

## Appendix 1. Theoretical foundations of the questionnaires

<i>Questionnaire</i>	<i>Theoretical referents</i>	<i>Main construct measured</i>	<i>Definition of self-management and/or main construct measured</i>	<i>Dimensions/domains (sub-dimensions/domains)</i>
<i>ASAS (Evers, 1989)</i>	Orem's Self-Care Deficit Theory of Nursing	Self-care agency	Self-care agency: the complex acquired ability to meet one's continuing requirements for care that regulates life processes, maintains or promotes integrity of human structure and functioning and human development, and promotes well-being. Self-care: the practice of activities that individuals initiate and perform on their own behalf in maintaining life, health and well-being [38].	<b>Unidimensional</b>
<i>ASAS-R (Sousa et al., 2009)</i>	Orem's Self-Care Deficit Theory of Nursing	Self-care agency	Self-care agency: an individual's capability to perform self-care activities or health-promoting behaviours on their own behalf to maintain life, health and well-being and is developed during an individual's lifespan.	<b>Multidimensional (3)</b> <ul style="list-style-type: none"> <li>• Having power for self-care</li> <li>• Developing power for self-care</li> <li>• Lacking power for self-care</li> </ul>
<i>heiQ (Osborne et al., 2006)</i>	Program Logic Model	Proximal outcomes of self-management programs	Outcomes of self-management include a positive and active engagement in life, health-directed behavior, skill and technique acquisition, constructive attitudes and approaches, self-monitoring and insight, health services navigation, social integration and support, and emotional wellbeing.	<b>Multidimensional (8)</b> <ul style="list-style-type: none"> <li>• Positive and active engagement in life</li> <li>• Health-directed behavior</li> <li>• Skill and technique acquisition</li> <li>• Constructive attitudes and approaches</li> <li>• Self-monitoring and insight</li> </ul>

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				<ul style="list-style-type: none"> <li>• Health services navigation</li> <li>• Social integration and support</li> <li>• Emotional wellbeing</li> </ul>
<i>PAST (Van Houtum et al., 2014)</i>	<p>Theory of Stress and Coping</p> <p>Self-management activities by Bayliss et al. (2003)</p>	Self-management tasks	Self-management involves not only the medical management of a condition but also maintaining, changing and creating new meaningful behaviors or life roles, and coping with the psychosocial consequences of chronic illness.	<p><b>Multidimensional (4)</b></p> <ul style="list-style-type: none"> <li>• Medical management</li> <li>• Communication with healthcare providers</li> <li>• Coping with the consequences of the illness</li> <li>• Making lifestyle changes</li> </ul>
<i>PIH (Battersby, et al., 2003)</i>	Flinders model [39]	Self-management	Self-management: involves the individual working in partnership with their carer(s) and health professionals so that (s)he can: 1) Know their condition and various treatment options; 2) Negotiate a plan of care; (i.e., care plan); 3) Engage in activities that protect and promote health; 4) Monitor and manage the symptoms and signs of the condition(s); 5) Manage the impact of the condition on physical functioning, emotions and interpersonal relationships (Lorig, 1993) (Battersby et al., 2003).	<p><b>Unidimensional (4)</b></p> <ul style="list-style-type: none"> <li>• Knowledge</li> <li>• Treatment adherence</li> <li>• Recognizing and managing symptoms</li> <li>• Dealing with / managing side effects</li> </ul>

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<i>PS-CAQ (Hanson, 1981)</i>	Orem's Self-Care Deficit Theory of Nursing	Self-care agency	Self-care agency: the power or capacity to perform actions toward the goal of self-care. Two operations were identified to specify how the power of self-care agency is to be directed: the estimative operation (determining what needs to be done) and the productive operation (doing what needs to be done) [40].	<b>Multidimensional (10)</b> <ul style="list-style-type: none"> <li>• Attention and vigilance</li> <li>• Controlled use of energy</li> <li>• Control of body position</li> <li>• Reasoning</li> <li>• Motivation</li> <li>• Decision making</li> <li>• Knowledge-acquisition</li> <li>• Repertoire skills</li> <li>• Time ordering</li> <li>• Integration</li> </ul>
<i>SMAS-30 (Schuurmans et al., 2005)</i>	Theory of Successful Self-Management of Aging based on the Theory of Social Production Functions (SPF)	Self-management ability	Self-management ability: the core behavioral and cognitive abilities which contribute to sustainable well-being in later life [41].	<b>Unidimensional (6)</b> <ul style="list-style-type: none"> <li>• Multifunctionality of resources</li> <li>• Variety in resources</li> <li>• Positive frame of mind</li> <li>• Investment behavior</li> <li>• Self-efficacious</li> <li>• Taking initiative</li> </ul>
<i>SMAS-S (Cramm et al., 2012)</i>	Theory of Successful Self-Management of Aging based on the Theory of Social Production Functions (SPF)	Self-management ability	Self-management ability: capacities to realize and sustain physical and social well-being using external and internal resources.	<b>Unidimensional (6)</b> <ul style="list-style-type: none"> <li>• Multifunctionality of resources</li> <li>• Variety in resources</li> <li>• Positive frame of mind</li> <li>• Investment behavior</li> <li>• Self-efficacious</li> <li>• Taking initiative</li> </ul>

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SeMaS (Eikelenboom et al., 2013)	None stated	Self-management	Self-management: the care taken by individuals towards their own health and well-being: it comprises the actions they take to lead a healthy lifestyle; to meet their social, emotional and psychological needs; to care for their long-term condition; and to prevent further illness or accidents. Following this definition, self-management also means that the patient takes more responsibility for his or her own health.	<b>Multidimensional (6)</b> <ul style="list-style-type: none"> <li>• Perceived burden of disease</li> <li>• Locus of control</li> <li>• Self-efficacy</li> <li>• Social support</li> <li>• Coping</li> <li>• Anxiety/depression</li> </ul>
TSC (Sidani, 1999)	Concept clarification between self-care behavior and self-care ability	Self-care ability	Self-care behaviour refers to the actual performance of activities for the purpose of maintaining healthy functioning and treatment recommendations for managing an illness or disease. Self-care ability reflects the capacity to engage in self-care behaviour.	<b>Unidimensional (4)</b> <ul style="list-style-type: none"> <li>• Taking medication</li> <li>• Recognizing and managing symptoms</li> <li>• Carrying out activities of daily living</li> <li>• Managing changes in condition</li> </ul>

Legend Appendix 1. Abbreviations ASAS: Appraisal of Self-care Agency Scale, ASAS-R: Appraisal of Self-Care Agency Scale – Revised, CCs: chronic conditions, heiQ: Health education impact Questionnaire, PAST: Patient Assessment of Self-care Management Tasks, PIH: Partners in Health, PS-CAQ: Perception of/Perceived Self-Care Agency Questionnaire, SMAS-30: Self-Management Ability Scale – 30, SMAS-S: Self-Management Ability Shorter – Scale; SeMaS: Self-Management Screening; TSC: Therapeutic Self-Care.