

Supplementary Table 1. Characteristics of the included studies

Author	Year	Country	Participants	Disease	Method	Self-management activity/recommendation	Aim
Audulv A (25)	2013	Sweden	21	Ischemic heart disease, rheumatic disease, chronic renal disease, inflammatory bowel disease, multiple sclerosis, diabetes	Qualitative	Exercise	To describe the different chronic illness self-management behavior patterns that individuals develop and maintain over time.
Bowling C. B (26)	2017	US	30	Chronic kidney disease	Qualitative	Diet and others	To understand the relationship among factors facilitating or impeding chronic kidney disease self-management in older adults.
Corcoran K. J (27)	2013	Australia	40	Chronic heart failure, diabetes, chronic	Qualitative	Managing symptoms	To identify the major disease-specific experiences of individuals living with diabetes, chronic heart failure, chronic obstructive pulmonary disease.

				obstructive pulmonary disease			
Dixon A (28)	2009	US	27	High cholesterol, arthritis, back pain or sciatica, cancer, diabetes, heart disease, depression, other	Qualitative	Exercise and other	To explore how people with chronic conditions understand successful self-management, what barriers to self-management they face, and what strategies they employ to manage their condition and to cope with stress.
Duguay C (29)	2014	Canada	11	Hypertension, hyperlipidemia, diabetes, coronary artery disease, obesity, arthritis, chronic obstructive pulmonary disorder	Qualitative	Managing symptoms, managing medications	To describe the fundamental structure of adults' experience with multimorbidity.
Fuller B.G (30)	2010	Australia	99	Older people with and without chronic heart or lung conditions	Qualitative	Exercise, managing symptoms	To describe and understand factors which enhance and impede participation in physical activity for older adults with and without chronic illness.

Gardsten C (31)	2018	Sweden	11	Diabetes	Qualitative	Recognizing and managing symptoms, exercise, diet	To identify perceived challenges related to self-management among recently diagnosed adults and those with longer experience of type 2 diabetes.
Gary R (32)	2006	US	32	Diastolic heart failure	Qualitative	Diet	To describe the (a) performance of self-care behaviors and (b) demographic and clinical characteristics that affected self-care practices in women with diastolic heart failure.
Haverhals L (33)	2011	US	32 patients, 2 caregivers	Older people with one or more chronic medical conditions	Qualitative	Managing medication	To understand the medication self-management issues faced by older adults and caregivers that can be addressed by an electronic PHA (Personal health applications).
Janevic M.R (34)	2013	US	25	Asthma plus others	Mixed method	Recognizing and managing symptoms	To identify the self-management challenges faced by African American women with asthma and comorbidities, how they prioritize their conditions and behaviors perceived as beneficial across conditions.
Jerant A.F (35)	2005	US	54	Diabetes, arthritis, depression, chronic heart	Qualitative	Managing symptoms, medication, diet	To elicit perceived barriers to active self-management and to

				failure, asthma, other			accessing self-management support resources.
Majeed-Ariss R (36)	2015	UK	15	Diabetes	Qualitative	Diet and others	To explore the views of British-Pakistani women on how does having type 2 diabetes affects their identity and how does that relate to self-management.
Mickelson R (37)	2015	US	30	Heart failure	Mixed method	Managing medication	To examine how older adult patients with heart failure use cognitive artifacts for medication management.
Mphwanthe G (38)	2020	Malawi	39	Diabetes	Qualitative	Diet, exercise	To identify barriers, facilitators and support for diet and physical activity among adults with type 2 diabetes.
Munce S.E (39)	2014	Canada	26	Spinal cord injury	Qualitative		To understand the perceived facilitators and barriers to self-management to prevent secondary complications.
O'Connor R (40)	2016	US	31	Asthma	Qualitative	Managing symptoms	To understand their experience with assuming self-management roles for their asthma.
Paterson B (41)	2001	Canada	22	Diabetes	Qualitative		To investigate self-care decision making in diabetes.

Salim H (42)	2021	Malaysia	26	Asthma	Qualitative	Managing symptoms	To explore how people with limited health literacy understand asthma and undertake self-management practices.
Steinman L (43)	2020	US	70	Diabetes and hypertension	Qualitative	Exercise, managing symptoms	To understand the facilitators and barriers to chronic disease management and the acceptability, appropriateness, and feasibility of mHealth.
Van de Bovenkamp H (44)	2017	Netherland	26	Rheumatic disease, diabetes, kidney failure, glaucoma, gout, kidney transplantation, heart failure, hearing disability, vision problems, cancer, tuberculosis, immune disease, high blood pressure,	Qualitative	Managing medication	To explore the way patient self-management is shaped in practice, including the implications of the difficulties encountered.

				high cholesterol, gastric bypass surgery			
Williams A (45)	2014	Australia	26	Diabetes, chronic kidney disease and cardiovascular disease	Qualitative	Managing medication	To examine the perceptions of a group of culturally and linguistically diverse participants with the comorbidities.
Zanini C (46)	2018	Switzerland	20	Spinal cord injury	Qualitative	Managing complications	To identify styles of prevention that individuals with spinal cord injury adopt to deal with the risk of developing pressure injuries.