

**Supplementary Table 2:** Absolute and relative frequency of Self-Care of Heart Failure Index (SCHFI V6.2) items scores.

Item	Score n (%)				
	0	1	2	3	4
<b>Self-care maintenance</b> (n=498)					
<i>How routinely do you do the following?</i>					
1. Weigh yourself daily	-	174 (34.9)	228(45.8)	67 (13.5)	29 (5.8)
2. Check your ankles for swelling	-	92 (18.5)	182 (36.5)	150 (30.1)	74 (14.9)
3. Try to avoid getting sick (flu shot, avoid ill people)	-	102 (20.5)	86 (17.3)	178 (35.7)	132 (26.5)
4. Do some physical activity	-	212 (42.6)	152 (30.5)	84 (16.9)	50 (10.0)
5. Keep your doctor or nurse appointments	-	18 (3.6)	49 (9.8)	169 (33.9)	262 (52.6)
6. Eat a low-salt diet	-	138 (27.7)	181 (36.3)	102 (20.5)	77 (15.5)
7. Exercise for 30 minutes	-	348 (69.9)	93 (18.7)	35 (7.0)	22 (4.4)
8. Forget to take one of your medicines ( <i>reverse coded</i> )	-	20 (4.0)	23 (4.6)	118 (23.7)	337 (67.7)
9. Ask for a low-salt items when eating out or visiting others	-	263 (52.8)	142 (28.5)	56 (11.2)	37 (7.4)
10. Use a system (pill box, reminder) to help you remember medicines	-	197 (39.6)	55 (11.0)	107 (21.5)	139 (27.9)
<b>Self-care management</b> (n=349)					
11. If you had trouble breathing, or ankle swelling, how quickly did you recognize it as a symptom of HF?	38 (10.5)	109 (30.2)	131 (36.3)	52 (14.4)	31 (8.6)
<i>If you have trouble breathing or ankle swelling, how likely are you to try one of these remedies?</i>					
12. Reduce the salt in your diet	-	175 (48.5)	99 (27.4)	48 (13.3)	39 (10.8)
13. Reduce your fluid intake	-	213 (59.0)	98 (27.1)	35 (9.7)	15 (4.2)
14. Take an extra water pill	-	179 (49.6)	85 (23.5)	65 (18.0)	32 (8.9)
15. Call your doctor or nurse for guidance	-	86 (23.8)	70 (19.4)	85 (23.5)	120 (33.2)
16. Think of a remedy you tried the last time you had trouble breathing or ankle swelling. How sure were you that the remedy helped or did not help?	38 (10.5)	40 (11.1)	136 (37.7)	114 (31.6)	33 (9.1)
<b>Self-care confidence</b> (n=497)					
<i>How confident are you that you can:</i>					
17. Keep yourself free of HF symptoms	-	145 (29.2)	230 (46.3)	83 (16.7)	39 (7.8)
18. Follow the treatment advice you have been given	-	12 (2.4)	83 (16.7)	211 (42.5)	191 (38.4)
19. Evaluate the importance of your symptoms	-	71 (14.3)	203 (40.8)	142 (28.6)	81 (16.3)
20. Recognize changes in your health if they occur	-	21 (4.2)	138 (27.8)	200 (40.2)	138 (27.8)
21. Do something that will relieve your symptoms	-	92 (18.5)	217 (43.7)	130 (26.2)	58 (11.7)
22. Evaluate how well a remedy works	-	122 (24.5)	183 (36.8)	120 (24.1)	72 (14.5)

**Legend:** HF= heart failure

For items 1-10: 1= never or rarely; 2= sometimes, 3= frequently; 4= always or daily.

For item 11: 0= I did not recognize it; 1= not quickly; 2= somewhat quickly; 3= quickly; 4= very quickly.

For items 12-15: 1= not likely, 2= somewhat likely; 3= likely; 4= very likely.

For item 16: 0= I did not try anything; 1= not sure; 2= somewhat sure; 3= sure; 4= very sure.

For items 17-22: 1= not confident; 2= somewhat confident; 3= very confident; 4= extremely confident.