**Supplemental Digital Content 1** *Descriptive Statistics of the Individual Items of the Self-Care of Heart Failure Index (N=195)*

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| **Self-Care Maintenance** |
| **Item** | **Mean (SD)** |
| 1. How often in the month did you weigh yourself?
 | 2.94 (1.09) |
| 1. Check your ankles for swelling?
 | 2.96 (1.07) |
| 1. Try to avoid getting sick?
 | 3.33 (0.81) |
| 1. Do some physical activity?
 | 2.69 (0.98) |
| 1. Keep doctor or nurse appointments?
 | 3.76 (0.52) |
| 1. Eat a low salt diet?
 | 2.98 (0.92) |
| 1. Exercise for 30 minutes?
 | 2.13 (1.02) |
| 1. Forget to take one of your medicines?
 | 1.42 (0.72)\*\* |
| 1. Ask for low salt items when eating out or visiting others?
 | 2.10 (1.11) |
| 1. Use a system to help you remember your medicines?
 | 3.27 (1.25) |
| **Self-Care Confidence** |
| 1. If you had trouble breathing or ankle swelling, how quickly did you recognize it as a symptom of heart failure?
 | 2.29 (1.47)¥ |
| 1. Reduce the salt in your diet?
 | 3.16 (1.04) |
| 1. Reduce your fluid intake?
 | 2.27 (1.15) |
| 1. Take an extra water pill?
 | 2.29 (1.23) |
| 1. Call your doctor or nurse for guidance?
 | 2.86 (1.19) |
| 1. Think of a remedy you tried last time you had trouble breathing or ankle swelling. How sure were you that the remedy helped or did not help?
 | 1.88 (1.60)‡ |
| **Self-Care Confidence** |
| 1. In general, how confident are you that you can keep yourself free of heart failure symptoms?
 | 2.45 (0.89) |
| 1. Follow the treatment advice you have been given?
 | 3.30 (0.75) |
| 1. Evaluate the importance of your symptoms?
 | 3.14 (0.80) |
| 1. Recognize changes in your health if they occur?
 | 3.25 (0.75) |
| 1. Do something that will relieve your symptoms?
 | 2.99 (0.90) |
| 1. Evaluate how well a remedy works?
 | 2.96 (0.85) |
| *Note.* Most items scored on 1-4 Likert scale.\*\* item is reverse-scored¥ item scored 0-4 and N/A. Mean (SD) calculated on 0-4 cases only (n= 119)‡item scored 0-5 |