

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

Authors	Design	Studies included	Participant n=	HRQoL	All-cause hospitalisations	Respiratory-related hospitalisations	Mortality	ED presentations	Anxiety & depression	Dyspnoea	6MWD	Respiratory-related mortality	Medication use	Urgent healthcare
Dickens 2014	RCT	32 studies, database inception-2013	3941											😊
Majothi 2015	RCT	9 studies, Moderate-severe COPD, database inception-2012	1466	😊	😊		😊	😊						
Cannon 2016	RCT	25 studies, 1990-2016	4082	😊	😊				😊		😊			
Howcroft 2016	RCT, quasi RCT	7 studies, Database inception -2015	1550	😊			😊	😊	😊				😊	
Jolly 2016	RCT	173 studies, database inception-2012	n/a	😊	😊									
Jonkman 2016	RCT	14 studies, 1985-2013	3282	😊	😊	😊	😊							
Lenferink 2017	RCT	22 studies, 1995-2017	3854	😊	😊	😊	😊	😊		😊		😞		
Newham 2017	RCT	26 RCTs identified from 11 systematic reviews	3,518 (1,827 intervention, 1,691 control)	😊				😊						
Long 2017	RCT	10 studies, database inception-August 2018	1,959	😊	😊	😊							😊	
Jolly 2018	RCT	12 studies, database inception-2012	10,647	😊					😊					
Aranburu-Imatz 2022	Systematic review and meta-analysis of observational studies or intervention studies	48 studies met the inclusion criteria for qualitative analysis, of which 25 were considered for meta-analysis, 2009-2021	5,215 from 48 studies	😊	😊				😊		😊			
Schrijver 2022	RCTs and cluster RCTs	27 studies, 1995-2022	6,008	😊		😊	😊					😊		

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