Cannon et al., 2016	RCT	25 studies, 1990-2016	4082	To analyse the outcome of self-management RCTs and their impact upon COPD patients' health outcomes using meta-analysis	Self-management intervention including at least 4 of the following: Exacerbation action plan, COPD education, medication information, management of exacerbations, management of stress and/or anxiety, nutritional guidance, exercise program/information, or managing a healthy lifestyle.	☺	😐				😐		☺			
Howcroft et al. 2016	RCT, quasi RCT	7 studies, Database inception -2015	1550	Compare COPD exacerbation action plans with a single short educational component + ongoing support directed at use of action plan	Action plan with a single educational component of short duration allowing time for the clinician to personalise plan. Ongoing support delivered by phone or direct contact. Studies with broader self-management support interventions, e.g. education in multiple sessions over a longer period or exercise programmes, with or w/out an action plan were excluded. Active intervention was compared to 'usual care'.	☺			😐	☺	😐				☺	
Jolly et al., 2016	RCT	173 studies, database inception -2012	n/a	To identify the most effective components of interventions to facilitate self-management of health care behaviours	Include 3+ components e.g. structured group-based PR programs (to teach self-management skills); educational self-management interventions delivered in an outpatient setting or at home, sometimes with telephone follow-up; integrated disease management with multidisciplinary input and often some element of monitoring by health professionals; exercise-only interventions (with some dyspnoea management) and respiratory muscle training using threshold devices.	☺	😐									