10 items)	(+) Barbanel et al. (79)
	Self-report symptom scores	(+) McLean et al. (45)
Number of exacerbations	Self-report diary	NS Mehuys et al. (44)
Nocturnal awakenings over 14 days	Self-report diary	(+) Mehuys et al. (44)
Migraine		
Intensity of pain	Questionnaire (10 point scale)	NS Hoffmann et al. (11)
Number of days with headache	Kiel Headache Questionnaire	NS Hoffmann et al. (11)
Back pain		
Mean difference in pain intensity	Questionnaire (10 point scale)	NS Von Korff et al. (54)
Symptom relief	Questionnaire (10-point scale)	NS Cherkin (52)

Dizziness		
Change in spontaneous and provoked symptoms of dizziness	Vertigo Symptom Scale-Short Form	(+) Yardley et al. (31)
Oral hygiene		
Percentage of surfaces with plaque	Silness and Löe index	NS (RCT); (+) (cRCT) Clarkson et al.(2, 3)
Percentage sites bleeding	Silness and Löe index	NS Clarkson et al.(2, 3)
Timing, duration and method	Self-report (scale)	(+) Clarkson et al.(2, 3)
Irritable bowel syndrome		
Symptom severity	IBS-SSS	(+) Moss-Morris et al. (32, 33) [#]
Chronic fatigue syndrome		
Fatigue impact on functioning	FSS	(+) Friedberg et al. (40, 41) (+) Chalder et al.(48)
Depression		
Depressive symptoms	HAM-D	(+) Watkins et al. (59)
	CES-D	NS Gabbay et al. (43)
Symptom load	PHQ-D	NS Zimmermann et al. (8)
Osteoarthritis		
Pain intensity	BPI	(+) (post-treatment); NS (6 months); (+) (12 months) Broderick et al. (4)
Peripheral joint pain intensity	OMERACT/OARSI responder criteria	(+) Dziedzic et al. (5-7)
Fatigue	BFI	(+) (post-treatment); NS (6 months); (+) (12 months) Broderick et al. (4)
Use of pain medication	Diary (self-report)	(+) (post-treatment); NS (6 months); (+) (12 months) Broderick et al. (4)
Other		
Satisfaction	Questionnaire (questionnaire with two subscales, "Information and General care")	(+) Cherkin (52)
Satisfaction with health	AIMS2-SF	(+) (post-treatment); NS (6 months); NS (12 months) Broderick et al. (4)
Depth of relationship; professional care and perceived time	Consultation satisfaction questionnaire	(+) Richards et al. (42)

Legend: (+): significant findings p<0.05; NS: non-significant findings; (-): negative findings; NEA: no evidence available; #: no p-value provided

Abbreviations: ACT: Asthma control test; ADDQoL: Audit of Diabetes Dependent Quality of Life; AIMS2-SF: Arthritis Impact Measurement Scales Short Form (78 items); AQLQ: Standardised Asthma Quality of Life Questionnaire; BCKQ: Bristol COPD Knowledge Questionnaire; BDI: Beck Depression Inventory (21 items); BDI-II: Beck Depression Inventory-II; BFI: Brief Fatigue Inventory; BMI: body mass index; BPI: Brief pain inventory; CAT: COPD assessment test; CCQ: Clinical COPD Questionnaire; CDMSES: Career Decision Making Self Efficacy Scale; CES-D: Centre for Epidemiologic Studies Depression scale; COPD-SMI: COPD-self management interview; CORE-OM: Clinical Outcomes in Routine Evaluation Outcome Measure; CRQ: Chronic respiratory questionnaire (20 items); CRQ-SR: Chronic Respiratory Questionnaire dyspnoea domain; CSFBD: Cognitive Scale for Functional Bowel Disorders; CSQ: Coping strategies questionnaire (42 items); DBP: diastolic blood pressure; DFT: Daily Functioning Thermometer; DMSES: Diabetes Management Self-efficacy Scale; DSSES: Depression Self-Efficacy Scale (5 items); DTSQ: Diabetes Treatment Satisfaction Questionnaire; EDE: Eating Disorder Examination; EDE-Q: Eating Disorder Examination Questionnaire (EDE Q); EQ-5D: quality of life questionnaire (5 items); FEV1: Forced expiratory volume in one second; FQCI: Freiburg questionnaire of coping with illness; FSS: Fatigue Severity Scale; GAD-7: Generalized Anxiety Disorder-7; GHQ: General Health Questionnaire (12 items); GSE: general self-efficacy scale; GSES: General Self Efficacy Scale; HADS: Hospital Anxiety and Depression Scale (14 items); HAM-D: Depression rating scale (17 items); heiQ: Health Education Impact Questionnaire; HDL: high density lipoprotein; HRQOL: Health-related quality of life; IBSQOL: Irritable Bowel Syndrome quality of life questionnaire; IBS-SSS: Irritable Bowel Syndrome Severity Scoring System; IPAQ: Short form of the International Physical Activity Questionnaire; K10: Kessler 10 score; KQ: Knowledge Questionnaire (10 items); LDL: low density lipoprotein; PACE: The Physician-based Assessment and Counselling for Physical Activity (11 items); PAID: Problem Areas in Diabetes scale (20 items); PAM-13: Patient Activation Measure (13 items); PASE: Physical Activity Scale for the Elderly; PEF: Peak expiratory flow; PEFr: Peak expiratory flow rate; PEI: Patient Enablement Instrument; PHQ9: Patient Health Questionnaire-9; PHQ-D: Patient health questionnaire; PHQ-ED: Patient Health Questionnaire eating disorder module; PIH-NL: Partners in Health scale (12 items); PRAISE: Pulmonary Rehabilitation Adapted Index of Self-Efficacy; RDQ: Roland Disability Questionnaire (23 items); RSCQ: Robson Self-concept Questionnaire (30 items); SAS-SR: Overall adjustment score of the modified social adjustment scale; SBP: systolic blood pressure; SCL-90R: Symptoms checklist (90 items); SDSCA: Summary of Diabetes Self-Care Activities; SF-12: Short form survey (12 items); SF-36: Short form survey (36 items); SF-36PF: Short Form-36 Physical Function subscale; SGRQ: St George's Respiratory Questionnaire (50 items); TC: total cholesterol; TEXAS: Nijmegen telephonic exacerbation assessment system; TG: triglycerides; WHO QoL-BREF: World Health Organisation Quality of Life-BREF; WOMAC: Western Ontario and McMaster Universities Osteoarthritis Index (24 items); WSAS: Work and Social Adjustment Scale (5 items)

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