

Supplementary Table 3. Themes and subthemes

Theme	Subtheme	Articles contributing to the themes
Environment support	<i>Family and cultural norms</i>	<ul style="list-style-type: none"> • Bowling et al. • Gary et al. • Jerant et al. • Majeed et al. • Mphwanthe et al. • Munce et al. • Williams et al.
	<i>Health professionals and guiding communication</i>	<ul style="list-style-type: none"> • Bowling et al. • Dixon et al. • Haverhals et al. • Jerant et al. • Mickelson et al. • Paterson et al. • Van de Bovenkamp et al. • Zanini et al.
	<i>Society and chronic disease perceptions</i>	<ul style="list-style-type: none"> • Duguay et al. • Mphwanthe et al. • Salim et al.

Comprehension gap	<i>Reading the body</i>	<ul style="list-style-type: none">• Auduly et al.• Corcoran et al.• Fuller et al.• Gardsten et al.• Haverhals et al.• Janevic et al.• O'Connor et al.• Steinman et al.
	<i>Applying information</i>	<ul style="list-style-type: none">• Dixon et al.• Gardsten et al.• Jerant et al.