

Appendix 10 (as supplied by the authors)
Results for studies investigating skills acquisition outcomes (n = 7)

Study (design)	Disease cluster	Type of intervention (intervention vs. comparator)	Intervention component combination	Specific outcome	Description of results	Effect measure (95% CI; between-group p-value)
Self-care skills: Self-management, self-efficacy, self-care behaviours						
Becker A 2011 <i>Mixed-methods; 6-week follow-up</i>	DM + CVD	<u>Information and health technology:</u> <i>Computer-based Counseling system (CBCS)</i>	ED + SM	Self-efficacy for physical activity (7-point scale)	Self-efficacy was slightly enhanced at follow-up, but this change was not significant	Baseline mean: 3.19 (SD 0.87); follow-up mean: 3.39 (SD 0.91); p = 0.81
Doyle 2017 <i>RCT; 8-week FU</i>	COPD + depression or anxiety	<u>Cognitive-behavioural:</u> <i>Telephone-based CBT vs. telephone-based befriending</i>	DM + ED + TM	General Self Efficacy Score (GSES)	There was a significant change in general self-efficacy (GSES) for both groups at follow-up (between T1 and T3) and post-intervention (between T1 and T2).	Effect size: -0.2 (-0.6, 0.3)
Unutzer 2008 <i>Mixed-methods; 6-month follow-up</i>	DEP + OA	<u>Coordination of care:</u> <i>Adapted IMPACT-DP intervention (nurse administered case management supporting primary care)</i>	CM + DM + ED + SM + TEAM	Depression self-efficacy: confidence in managing depression (scale of 0-10)	Intervention participants experienced substantial improvements in depression self-efficacy over the study period	Effect size: -0.77; CI -3.13 to -0.20; p =0.029*
Williams A 2012a <i>RCT; 10-month follow-up</i>	DM + CKD	<u>Self-management:</u> <i>Medication Self-Management Intervention vs. Usual care</i>	DM + ED + SM	Medication self-efficacy	There were no significant differences in medication self-efficacy between the intervention and control group	Data not provided.
Wu CJ 2012 <i>RCT; 2-week follow-up</i>	DM + CVD	<u>Self-management:</u> <i>Peer support based Cardiac-Diabetes Self-Management Program (Peer-CDSMP) vs. Control</i>	ED + REM + SM	Self-efficacy (DMSES and SDSCA)	The groups did not differ over time for self-efficacy	Intervention: Mean 25.6 (SD 25.6); Control: Mean 19.1 (SD 39.4); Effect size for between group changes over time: 0.33 (small-to-medium)
				Self-care behaviour	The groups did not differ over time for self-management behaviour	Intervention: Mean 3.1 (SD 11.8) Control Mean 6.1 (SD 15.3); Effect size for between group changes over time: 0.20 (small)
White KM, 2012 <i>RCT; 6-week FU</i>	DM + CVD	<u>Cognitive-behavioural:</u> <i>Extended-Theory of Planned Behavior Intervention vs. Control</i>	ED + SM	Health eating behaviour	No significant time-by-condition effects emerged for healthy eating for behaviour, intention, and perceived behavioural control	Data not provided.
Williams 2004 <i>RCT; 12-month follow-up</i>	DM + DEP	<u>Coordination of care:</u> <i>IMPACT-DP (Improving Mood – Promoting</i>	CP + DM + ED + TEAM	Diabetes self-care behaviours: Glucose testing days	Patients in the intervention group showed a greater increase in glucose testing days	Between group difference: -0.21; CI -1.08 to 0.66; p > 0.2

			<i>Access to Collaborative Treatment: Diabetes and depression) vs. Usual care</i>		Diabetes self-care behaviours: Weekly foot inspection days	Patients in the intervention group showed greater increase in weekly foot inspection days	Between group difference: 0.28; CI -0.48 to 1.05; p > 0.2
					Diabetes self-care behaviours: Following recommended diet	Patients in the intervention group showed a greater increase in following recommended diet	Between group difference: -0.26; CI -0.65 to 0.12; p = 0.18
					Diabetes self-care behaviours: Took prescribed medication	Patients in the intervention group showed a greater increase in taking prescribed medication	Between group difference: -0.01; CI -0.18 to 0.15; p > 0.2

**QOL = quality of life; BDI = Beck Depression Inventory; PCS = physical component score of the SF-36; MCS = mental component score of the SF-36; PHQ-9 = patient health questionnaire; HSCL-20 = Hopkins symptom checklist; PAID = problem areas in diabetes scale; BPI = brief pain inventory; ALF = aggregate locomotor function; BP = blood pressure; DMSES = diabetes self-efficacy scale; SDSCA = summary of diabetes self-care activities; HAM-D = Hamilton depression rating scale; PFSDQ-M = pulmonary functional status and dyspnea questionnaire – modified; BDOC = bed days of care; OARS multidimensional functional assessment = objective tools that measure cognitive status and functional level and two subjective tools that measure patient satisfaction with care and self-rated health status; EBASD = even briefer assessment scale for depression; CSDD = Cornell Scale for Depression in Dementia; GDS = geriatric depression scale; RAID = rating anxiety in dementia; BEHAVE-AD = ; OSPRSO = Omaha System Problem Rating Scale for Outcomes; SDS = Sheehan Disability Scale; CHF = congestive heart failure; COPD = chronic obstructive pulmonary disease; DEP = depression; DEM = dementia; AT = arthritis; OA = osteoarthritis; CKD = chronic kidney disease; DM = diabetes; CVD = cardiovascular disease

†Effect size measured using Cohen's d (0.8 = large effect; 0.5 = medium effect; 0.2 = small effect)

²Data from companion report: Williams A, et al. J Adv Nur 2012;68(11): 2515-25.