

Supplementary Table 2. Full details of all 94 articles included in the systematic review

First Author	Year	Country	Intervention	Disease	Delivered by	Location	Maximum dose stated (number of sessions)	Maximum dose stated (length of sessions)	Minimum clinically Effective dose stated	Dose received stated (number of sessions)	Dose stated (length of sessions)	Was dose delivered \geq minimum clinically effective dose	Was fidelity reported and discussed	Was the primary outcome statistically significant
Ackerman	2012	Australia	ASMP	Hip or Knee Osteoarthritis	HCPs and Lay leaders	Outpatient clinic and Community	Yes	Yes	Yes	Yes	Yes	No	Yes	No
Ambrosino	2008	USA	Coping skills training - learning to deal better with day-to-day problems that arise	Type 1 Diabetes	HCPs	Unclear	Yes	Yes	No	Yes	Yes	Unclear	No	No
Anvar	2018	Iran	ASMP	Rheumatoid Arthritis	HCPs	Outpatient clinic	Yes	Yes	No	Yes	Yes	Unclear	No	Yes
Bantum	2014	USA	Surviving and Thriving with Cancer website adapted from CDSMP	Cancer survivors	Lay leaders	Web-based	Yes	No	No	Yes	No	Yes	Yes	Yes
Berg	2019	USA	AWAKE - app based weekly modules with aligned homework, combined with weekly phone calls from a coach to discuss content and homework	Cancer survivorship	Healthcare professional	Web-based and telephone	Yes	No	Yes	Yes	No	Yes	No	No
Berry	2015	USA	Diabetes group visits - an individualized session to review medications and a medical examination and a group session for diabetes self-management education	Diabetes	HCPs	Community based	Yes	No	No	No	No	Unclear	No	Yes
Bersani	2017	Italy	group psychoeducation focused on healthy lifestyle - including sleep, physical activity, diet, voluptuary habits	Mood and Psychotic disorders	HCPs	Outpatient clinic	Yes	Yes	No	No	Yes	Unclear	No	Yes

Bosworth	2008	USA	Tailored behavioural intervention with 9 educational modules	Hypertension	HCPs	Telephone	Yes	No	No	Yes	Yes	Yes	Yes	No
Breedland	2011	The Netherlands	FIT program - physical activity combined with an education program	Rheumatoid Arthritis	HCPs	Outpatient clinic	Yes	Yes	No	No	No	Unclear	No	Yes
Brorsson	2019	Sweden	Guided Self-Determination-Young (GSD-Y) a person-centered communication and reflection education model that can be used in educational program	Type 1 Diabetes	HCPs	Outpatient clinic	Yes	Yes	No	Yes	Yes	Yes	No	Yes
Chamany	2015	USA	Telephone support through problem solving and goal setting	Diabetes	HCPs	Telephone	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Chen	2018	China	Patient-centred self-management empowerment intervention (PCSMEI)	Stroke	HCPs	Inpatient, Outpatient and Telephone	Yes	Yes	No	No	No	Unclear	No	Yes
Chew	2018	Malaysia	Value-based emotion-focused educational programme (VEMOFIT)	Type 2 Diabetes	HCPs	Other: Health Clinic	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Christiansen	2018	USA	A behaviour change intervention based on social cognitive and control theories of behavior change targeting physical exercise, walking activity, and disease self-management	Dysvascular Amputation (Unilateral TTA)	HCPs	Telephone	Yes	Yes	No	Yes	Yes	Yes	No	No
Cook	2013	USA	Wellness Recovery Action Planning including lectures, individual and group exercises, personal sharing and role modeling, and voluntary homework	Serious Mental Illness	Lay leaders	Community based	Yes	Yes	No	No	No	Unclear	No	Yes

Corado	2018	USA	Active, Linkage, Engagement, Retention and Treatment (ALERT) topics included HIV health literacy, Navigating the Health Care System, Disclosure, Adherence, and Self-Efficacy	HIV	HCPs	Outpatient clinic and Community	Yes	No	No	Yes	No	Unclear	Yes	No
Daryabeygi-Khotbehsara	2021	Iran	Education promoting low-fat food consumption, carb counting and physical activity	Type 2 Diabetes	Healthcare professional	Community Based	Yes	Yes	No	Yes	No	Unclear	No	No
Dash	2015	India	Epilepsy health education program designed for those from a low education background.	Epilepsy	HCPs	Outpatient clinic	Yes	Yes	No	Yes	Yes	Yes	No	Yes
Detaille	2013	The Netherlands	CDSMP adapted for workers with chronic disease	A diagnosed chronic somatic disease	Lay leaders	Community based	Yes	Yes	Yes	No	No	Unclear	No	Yes
Dinh	2019	Vietnam	Teach-back heart failure self-management intervention individual teach-back before discharge, plus a booklet, a weighing scale, a diary, and a telephone call follow-up at 2 weeks following discharge	Heart failure	HCPs	Outpatient clinic and Telephone	Yes	Yes	No	No	No	Unclear	No	Yes
Dziedzic	2013	UK	Looking after your joints programme - Self Management in OA of the Hand (1) joint protection; (2) hand exercises; (3) joint protection and hand exercises combined	Hand Osteoarthritis	HCPs	Outpatient clinic	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Ehde	2015	USA	Telephone delivered self-management intervention - cognitive-behavioural and positive psychology strategies for helping participants self-manage pain, depression, and fatigue	Multiple Sclerosis	HCPs	Telephone	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Fernandez Guijarro	2019	Spain	Health-promotion programme covering healthy eating, lifestyle changes, physical activity, hydration, tobacco and alcohol consumption, stress reduction, and sleep quality and nurse led physical activity.	Serious Mental Illness	HCPs	Community based	Yes	Yes	No	Yes	Yes	Unclear	No	Yes
Ferrone	2019	Canada	Integrated disease management - case management, education, and skills training	COPD	HCPs	GP practice and telephone	Yes	No	No	Yes	No	No	Yes	Yes
Forjuoh	2014	USA	CDSMP and PDA	Type 2 Diabetes	Lay leaders	Clinic and community	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Fukuoka	2019	Japan	Disease management program - nurses worked with the subjects and their to achieve individualized clinical target values and goals through education booklets and journal.	Stroke	HCPs	Unclear	Yes	No	No	No	No	Unclear	No	No
Gallinat	2019	Germany	CBT techniques covering psychoeducation, self-management, supportive monitoring and counselling	Skin Picking	HCPs	Web-based	Yes	No	No	Yes	No	No	No	Yes

Geremia	2019	Brazil	Compact, cost-effective, education program (CEPT1)	Type 1 Diabetes	HCPs	Community based	Yes	Yes	No	Yes	Yes	Yes	No	Yes
Goldberg	2013	USA	CDSMP adapted for psychiatric settings 'Living Well'	Serious Mental Illness with comorbid chronic medical condition	HCPs and Lay leaders	Outpatient clinic and Community	Yes	Yes	No	Yes	Yes	No	No	Yes
Golshahi	2015	Iran	Hypertension self-management - Group A educated about self-care behaviors through eight sessions, group B and group C educated through four pamphlets or eight SMS.	Hypertension	HCPs	Outpatient clinic and Telephone	Yes	Yes	Yes	No	No	Unclear	No	Yes
Grammatopoulou	2016	Greece	Holistic Intervention - recognise facilitators and barriers faced to develop the necessary behaviors and skills to control their disease	Asthma	HCPs	Outpatient clinic and home	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Groessl	2010	USA	CDSMP adapted for veterans	Chronic Hepatitis C	HCPs and Lay leaders	Outpatient clinic	Yes	Yes	No	Yes	Yes	Yes	No	Yes
Grønning	2012	Norway	Arthritis outpatient Educational Program	Polyarthritis	HCPs	Outpatient clinic	Yes	Yes	No	No	No	Unclear	No	Yes
Harel-Katz	2020	Israel	Improving participation after stroke self-management developed from CDSMP focused on managing home, community, work and social	Stroke	Healthcare professional	Community Based	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Harrington	2010	UK	Exercise and education scheme through exercise, guest speakers, goal-setting and social session	Stroke	HCPs	Community based	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes

Härter	2016	Germany	Telephone based health coaching intervention, to enhance health behaviour change through MI, goal setting, shared decision making	diabetes type 2, coronary artery disease, hypertension, heart failure, asthma, chronic obstructive pulmonary disease, chronic depression or schizophrenia	Healthcare professional	Telephone	Yes	No	Yes	Yes	Yes	Yes	Yes	No
Heutink	2011	The Netherlands	CONECSI (COping with NEuropathic Spinal cord Injury pain) comprises educational, cognitive, and behavioural elements targeted at coping with CNSCIP	Spinal cord injury	HCPs	Rehabilitation Centre	Yes	Yes	No	Yes	Yes	Yes	No	No
Hewlett	2011	UK	CBT, problem solving and goal setting for fatigue and well-being self-management	Rheumatoid Arthritis	HCPs	Unclear (Face-to-face)	Yes	Yes	No	Yes	Yes	Yes	No	Yes
Holm	2020	Denmark	GLA:D exercise and education program	Knee Osteoarthritis	Healthcare professional	Community Based	Yes	Yes	Yes	Yes	Yes	No	Yes	No
Holt	2019	UK	STEPWISE - Each session covered lifestyle changes to help the participants take control of their weight through problem solving	schizophrenia, schizoaffective disorder or first-episode psychosis	HCPs	Community based and telephone	Yes	Yes	Yes	Yes	Yes	No	Yes	No
Houlihan	2017	USA	My Care My Call - promote skill development and facilitate motivation using consumer-centered goal-setting and coaching, education, resource referral, and support-network building	Spinal cord injury	Lay leaders	Telephone	Yes	No	No	Yes	Yes	Unclear	No	Yes

House	2018	UK	Standardized supported self-management - goal setting, resources and barriers influencing success in reaching goals, and self-monitoring of goal attainment	Type 2 Diabetes with intellectual disability	HCPs	Home	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jaipakdee	2015	Thailand	Diabetes self-management support (DSMS) with a computer-assisted instruction	Diabetes	HCPs	Community based	No	Yes	No	No	No	Yes	No	Yes
James	2015	Australia	ENRICH: Exercise and Nutrition Routine Improving Cancer Health	Cancer survivors	HCPs	Community based	Yes	Yes	No	Yes	Yes	Yes	No	Yes
Jiang	2019	China	Self-efficacy-focused structured education programme provided diabetes-related knowledge and DSM skills based on self-efficacy theory	Type 2 Diabetes	HCPs	Outpatient clinic	Yes	Yes	No	No	No	Unclear	No	Yes
John	2013	UK	Cognitive Behavioural Education Programme - challenge their way of thinking, changing maladaptive coping skills, cognitions or emotions to lead to more adaptive changes in behaviour	Rheumatoid Arthritis	HCPs	Outpatient clinic	Yes	Yes	No	No	No	Unclear	No	Yes
Ju	2018	China	Peer support provided with usual education	Diabetes	Lay leaders	Community based	No	No	No	No	No	Unclear	No	Yes
Kasteleyn	2015	The Netherlands	Three home visits by a diabetes nurse to increase self-efficacy and illness perceptions	Type 2 Diabetes and first acute coronary event	HCPs	Home	Yes	Yes	Yes	Yes	Yes	Yes	No	No

Kessler	2018	France, Germany, Italy, Spain	Adapted Living well with COPD Programme - home monitoring and e-health through telephone/web platform	COPD	HCPs	Home and Telephone and web-based platform	Yes	No	Yes	Yes	No	Yes	Yes	No
Kooijmans	2017	The Netherlands	HABITS intervention - optimizing intentions toward a healthier lifestyle and improving perceived behavioural control	Spinal cord injury	HCPs	Community based and home	Yes	No	No	Yes	No	Yes	Yes	No
Laakkonen	2016	Finland	Self-management group rehabilitation to enhance participants' mastery, self-efficacy, and problem-solving skills and to empower them	Dementia	HCPs	Community based	Yes	Yes	No	No	No	Unclear	No	Yes
Lopez-Lopez	2020	Spain	Physical therapy exercise plus self-management program with education and a problem-based session	COPD	Healthcare professional	Inpatient	Yes	No	No	No	No	Unclear	No	Yes
Luciano	2011	Spain	Psychoeducation Program included information about symptoms, comorbid conditions, potential causes, psychosocial factors, current treatments, exercise, and barriers to behavior change and training for relaxation, pain relief, and stress reduction	Fibromyalgia	HCPs	GP practice	Yes	Yes	No	Yes	Yes	No	No	Yes
Ludman	2016	USA	self-management support service – depression self-management training, recovery coaching, and care coordination	Depression	HCPs and Lay leaders	Community based and telephone	Yes	No	Yes	Yes	No	No	Yes	Yes

Manning	2014	UK	Education, Self-Management, and Upper Extremity Exercise Training in People with Rheumatoid Arthritis [EXTRA] program	Rheumatoid Arthritis	HCPs	Outpatient clinic	Yes	Yes	No	Yes	No	Yes	No	Yes
Mansouri	2019	Iran	Oral and Written Education Program	Heart failure	HCPs	Outpatient clinic	Yes	Yes	No	No	No	Unclear	No	Yes
Markle-Reid	2018	Canada	The program offered up to 3 in-home visits; monthly group wellness sessions; monthly case conferences; and ongoing nurse-led care coordination.	Type 2 Diabetes with 3+ comorbidities	HCPs and Lay leaders	Community based and home	Yes	No	No	Yes	No	Unclear	Yes	No
Marsden	2009	Australia	Community Living After Stroke for Survivors and Carers' (CLASSIC) - each session included a 1-hour physical activity followed by a 1-hour education delivered via presentations, group discussions and group activities	Stroke	HCPs	Outpatient clinic	Yes	Yes	No	Yes	Yes	Yes	No	No
Miller	2020	Canada	COMMENCE - chronic pain self-management support with pain science education and exercise	Chronic pain	Healthcare professional	Community Based	Yes	Yes	Yes	Yes	No	No	No	Yes
Minshall	2020	Australia	Stroke Care Optimal Health Program (SCOHOP) Workbook based psychosocial intervention with education, self-management and reflective exercises	Stroke	Healthcare professional	Outpatient or Home or Telephone	Yes	Yes	No	Yes	Yes	Unclear	No	No

Mohammadpour	2015	Iran	A supportive educational intervention plus follow up telephone calls with information on functions of cardiovascular system, aetiology, management of MI risk factors, adherence to treatment and dietary regimens	Myocardial Infarction	HCPs	Outpatient clinic and Telephone	Yes	Yes	No	No	No	Unclear	No	Yes
Muchiri	2016	South Africa	Nutrition Education Programme	Diabetes	HCPs	Community based	Yes	Yes	No	Yes	Yes	Yes	No	No
Nguyen	2018	Vietnam	CKD booklet and a handout, one face-to-face session and two brief follow-up sessions.	Chronic Kidney Disease	HCPs	Outpatient clinic and Telephone	Yes	Yes	No	No	No	Unclear	No	Yes
O'Toole	2021	Ireland	OPTIMAL intervention promoting accomplishments, vicarious learning, persuasion, interpretation of emotional states	Multimorbidity	Healthcare professional	Community Based	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Pérez-Escamilla	2015	USA	Culturally tailored diabetes education and counselling treatment group including education, skills, and support in the areas of nutrition, physical activity, blood glucose monitoring, medication adherence, and medical appointments.	Type 2 Diabetes	HCPs	Home	Yes	No	No	No	No	Unclear	Yes	Yes

Pinxsterhuis	2017	Norway	self-management program for coping with their illness and dealing with healthcare professionals and family, developed through educational presentations, the exchange of experiences, modelling of self-management skills, guided mastery practice, and informative feedback.	Chronic fatigue syndrome	HCPs and Lay leaders	Outpatient clinic	Yes	Yes	No	Yes	Yes	Yes	No	No
Ridsdale	2018	UK	Self-management education for people with poorly controlled epilepsy (SMILE [UK]), based on MOSES	Epilepsy	HCPs	Community based	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Rothschild	2014	USA	Mexican American Trial of Community Health Worker (MATCH) knowledge and skills in diabetes self-management, with opportunities to practice goal setting and self-management.	Type 2 Diabetes	HCPs	Home	Yes	Yes	No	Yes	No	No	Yes	Yes
Sajatovic	2018	USA	TargetEd MAnageMent Intervention [TEAM]	Stroke and TIA	HCPs and Lay leaders	Outpatient clinic and Telephone	Yes	Yes	No	Yes	No	Unclear	No	Yes
Salyers	2014	USA	Illness management and recovery - Incorporating psychoeducation, cognitive-behavioral approaches, relapse prevention, social skills training, and coping skills training.	Schizophrenia or schizoaffective disorder	HCPs	Community based	Yes	No	No	Yes	No	No	Yes	No
Smeulders	2010	The Netherlands	CDSMP	Congestive Heart Failure	HCPs and Lay leaders	Outpatient clinic	Yes	Yes	No	Yes	No	Unclear	No	No

Spencer	2011	USA	Racial and Ethnic Approaches to Community Health (REACH) Initiative - setting patient specific goals and supporting their progress	Diabetes	HCPs	Outpatient clinic and Home and Telephone	Yes	Yes	No	Yes	Yes	No	No	Yes
Still	2021	USA	TechSupport, integrating technology based components and emotional/empathic components known as positive psychological training	Hypertension	Healthcare professional	Web-based	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Stuifbergen	2010	USA	The Lifestyle Counts intervention developed from the Wellness for Women with MS curriculum	Fibromyalgia	HCPs	Outpatient clinic and Telephone	Yes	Yes	No	Yes	No	Yes	No	No
Swoboda	2016	USA	Multiple-Goal Intervention - combination of goal setting and decision support coaching	Diabetes	HCPs	Outpatient clinic and Telephone	Yes	No	Yes	Yes	No	No	No	Yes
Taggart	2017	UK	DESMOND-ID (Diabetes and Self-Management for Ongoing and Newly Diagnosed for patients with Type 2 diabetes)	Type 2 Diabetes with intellectual disability	HCPs	Community based	Yes	Yes	No	Yes	No	Yes	Yes	Yes
Thoolen	2009	The Netherlands	Beyond Good Intentions – a 12-week self-management course	Type 2 Diabetes	HCPs	Community based	Yes	Yes	No	No	No	Unclear	No	Yes
Van der Meer	2009	The Netherlands	Internet based self-management program asthma control monitoring and treatment advice, online and group education, and remote Web communications with a specialized asthma nurse.	Asthma	HCPs	Web-based and Unclear	Yes	Yes	No	Yes	No	Unclear	No	Yes

van Erp	2019	Netherlands	Back on Track education, self-management and goal setting intervention, including cognitive behavioural approaches	Chronic lower back pain	Healthcare professional	Community Based	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Van Rooijen	2010	South Africa	Dietary and physical activity education for ongoing nutrition self-management and physical activity	Type 2 Diabetes	HCPs	Outpatient clinic	Yes	No	No	No	No	Unclear	No	Yes
Vos	2019	The Netherlands	Beyond Good Intentions	Type 2 Diabetes	HCPs	Community based	Yes	Yes	No	No	No	Unclear	No	No
Walker	2011	USA	Telephonic behavioural intervention focused on medication adherence and lifestyle changes through healthy eating and physical activity	Diabetes	HCPs	Telephone	Yes	No	No	Yes	Yes	Unclear	No	Yes
Walsh	2020	UK	FASA facilitating activity and self-management through problem solving and exercise derived from ESCAPE intervention	Lower limb osteoarthritis and chronic lower back pain	Healthcare professional	Community Based	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Wang	2016	Singapore	The Myocardial Infarction Home-based Self-management Programme (MIHSMP) with Heart Recovery Education Booklet (HREB)	Myocardial Infarction	HCPs	Outpatient clinic and Telephone	Yes	Yes	No	No	No	Unclear	No	No
Wang	2018	Singapore	Coronary Heart Disease Self-management Programme (CHDSMP)	Coronary Heart Disease	HCPs	Home and Telephone	Yes	Yes	No	No	No	Unclear	No	No
Webel	2010	USA	Positive Self-Management Program (PSMP)	HIV	Lay leaders	Community based	Yes	Yes	No	No	No	Unclear	No	No

Wegener	2009	USA	Promoting Amputee Life Skills Self-management program	Limb loss	HCPs and Lay leaders	Community based	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Wolf	2017	USA	CDSMP	Stroke	HCPs	Outpatient clinic	Yes	Yes	Yes	No	No	Unclear	No	No
Wu	2017	Australia and Taiwan	T-CDSMP adapted for Taiwanese speaking	Cardiovascular disease and Diabetes	HCPs	Outpatient clinic and Telephone	Yes	Yes	No	No	No	Unclear	No	No
Wu	2018	Taiwan	Innovative self-management intervention a video, trainee manual, participation in the self-efficacy-enhancing program, and telephone interviews	End Stage Renal Disease	HCPs	Outpatient clinic and Telephone	Yes	Yes	Yes	No	No	Unclear	No	Yes
Yip	2008	Hong Kong	ASMP with added goal-directed exercise component	Osteoarthritis	HCPs	Outpatient clinic	Yes	Yes	No	No	No	Unclear	No	Yes
Young	2016	China	Psycho-education group understanding dementia, coping skills, exercise, diet, mood, own strengths, accepting change, communication, relationships, the future	Major neurocognitive disorder	HCPs	Community based	Yes	Yes	No	No	No	Unclear	No	No
Zakrisson	2018	Sweden	Self-management intervention based on Bandura's theory of self-efficacy using techniques such as performance mastery, modelling, interpretation of symptoms, and social persuasion	COPD and Coronary Heart Failure	HCPs	Community based	Yes	Yes	No	Yes	Yes	Unclear	Yes	No
Zhang	2015	USA	Stay Dry program biofeedback pelvic floor muscle exercise plus a support group or telephone contact	Prostate cancer with urinary incontinence	HCPs	Telephone and unclear	Yes	Yes	No	No	No	Unclear	No	Yes