Figure 6: 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= 6-minute walk distance, RCT= randomized controlled trial, CCT= controlled clinical trials, COPD= chronic obstructive pulmonary disease, ED= emergency department, PR = pulmonary rehabilitation