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| Item nr |  | Addressed on page |
| **Self-care and key concepts** | | |
| 1 | How was self-care defined? |  |
| 2 | What theoretical framework was used to guide the study? |  |
| 3 | Which key concept(s) was (were) addressed in the study (e.g. self-care maintenance, self-care monitoring, and self-care management or self-care agency, self-care deficit etc.) |  |
| 4 | How is self-care measured and which key concepts (e.g. self-care maintenance, self-care monitoring, and self-care management or self-care agency, self-care deficit etc.) are measured and how? |  |
| **Intervention and control** | | |
| 5 | Which key concept(s) was (were) targeted with the intervention? (e.g. self-care maintenance, self-care monitoring, and self-care management or self-care agency, self-care deficit etc.) |  |
| 6 | Which materials/methods were used in the self-care intervention (e.g. teaching materials and techniques, technology, motivational interviewing, length of the intervention)? |  |
| 7 | What self-care support did patients in the control group receive (e.g. peer-groups, telephone follow up, different types of technology)? |  |
| **Setting, sample and follow-up** | |  |
| 8 | What (if any) self-care related criteria were used to select participants (e.g. self-care novice, experts, low or high self-care, dyad characteristic) |  |
| 9 | On what data or prior study of self-care was the sample size calculated? |  |
| 10 | What was the setting of the study? What is the standard of care related to self-care in the setting under study? |  |
| 11 | What was the rationale for the follow-up intervals (e.g., comparison with prior self-care studies)? |  |
| **Related factors and discussion** | | |
| 12 | Which related factors are measured (e.g., patient activation)? |  |
| 13 | How do your results contribute to the theory used? |  |