



Hibbard. 2007	peer	inactive	Check BP at least once a week	short	Community	F for diff in change	244	235	3.6										
Hibbard. 2007	peer	inactive	Check feet for cracks and calluses	short	Community	F for diff in change	244	235	1.3										
Hibbard. 2007	peer	inactive	Keep written diary of BP readings	short	Community	F for diff in change	244	235	0.99										
Hibbard. 2007	peer	inactive	Keep written diary of glucose levels	short	Community	F for diff in change	244	235	1.1										
Hibbard. 2007	peer	inactive	Read about side effects when prescribed new medication	short	Community	F for diff in change	244	235	0.99										
Hibbard. 2007	peer	inactive	Read food labels for content	short	Community	F for diff in change	244	235	0.99										
Hibbard. 2007	peer	inactive	Take BP medications as physician recommends	short	Community	F for diff in change	244	235	0.99										
Hibbard. 2007	peer	inactive	Taking diabetes medication	short	Community	F for diff in change	244	235	9.2										
Hibbard. 2007	peer	inactive	Test glucose at least three times a week	short	Community	F for diff in change	244	235	0.99										
Lynch. 2014	expert	active	glucose testing	short	Community	Independent groups (difference, p)				diff. in means	sample size(ex)	sample size(cont)	independent groups p						
										mean(ex)	sample size(ex)	mean(cont.)	sample size(cont)	p					
Rujivathanakorn. 2011	expert	inactive	medication taking	short	Hospital	Independent groups (means, p)	54.88	50	41.57				46	0.009					
Rujivathanakorn. 2011	expert	inactive	self monitoring	short	Hospital	Independent groups (means, p)	54.25	50	42.25				46	0.011					
Forjuoh. 2014	peer	inactive	Check your feet	short	Community	Independent groups (means, p)	4.61	101	5.48				95	0.02					
										sample size(ex)	sample size(cont)	independent groups p							
Lorig. 2009	peer	inactive	Glucose monitoring	short	Community	Independent groups (Sample size, p)	161	133	0.001										
Rygg. 2012	expert	inactive	Oral glucose lowering agent and/or insulin	short	Hospital	Independent groups (Sample size, p)	73	73	0.891										
Rygg. 2012	expert	inactive	self-inspection of feet	short	Hospital	Independent groups (Sample size, p)	73	73	0.147										
Rygg. 2012	expert	inactive	self-monitor of blood glucose	short	Hospital	Independent groups (Sample size, p)	73	73	0.131										
Rygg. 2012	expert	inactive	Visit, health care personnel past 3 months	short	Hospital	Independent groups (Sample size, p)	73	73	0.106										
										mean difference(ex)	difference SD(ex)	sample size(ex)	mean difference(cont.)	difference SD(cont.)	sample size(cont)				
Lorig. 2009	peer	inactive	Communication with physician (0-5) †	short	Community	Mean change, SD difference in each group	0.31	0.992	161	0.068	0.934	133							
Lorig. 2009	peer	inactive	days in hospital(past 6M)	short	Community	Mean change, SD difference in each group	0	4.31	161	-0.143	1.75	133							
Lorig. 2009	peer	inactive	Emergency visit(past 6M)	short	Community	Mean change, SD difference in each group	-0.012	0.742	161	0.113	0.885	133							
Lorig. 2009	peer	inactive	Patient activation (PAM) (0-100) †	short	Community	Mean change, SD difference in each group	4.52	15.8	161	1.75	15.3	133							
Lorig. 2009	peer	inactive	physician visit(past 6M)	short	Community	Mean change, SD difference in each group	0.219	3.88	161	-0.106	3.37	133							
Lorig. 2009	peer	inactive	Read food labels (0-4) †	short	Community	Mean change, SD difference in each group	0.119	0.941	161	-0.18	0.824	133							
Dongbo. 2003	peer	inactive	Communication with medical doctor	short	Community	Mean change, SD difference in each group	0.04	1.24	396	0.11	1.32	308							
Dongbo. 2003	peer	inactive	Emergency room visits	short	Community	Mean change, SD difference in each group	-0.04	0.96	430	-0.03	0.72	349							
Dongbo. 2003	peer	inactive	Hospital stays	short	Community	Mean change, SD difference in each group	-0.06	0.46	430	0.06	0.92	348							
Dongbo. 2003	peer	inactive	Nights in hospital	short	Community	Mean change, SD difference in each group	-0.55	9.6	430	0.44	6.72	349							
Dongbo. 2003	peer	inactive	Physician visits	short	Community	Mean change, SD difference in each group	-1.01	9.41	430	-0.84	7.76	349							
Liu. 2012	expert	inactive	Communication with medical doctor	long	Community	Mean change, SD difference in each group	0.41	1.54	98	0.22	1.09	78							
Liu. 2012	expert	inactive	Examining feet (times per week)	long	Community	Mean change, SD difference in each group	0.46	2.08	98	0.45	2.86	78							
Lorig. 2008	peer	inactive	communication with physician(0-5) †	short	Community	Mean change, SD difference in each group	0.324	1.45	179	0.144	1.34	173							
Lorig. 2008	peer	inactive	days in hospital	short	Community	Mean change, SD difference in each group	0.354	7.18	179	-0.087	1.49	173							
Lorig. 2008	peer	inactive	emergency visits	short	Community	Mean change, SD difference in each group	-0.107	0.82	179	-0.081	0.943	173							
Lorig. 2008	peer	inactive	physician visits	short	Community	Mean change, SD difference in each group	-0.028	3.14	179	-0.064	2.64	173							
Lorig. 2008	peer	inactive	test glucose	short	Community	Mean change, SD difference in each group	0.05	0.387	179	0.08	0.365	173							
Whittle. 2014	peer	active	PAM <53 (levels 1 or 2)	long	Community	Mean change, SD difference in each group	-2.6	22.198	219	-5.8	23.122	185							
Whittle. 2014	peer	active	PAM ≥53 (levels 3 or 4)	long	Community	Mean change, SD difference in each group	-4.6	25.158	219	-5	24.483	185							
Huang. 2018	expert	active	medication adherence	short	Hospital	Mean change, SD difference in each group	39	134.95	46	7.2	89.68	44							
Huang. 2018	expert	active	RHBP	short	Hospital	Mean change, SD difference in each group	37.5	7.445484223	46	2.2	7.44	44							
										pre mean(ex)	post mean(ex)	sample size(ex)	pre mean(cont.)	post mean(cont.)	sample size(cont.)	F for diff.			
Hibbard. 2007	peer	inactive	patient activation measure	short	Community	Means, F for diff in change	59.9	64.6	244	59.8	63.1	235	2.344						
										pre mean(ex)	pre SD(ex)	post mean(ex)	post SD(ex)	sample size(ex)	pre mean(cont.)	pre SD(cont.)	post mean(cont.)	post SD(cont.)	sample size(cont.)
Trouilloud. 2013	expert	inactive	adherence to medication	short	Hospital	Means, SD in each group	6.4	0.97	6.39	0.8	99	6.53	1.27	6.69	1.47	99			
Steed. 2005	expert	inactive	Foot care	short	Hospital	Means, SD in each group	3.33	2.32	3.98	2.24	50	3.39	2.32	3.79	2.41	50			
Steed. 2005	expert	inactive	HBGM(blood glucose monitoring)	short	Hospital	Means, SD in each group	3.38	3.1	5.07	1.97	50	2.67	2.72	2.94	2.8	50			
Glasgow. 2012	expert	inactive	medication adherence dichotomized	short	Hospital	Means, SD in each group	0.35	0.546	0.42	0.546	331	0.34	0.46	0.38	0.46	132			
McGowan. 2011	peer	active	Communication with physician (0-5) †	short	Hospital	Means, SD in each group	2.62	1.12	2.96	1.07	82	2.4	1.02	2.26	1.12	152			
McGowan. 2011	peer	active	Number of doctor visit	short	Hospital	Means, SD in each group	3.2	2.09	2.35	2.3	82	3.34	2.37	2.62	2.31	152			
McGowan. 2011	peer	active	Number of times hospitalized for 1 night or longer	short	Hospital	Means, SD in each group	0.05	0.28	0.01	0.12	82	0.04	0.21	0.1	0.34	152			
McGowan. 2011	peer	active	Number of visits to emergency room	short	Hospital	Means, SD in each group	0.15	0.49	0.07	0.38	82	0.17	0.48	0.18	0.61	152			
McGowan. 2011	peer	active	Total number of nights spent in hospital	short	Hospital	Means, SD in each group	0.4	1.99	0.17	1.39	82	0.1	0.5	0.48	2.17	152			
Baig. 2015	peer	active	Testing your blood sugar the number	short	Community	Means, SD in each group	2.08	2.86	3.95	2.85	43	2.07	2.66	4.05	2.89	41			
Baig. 2015	peer	active	Checking your feet	short	Community	Means, SD in each group	4.56	3.07	5.73	2.21	43	5.54	2.72	6.44	1.69	41			
Baig. 2015	peer	active	Days per week on average following eating plan over last month	short	Community	Means, SD in each group	2.93	2.93	3.88	2.87	43	4.27	2.47	4.76	2.57	41			

Baig. 2015	peer	active	Inspecting the inside of your shoes	short	Community	Means, SD in each group		3.02	3.23	3.34	3.14	43	3.29	3.39	4.15	3.22	41
Baig. 2015	peer	active	Taking insulin injections as prescribed	short	Community	Means, SD in each group		6.08	2.06	6.86	0.53	43	5.89	2.26	7	0.001	41
Baig. 2015	peer	active	Taking oral medications as prescribed	short	Community	Means, SD in each group		6.06	2.25	6.77	1.19	43	6.69	1.33	6.86	0.85	41
Baig. 2015	peer	active	Testing your blood sugar	short	Community	Means, SD in each group		2.71	2.92	3.76	2.7	43	2.49	2.79	4.46	2.64	41
Rygg. 2012	expert	inactive	Patient activation (PAM)	short	Hospital	Means, SD in each group		71	14.4	72.8	14.9	73	72.4	15	71.7	16	73
Meng. 2016	expert	active	medication adherence	short	Hospital	Means, SD in each group		23.99	1.69	24.06	1.18	207	24.3	1.38	24.21	1.52	193
Meng. 2016	expert	active	response to symptom	short	Hospital	Means, SD in each group		10.04	1.65	10.54	1.6	207	9.95	2.02	10.56	1.62	193
Meng. 2016	expert	active	self monitoring	short	Hospital	Means, SD in each group		3.2	0.54	3.47	0.47	207	3.22	0.56	3.47	0.47	193
Meng. 2016	expert	active	symptom monitoring	short	Hospital	Means, SD in each group		8.69	2.47	9.5	2.47	207	8.41	2.49	8.88	2.51	193
Engelen. 2020	expert	inactive	PAM	long	Hospital	Means, SD in each group		60.6	14.6	61.9	15.3	78	56.2	13.9	56.4	15.7	96
Study name	provider	comparison	outcomes	time point	setting	data format		sample size(ex)	sample size(cont)	F or diff.							
Moriyama. 2009	expert	inactive	Exercise stage	long	Hospital	F for diff in change		42	23	0.231							
Hibbard. 2007	peer	inactive	regular exercise	short	Community	F for diff in change		244	235	9.2							
								diff. in means	sample size(ex)	sample size(cont)	independent groups p						
Lynch. 2014	expert	active	exercise	short	Community	Independent groups (difference, p)		0.6	29	26	0.17						
Lynch. 2014	expert	active	physical activity ,kcal/wk	short	Community	Independent groups (difference, p)		-603.4	29	26	0.01						
								mean(ex)	sample size(ex)	mean(cont.)	sample size(cont.)	p					
Rujwathanakorn. 2011	expert	inactive	Aerobic exercise	short	Hospital	Independent groups (means, p)		58.23	50	37.92	46	0.001					
								mean difference(ex)	difference SD(ex)	sample size(ex)	mean difference(cont.)	difference SD(cont.)	sample size(cont.)				
Lorig. 2009	peer	inactive	Aerobic exercise, min/wk †	short	Community	Mean change, SD difference in each group		9.7	115	161	-19.2	103	133				
Dongbo. 2003	peer	inactive	Aerobic exercise(minute/week)	short	Community	Mean change, SD difference in each group		27.93	175.51	406	2.68	136.51	319				
Dongbo. 2003	peer	inactive	Stretching and strengthening exercise(minutes/week)	short	Community	Mean change, SD difference in each group		3.54	64.1	411	4.44	55.13	321				
Liu. 2012	expert	inactive	Aerobic exercise (minutes/week)	long	Community	Mean change, SD difference in each group		23.11	176.71	98	-18.27	156.22	78				
Lorig. 2008	peer	inactive	Aerobic exercise(min/week) †	short	Community	Mean change, SD difference in each group		3.6	107	179	-3.47	115	173				
Lorig. 2008	peer	inactive	stretching/strength exercise(min/week) †	short	Community	Mean change, SD difference in each group		9.52	8.96	179	1.04	72.7	173				
Vinkers. 2014	expert	active	exercise	long	Community	Mean change, SD difference in each group		-0.09	1.41	45	-0.37	2.29	60				
Nishimura. 2017	expert	inactive	changes in exercise sunscale score	long	Hospital	Mean change, SD difference in each group		0.64	2.66	30	0.72	2.1	32				
								pre mean(ex)	pre SD(ex)	post mean(ex)	post SD(ex)	sample size(ex)	pre mean(cont.)	pre SD(cont.)	post mean(cont.)	post SD(cont.)	sample size(cont.)
Suwankruhaan. 2013	expert	inactive	Physical Activity	short	Hospital	Means, SD in each group		36.06	3.13	40.43	3.23	44	37.39	3.22	37.9	3.67	42
Trouilloud. 2013	expert	inactive	Physical Activity	short	Hospital	Means, SD in each group		1.71	1.71	2.99	2.04	99	2.28	2.17	2.7	1.99	99
Steed. 2005	expert	inactive	Exercise	short	Hospital	Means, SD in each group		2.25	2.21	3.78	2.04	50	2.8	2.2	3.02	2.4	50
Glasgow. 2012	expert	inactive	Physical activity(Cals/w,range 0-10000)	short	Hospital	Means, SD in each group		3989	3001.912	4410	3074.686	331	3915	3377.803	3704	3136.531	132
McGowan. 2011	peer	active	time doing physical exercise(0-4) †	short	Hospital	Means, SD in each group		0.5	1.18	0.72	0.41	82	0.75	0.61	0.74	0.58	152
McGowan. 2011	peer	active	time doing stretching/strengthening exercise(0-4) †	short	Hospital	Means, SD in each group		0.99	1.2	1.12	1.04	82	0.96	1.17	1.04	1.18	152
Baig. 2015	peer	active	Participating in 30 min or more physical activity	short	Community	Means, SD in each group		2.8	2.77	3.78	2.88	43	3.05	2.82	4	2.65	41
Baig. 2015	peer	active	Participating in a specific exercise session	short	Community	Means, SD in each group		1.34	2.15	2.9	2.91	43	1.63	2.34	1.61	2.23	41
Sadeghian. 2016	expert	active	Physical activity level	short	Hospital	Means, SD in each group		1.47	0.16	1.583	1.714	152	1.48	0.2	1.4893	1.812	154
Agarwal. 2019	peer	inactive	Physical activity	long	Hospital	Means, SD in each group		4.56	0.38	4.73	1.62	15	3.48	1.33	3.35	1.6	20
Engelen. 2020	expert	inactive	international physical activity Q_moderate	long	Hospital	Means, SD in each group		333	318	333	276	76	373	364	336	300	92
Engelen. 2020	expert	inactive	international physical activity Q_vogorous	long	Hospital	Means, SD in each group		145	197	155	210	76	114	170	161	214	96
Engelen. 2020	expert	inactive	international physical activity Q_walking	long	Hospital	Means, SD in each group		325	322	330	262	74	339	319	354	340	92
Meng. 2016	expert	active	physical activity	short	Hospital	Means, SD in each group		155.17	179.03	227.49	201.12	207	193.22	195.51	234.99	218.41	193
Study name	provider	comparison	outcomes	time point	setting	data format		sample size(ex)	sample size(cont)	F or diff.							
Hibbard. 2007	peer	inactive	manage stress in a healthy way	short	community	F for diff in change		244	235	1.3							
								mean(ex)	sample size(ex)	mean(cont.)	sample size(cont.)	p					
Rujwathanakorn. 2011	expert	inactive	stress management	short	hospital	Independent groups (means, p)		49	50	47.96	46	0.297					
								chi square	total N								
Steed. 2005	expert	inactive	smoking(% given up)	short	hospital	Chi-squared for 2x2		1.71	21								
								ex events	ex total N	cont. events	cont. total N						
Sadeghian. 2016	expert	active	smoking	short	hospital	Cohort 2x2 (Events)		11	152	15	154						
								pre mean(ex)	pre SD(ex)	post mean(ex)	post SD(ex)	sample size(ex)	pre mean(cont.)	pre SD(cont.)	post mean(cont.)	post SD(cont.)	sample size(cont.)
Engelen. 2020	web base	inactive	nicotine dependence	short	hospital	Means, SD in each group		3.8	1.6	3.3	2.1	8	3.4	2.2	5	2.7	5
Study name	provider	comparison	outcomes	time point	setting	data format		sample size(ex)	sample size(cont)	F or diff.							
Steed. 2005	expert	inactive	smoking(% given up)	short	hospital	Chi-squared for 2x2		1.71	21								
								ex events	ex total N	cont. events	cont. total N						
Sadeghian. 2016	expert	active	smoking	short	hospital	Cohort 2x2 (Events)		11	152	15	154						

							pre mean(ex)	pre SD(ex)	post mean(ex)	post SD(ex)	sample size(ex)	pre mean(cont.)	pre SD(cont.)	post mean(cont.)	post SD(cont.)	sample size(cont.)
Engelen, 2020	web base	inactive	nicotine dependence	short	hospital	Means, SD in each group	3.8	1.6	3.3	2.1	8	3.4	2.2	5	2.7	5