

Figure 1: Table of Systematic Reviews Evaluating the Effect of Self-Management in COPD

Authors	Design	Studies included	Participants n=	HRQoL	All-cause hospitalisations	Respiratory-related hospitalisations	Mortality	ED pres	Anxiety & depression	Dyspnoea	6MWD	Respiratory-related mortality	Medication use	Urgent healthcare
Dickens et al., 2014	RCT	32 studies, database inception-2013	3941											😊
Zwerink et al., 2014	RCT, CCT	29 studies, 1995-2014	3688	😊	😊	😊	😐			😊	😐			
Majothi et al., 2015	RCT	9 studies, Moderate-severe COPD, database inception-2012	1466	😊	😐		😐	😐						
Cannon et al., 2016	RCT	25 studies, 1990-2016	4082	😊	😐				😐		😊			
Howcroft et al. 2016	RCT, quasi RCT	7 studies, Database inception -2015	1550	😊			😐	😊	😐				😊	
Jolly et al., 2016	RCT	173 studies, database inception-2012	n/a	😊	😐									
Jonkman et al., 2016	RCT	14 studies, 1985-2013	3282	😊	😊	😊	😐							
Lenferink et al., 2017	RCT	22 studies, 1995-2017	3854	😊	😐	😊	😐	😐		😐		😞		

😊= improved, 😐= no change, 😞= worsened., grey shading indicates outcome was not analysed. HRQoL= health related quality of life, 6MWD= six minute walk distance, RCT= randomised controlled trial, CCT= controlled clinical trials, COPD= chronic obstructive pulmonary disease, ED= emergency department, PR = pulmonary rehabilitation.