

**Supplementary Data 2.** Studies Included in the Systematic Review and Meta-analysis (n = 7)

- A1. Chang YY, Dai YT. The efficacy of a flipping education program on improving self-management in patients with chronic obstructive pulmonary disease: a randomized controlled trial. *Int J Chron Obstruct Pulmon Dis.* 2019;14:1239-50. <https://doi.org/10.2147/COPD.S196592>
- A2. Collinsworth AW, Brown RM, James CS, Stanford RH, Alemayehu D, Priest EL. The impact of patient education and shared decision making on hospital readmissions for COPD. *Int J Chron Obstruct Pulmon Dis.* 2018;13:1325-32. <https://doi.org/10.2147/COPD.S154414>
- A3. Granados-Santiago M, Valenza MC, Lopez-Lopez L, Prados-Roman E, Rodriguez-Torres J, Cabrera-Martos I. Shared decision-making and patient engagement program during acute exacerbation of COPD hospitalization: a randomized control trial. *Patient Educ Couns.* 2020;103:702-8. <https://doi.org/10.1016/j.pec.2019.12.004>
- A4. Lee H, Yoon JY, Lim Y, Jung H, Kim S, Yoo Y, et al. The effect of nurse-led problem-solving therapy on coping, self-efficacy and depressive symptoms for patients with chronic obstructive pulmonary disease: a randomised controlled trial. *Age Ageing.* 2015;44(3):397-403. <https://doi.org/10.1093/ageing/afu201>
- A5. Rea H, McAuley S, Stewart A, Lamont C, Roseman P, Didsbury P. A chronic disease management programme can reduce days in hospital for patients with chronic obstructive pulmonary disease. *Intern Med J.* 2004;34:608-14. <https://doi.org/10.1111/j.1445-5994.2004.00672.x>
- A6. Walters J, Cameron-Tucker H, Wills K, Schuz N, Scott J, Robinson A, et al. Effects of telephone health mentoring in community-recruited chronic obstructive pulmonary disease on self-management capacity, quality of life and psychological morbidity: a randomised controlled trial. *BMJ Open.* 2013;3(9):e003097. <https://doi.org/10.1136/bmjopen-2013-003097>
- A7. Zakrisson AB, Arne M, Hasselgren M, Lisspers K, Stallberg B, Theander K. A complex intervention of self-management for patients with COPD or CHF in primary care improved performance and satisfaction regarding own selected activities: a longitudinal follow-up. *J Adv Nurs.* 2019;75:175-86. <https://doi.org/10.1111/jan.13899>