Study Details:

Study Title	
Reference No.	
Data Extractor	
Year, Author, Country, Link	Year after 2008?: Yes ☐ No ☐ TIDieR checklist (2014): Before ☐ After ☐
Pre-extraction Screening	Needs translating: Yes ☐ No ☐ RCT: Yes ☐ No ☐ Self-management intervention: Yes ☐ No ☐ Participants with LTCs: Yes ☐ No ☐ Ongoing study: Yes ☐ No ☐
Research Question / Aim	

Methods:

Study Design	Participant Characteristics:
	RCT details e.g. clusters, unclear:
	How is the control arm described:
	Number of centres: Single centre ☐ Multi-centre ☐ Unclear ☐
Intervention Summary Features	CDSMP ☐ ASMP ☐ EPP ☐ Other ☐ Specify if known Disease specific ☐ or Generic ☐ LTCs included: Delivered by: Health care professional ☐ Lay person ☐ Other ☐ Specify if known Individual one-to-one sessions: Yes ☐ No ☐ Group sessions: Yes ☐ No ☐ Number in group: Face-to-Face sessions ☐ / Remote sessions ☐

	Location where is the intervention delivered: Inpatient ☐ Outpatient ☐ Community Based ☐ Home ☐ Telephone ☐ Web-based ☐ Unclear ☐ Other ☐ Specify if known Description: Any necessary components for adherence:
Dose of Intervention Adherence and compliance may be used synonymously, but the distinction and data needs to be teased out	Maximum dose: Number of sessions: Session Duration (hours): Total hours: Duration intervention delivered over: Anticipated clinically effective dose: Number of sessions: Session Duration (hours): Total hours: How clinically effective dose decided by authors: Author comments on Adherence (the number of sessions participants attended): Author comments on Compliance (the number of sessions participants need to attend to be including in the analysis):
Fidelity of Intervention	Did the study describe attempts to ensure fidelity of the interventions i.e. what was delivered was what was intended to be delivered: Yes ☐ No☐ Not stated/unclear ☐ If Yes, specify: Comments / Additional details:

Results:

Participants		Number	Age (mean, SD)	SES (add measure used)	Ethnicity (% white)	Gender (% female)
	Intervention: Control: All:					
LTCs details:						
Dose of Intervention	Dose actually delivered: Number of sessions: Session Duration (hours): Total hours: Duration Intervention Delivered Over: Dose actually received (specifically for groups): Number of sessions: Session Duration (hours): Total hours: Duration Intervention Delivered Over:					

	Was the dose delivered ≥ anticipated clinically effective dose: Yes ☐ No ☐ Unclear ☐ Details: Further author comments on dose:
Fidelity of Intervention	Was there fidelity around the dose in the trial?: Yes ☐ No ☐ Unclear ☐ Was fidelity reported on in?: Yes ☐ No ☐ Unclear Do the authors discuss the impact of fidelity?: Yes ☐ No ☐ Unclear ☐ Further author comments on fidelity:
Primary Outcome Result	Was the Primary Outcome Statistically Significant: Yes ☐ No ☐ Details: Was the Primary Outcome Clinically Significant: Yes ☐ No ☐ Unclear ☐ Details:

Cochrane Risk of Bias Assessment:

1. Selection Bias	Randomisation and Allocation Concealment Your assessment of this bias: 'Low risk' ☐ 'High risk' ☐ 'Unclear risk' ☐
2. Performance Bias	Blinding of Participants and Clinical staff Your assessment of this bias: 'Low risk' ☐ 'High risk' ☐ 'Unclear risk' ☐
3. Detection Bias	Blinding of Outcome Assessors Your assessment of this bias: 'Low risk' ☐ 'High risk' ☐ 'Unclear risk' ☐
4. Attrition Bias	Incomplete Outcome data – for each outcome Outcome: Attrition reported: Yes ☐ No ☐ Exclusions reported: Yes ☐ No ☐ % dropped out: Intervention Group: Control Group: Reasons for LTFU: Intervention Group: Control Group: Your assessment of this bias: 'Low risk' ☐ 'High risk' ☐ 'Unclear risk' ☐
5. Reporting Bias	Selective Outcome Reporting Your assessment of this bias: 'Low risk' ☐ 'High risk' ☐ 'Unclear risk' ☐

6. Other Sources of Bias	Bias due to other problems Your assessment of this bias: 'Low risk' ☐ 'High risk' ☐ 'Unclear risk' ☐