### Supplement 5.1.1. Between-groups mean differences and mean change from baseline within intervention group in RCTs measuring exercise capacity using the 6-minute walk test (6MWT) (n=15)

<table>
<thead>
<tr>
<th>Study</th>
<th>Study design</th>
<th>Type of participants</th>
<th>Setting delivering self-management components</th>
<th>Self-management components delivered</th>
<th>Study period</th>
<th>6-minute walk distance</th>
<th>Number of participants in intervention group</th>
</tr>
</thead>
</table>
| Cerdán-de-las-Heras et al. (1) | RCT          | IPF                  | PR, telerehab                                  | - Patient education  
- Home exercise program  
- Behavioural modification  
- Managing treatments  
- Self-monitoring  
- Managing physical symptoms  
- Psychosocial support | 12 weeks     | 39.5 *  
* p = 0.03 | 8.5  
15                         |
| Dowman et al. (2)      | RCT          | ILD                  | PR, outpatient                                 | - Patient education  
- Home exercise program  
- Behavioural modification  
- Understanding treatment options  
- Self-monitoring  
- Managing disease/comorbidities/ADLs  
- Managing physical symptoms  
- Preventing infections/exacerbation  
- Understanding disease  
- Psychosocial support  
- Sexuality/self-esteem | 8 weeks      | ILD: 25  
* p = 0.03  
IPF: 31 *  
* p = 0.006 | ILD: 23  
IPF subgroup: 27 | ILD: 74  
IPF subgroup: 32 |
| Holland et al. (2008) (3) | RCT          | ILD                  | PR, outpatient                                 | - Patient education  
- Home exercise program  
- Self-monitoring | 8 weeks      | ILD: 35 *  
* p = 0.01  
IPF: 31.2 *  
* p = 0.006 | ILD: 31.2  
IPF subgroup: 25.1 | ILD: 30  
IPF subgroup: 20 |
| Jackson et al. (4)     | RCT          | IPF                  | PR, outpatient                                 | - Patient education  
- Home exercise program  
- Behavioural modification  
- Understanding treatment options  
- Managing treatments  
- Managing physical symptoms  
- Understanding disease  
- Psychosocial support | 3 months     | 9.1 (NS) | -6.2  
11                         |
<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Condition</th>
<th>Setting</th>
<th>Intervention(s)</th>
<th>Duration</th>
<th>Baseline 1</th>
<th>Baseline 2</th>
<th>p</th>
</tr>
</thead>
</table>
| Jarosch et al.   | RCT    | IPF       | PR, inpatient | • Patient education  
• Behavioural modification  
• Understanding treatment options  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Goal setting  
• Psychosocial support | 3 weeks  | 61 *      | 54.7 *     | 0.006   |
| Ku et al. (6)    | RCT    | ILD       | PR, outpatient | • Patient education  
• Home exercise program  
• Behavioural modification  
• Understanding treatment options  
• Managing treatments  
• Self-monitoring  
• Understanding disease  
• Psychosocial support | 8 weeks  | 23.8 *    | 27         | 0.037   |
| Naz et al. (7)   | RCT    | Sarcoidosis | PR, outpatient | • Home exercise program  
• Self-monitoring  
• Managing physical symptoms | 12 weeks | 67.3 *    | 44.3 *     | 0.009   |
| Nishiyama et al. (8) | RCT    | IPF       | PR, outpatient | • Patient education  
• Behavioural modification  
• Managing physical symptoms | 10 weeks | 46.3 *    | 42         | <0.01   |
| Perez-Boger et al. (9) | RCT    | ILD       | PR, outpatient | • Patient education  
• Behavioural modification  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Psychosocial support | 6 months | 72 *      | 49         | <0.001  |
| Prajapat et al. (10) | RCT    | ILD       | PR, outpatient | • Patient education  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Understanding disease  
• Psychosocial support | 8 weeks  | 38.2 *    | 54.7 *     | <0.05   |
| Shen et al. (11) | RCT    | IPF       | Breathing exercise training, outpatient/home-based | • Home exercise program  
• Managing physical symptoms | 12 months | 55 *      | -27.3      | 0.041   |
| Vainshelboim et al. (2014) (12) | RCT    | IPF       | PR, outpatient | • Patient education  
• Home exercise program  
• Managing physical symptoms | 12 weeks | 81 *      | 70.4 *     | <0.001  |
<table>
<thead>
<tr>
<th>Authors</th>
<th>Design</th>
<th>Disease</th>
<th>Intervention/Mode</th>
<th>Components</th>
<th>Duration</th>
<th>Improvement</th>
<th>p Value</th>
</tr>
</thead>
</table>
| Zaki et al. (14) | RCT      | ILD     | PR with IMT, outpatient | • Behavioural modification  
• Managing physical symptoms  
• Psychosocial support       | 8 weeks | 47.9 *     | P = 0.01     |
| Zhou et al. (15) | RCT      | IPF     | PR (Daoyin), outpatient/home-based | • Home exercise program  
• Managing physical symptoms  
• Psychosocial support       | 2 months| 48 *      | p = 0.001    |

6MWD: 6-minute walk distance; RCT: randomised controlled trial; IPF: idiopathic pulmonary fibrosis; ILD: interstitial lung disease; PR: pulmonary rehabilitation; IMT: inspiratory muscle training; ADL: activity of daily living.

* Mean change reached the minimal important difference of 30-33 meters for people with ILD. Positive value indicates improvement (17).

Note: Data reported by a total of 15 out of 16 RCTs that measured exercise capacity with 6-minute walk test are included in this table (one RCT did not report data immediately post-intervention (16). Two RCTs reported the same data (12, 13).
Supplement 5.1.2. Mean change from baseline within intervention group in non-RCTs measuring exercise capacity using the 6MWT (n=32)

<table>
<thead>
<tr>
<th>Study</th>
<th>Study design</th>
<th>Type of participants</th>
<th>Setting delivering self-management components</th>
<th>Self-management components delivered</th>
<th>Study period</th>
<th>Mean change in 6MWD from baseline in intervention group</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizono et al. (18)</td>
<td>Pre-post study (prospective)</td>
<td>IPF</td>
<td>PR, outpatient</td>
<td>• Patient education</td>
<td>10 weeks</td>
<td>26.9</td>
<td>22</td>
</tr>
</tbody>
</table>
| Brunetti et al. (19)   | Pre-post study (retrospective) | ILD                  | PR, inpatient                                 | • Patient education  
• Behavioural modification  
• Understanding treatment options  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Understanding disease  
• Goal setting  
• Psychosocial support                                                                 | 3-4 weeks    | 52.5 *                                                 | 240                    |
| Chéhère et al. (20)    | Pre-post study (prospective) | Fibrotic idiopathic interstitial pneumonia | PR, home-based                                | • Patient education  
• Behavioural modification  
• Understanding treatment options  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Understanding disease  
• Goal setting  
• Psychosocial support  
• Sexuality/self-esteem                                                                 | 8 weeks      | 23                                                     | 19                     |
| da Fontoura et al. (21) | Pre-post study (retrospective) | IPF                  | PR, outpatient                                | • Patient education  
• Behavioural modification  
• Managing disease/comorbidities/ADLs  
• Psychosocial support                                                                 | 12 weeks     | 58 *                                                   | 31                     |
| Deniz et al. (22)      | Pre-post study (prospective) | ILD                  | PR, outpatient                                | • Patient education  
• Managing physical symptoms  
• Managing disease/comorbidities/ADLs  
• Psychosocial support                                                                 | 8 weeks      | 49.7 *                                                 | 57                     |
| Devani et al. (23)     | Pre-post study (retrospective) | ILD/restrictive disease | PR, outpatient                                | • Patient education  
• Behavioural modification  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Psychosocial support                                                                 | 8 weeks      | 61.8 *                                                 | 100                    |
| Elganady et al. (24)   | Pre-post study (prospective) | ILD                  | PR, outpatient                                | • Patient education  
• Managing disease/comorbidities/ADLs  
• Preventing infections/exacerbation                                                                 | 6 weeks      | 132.8 *                                                | 20                     |
| Ferreira et al. (2006) (25) | Pre-post study (retrospective) | ILD                  | PR, outpatient                                | • Patient education  
• Psychosocial support                                                                 | 8 weeks      | 39.6 *                                                 | 28                     |
<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Disease</th>
<th>Setting</th>
<th>Interventions</th>
<th>Duration</th>
<th>Main Results</th>
</tr>
</thead>
</table>
| Ferreira et al. (2009) (26) | Pre-post study (retrospective) | ILD | PR, outpatient | • Patient education  
• Behavioural modification  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Psychosocial support  
• Palliation and EOL planning | 6-8 weeks | 56 * |
| Fuschillo et al. (27) | Pre-post study (retrospective) | ILD | PR, inpatient | • Patient education  
• Behavioural modification  
• Understanding treatment options  
• Managing treatments  
• Managing physical symptoms | 4-6 weeks | 68.5 * |
| Grongstad et al. (28) | Pre-post study (prospective) | Sarcoïdosis | PR, inpatient | • Patient education  
• Behavioural modification  
• Understanding treatment options  
• Managing disease/comorbidities/ADLs  
• Understanding disease  
• Psychosocial support | 4 weeks | 27 |
| Guler et al. (29) | Cohort | ILD | PR, outpatient/inpatient | • Patient education  
• Behavioural modification  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Understanding disease  
• Psychosocial support | Outpatient: 6-12 weeks  
Inpatient: 2-4 weeks | Inpatient: 55 *  
Outpatient: 34 *  
Inpatient: 196  
Outpatient: 505 |
| Holland et al. (2012) (30) | Pre-post study (prospective) | ILD | PR, outpatient | • Patient education  
• Home exercise program  
• Self-monitoring | 8 weeks | ILD: 43 *  
IPF: 21 |
| Huppmann et al. (31) | Pre-post study (prospective) | ILD | PR, inpatient | • Patient education  
• Behavioural modification  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Psychosocial support | 30 (1) days | 46 * |
<table>
<thead>
<tr>
<th>Study</th>
<th>Study Design</th>
<th>Study Population</th>
<th>Interventions</th>
<th>Follow-up</th>
<th>ILD: Total</th>
<th>IPF: Total</th>
</tr>
</thead>
</table>
| Igarashi et al. (32)         | Non-randomised controlled study | ILD PR, outpatient | - Patient education  
- Home exercise program  
- Behavioural modification  
- Self-monitoring  
- Managing physical symptoms  
- Preventing infections/exacerbation  
- Understanding disease  
- Psychosocial support | 3 months | 15 | 13 |
| Kerti et al. (33)            | Pre-post study (prospective) | ILD PR, inpatient | - Managing physical symptoms | 4 weeks | - ILD: 33 *  
- IPF: 47 * | - ILD: 30  
- IPF: 23 |
| Keyser et al. (34)           | Pre-post study (prospective) | ILD PR, outpatient | - Patient education  
- Behavioural modification  
- Managing treatments  
- Managing disease/comorbidities/ADLs  
- Managing physical symptoms  
- Preventing infections/exacerbation  
- Understanding disease  
- Psychosocial support | 10 weeks | 52 * | 13 |
| Kozu et al. (35)             | Pre-post study (prospective) | IPF PR, outpatient | - Patient education  
- Home exercise program  
- Behavioural modification  
- Self-monitoring  
- Managing disease/comorbidities/ADLs  
- Managing physical symptoms  
- Preventing infections/exacerbation  
- Psychosocial support  
- Palliation and EOL planning | 8 weeks | 16.2 | 36 |
| Lingner et al. (36)          | Pre-post study (prospective) | Sarcoidosis PR, inpatient | - Patient education  
- Behavioural modification  
- Understanding treatment options  
- Managing disease/comorbidities/ADLs  
- Managing physical symptoms  
- Psychosocial support | 3 weeks | 39.8 * | 262 |
| Matsuo et al. (37)           | Pre-post study (retrospective) | ILD PR, outpatient | - Managing physical symptoms | 6-10 weeks | 5.5 | 28 |
| Nasrat et al. (38)           | Non-randomised controlled study | ILD PR with IMT, outpatient | - Managing physical symptoms | 8 weeks | 68 * | 30 |
| Ochmann et al. (39)          | Longitudinal | Silicosis, asbestosis PR, inpatient | - Behavioural modification  
- Managing physical symptoms | 4 weeks | Silicosis: 19.6  
Asbestosis: 2.9 | Silicosis: 42  
Asbestosis: 66 |
<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Disease</th>
<th>Setting</th>
<th>Intervention(s)</th>
<th>Duration</th>
<th>PR %</th>
<th>PR Rank</th>
</tr>
</thead>
</table>
| Ozalevli et al. (40)      | Pre-post study    | IPF     | PR, home-based| • Home exercise program  
• Managing physical symptoms                                                      | 12 weeks | 40.2 *| 15      |
| Rammaert et al. (41)      | Pre-post study    | IPF     | PR, home-based| • Patient education  
• Home exercise program  
• Self-monitoring                                                               | 8 weeks  | -8   | 13      |
| Rifaat et al. (42)        | Pre-post study    | IPF     | PR, outpatient| • Patient education  
• Managing physical symptoms  
• Psychosocial support                                                      | 8 weeks  | 60.6 *| 30      |
| Ryerson et al. (43)       | Cohort            | ILD     | PR, outpatient| • Patient education  
• Home exercise program  
• Managing treatments                                                             | 6-9 weeks| 57.6 *| 54      |
| Salhi et al. (44)         | Pre-post study    | ILD     | PR, outpatient| • Patient education  
• Behavioural modification  
• Understanding treatment options  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Understanding disease  
• Psychosocial support                                                      | 12 or 24 weeks| 12 weeks PR: 79 *  
24 weeks PR: 102 * | 12 weeks PR : 11  
24 weeks PR: 10 | 127      |
| Sanchez-Ramirez (45)      | Pre-post study    | ILD     | PR, outpatient| • Patient education  
• Behavioural modification  
• Understanding treatment options  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Understanding disease  
• Psychosocial support  
• Palliation and EOL planning                                              | 8 weeks  | 45.1 *| 127     |
| Sciriha et al. (46)       | Non-randomised    | ILD     | PR, outpatient| • Patient education  
• Home exercise program  
• Managing treatments  
• Self-monitoring                                                            | 12 weeks | 52.04 *| 60      |
| Swigris et al. (47)       | Pre-post study    | IPF     | PR, outpatient| • Patient education  
• Behavioural modification  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Psychosocial support  
• Palliation and EOL planning                                              | 6-8 weeks| 61.6 *| 8       |
<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Intervention</th>
<th>Activities</th>
<th>Sessions</th>
<th>Time Course</th>
<th>Exercise Improvement</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tonelli et al.</td>
<td>Pre-post study (prospective)</td>
<td>ILD PR, outpatient/inpatient</td>
<td>• Patient education</td>
<td>&gt;24 sessions</td>
<td>(6 days/week for 1st week; twice daily thereafter)</td>
<td>54.1 *</td>
<td>- Mean change reached the minimal important difference of 30-33 meters for people with ILD. Positive value indicates improvement (17).</td>
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<td>• Palliation and EOL planning</td>
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<td>• Palliation and EOL planning</td>
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<tr>
<td>Tsang et al.</td>
<td>Pre-post study (retrospective)</td>
<td>Pneumoconiosis PR, community-based (CBRP)/home-based (HBRP)</td>
<td>• Patient education</td>
<td>CBRP: 4-6 weeks</td>
<td>HBRP: 8 home visits</td>
<td>CBRP: 59.5 * HBRP: 47.6 *</td>
<td>- Data reported by a total of 32 out of 34 studies that measured exercise capacity with 6-minute walk test are included in this table (one pre-post study did not report data (50); one pre-post study did not report data immediately post-intervention (51).</td>
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<td>• Home exercise program</td>
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RCT: randomised controlled trial; 6MWT: 6-minute walk test; 6MWD: 6-minute walk distance; IPF: idiopathic pulmonary fibrosis; ILD: interstitial lung disease; PR: pulmonary rehabilitation; IMT: inspiratory muscle training; ADL: activity of daily living; EOL: end-of-life.

* Mean change reached the minimal important difference of 30-33 meters for people with ILD. Positive value indicates improvement (17).
Supplement 5.2.1. Between-groups mean differences and mean change from baseline within intervention group in RCTs measuring health-related quality of life with St. George’s Respiratory Questionnaire (SGRQ) total score (n=14)

<table>
<thead>
<tr>
<th>Study</th>
<th>Study design</th>
<th>Type of participants</th>
<th>Setting delivering self-management components</th>
<th>Self-management components delivered</th>
<th>Study period</th>
<th>SGRQ total scores</th>
<th>Number of participants in intervention group</th>
</tr>
</thead>
</table>
| Bajwah et al. (52)     | Mixed methods: RCT & qualitative | IPF                  | Hospital2Home program with case conference, home-based | • Patient education  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Goal setting  
• Psychosocial support  
• Palliation and EOL planning | 2 months | Data not reported for 2m | At 8w: -4.3 | 22 |
| Cerdán-de-las-Heras et al. (1) | RCT                      | IPF                  | PR, telerehab                                        | • Patient education  
• Home exercise program  
• Behavioural modification  
• Managing treatments  
• Self-monitoring  
• Managing physical symptoms  
• Psychosocial support | 12 weeks | Data not reported (NS) | 1.4 | 15 |
| Dowman et al. (2)      | RCT                      | ILD                  | PR, outpatient                                       | • Patient education  
• Home exercise program  
• Behavioural modification  
• Understanding treatment options  
• Self-monitoring  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Understanding disease  
• Psychosocial support  
• Sexuality/self-esteem | 8 weeks | ILD: -5.8  
p = 0.04  
IPF subgroup: -5.7  
p = 0.01 | ILD: -4.8  
IPF subgroup: -3 | ILD: 74  
IPF subgroup: 32 |
<table>
<thead>
<tr>
<th>Study</th>
<th>Study Type</th>
<th>Condition</th>
<th>Intervention</th>
<th>Duration</th>
<th>Change (Mean)</th>
<th>p Value</th>
<th>Study ID</th>
</tr>
</thead>
</table>
| Gaunaurd et al. (53)         | RCT        | IPF             | • Patient education  
• Home exercise program  
• Behavioural modification  
• Understanding treatment options  
• Managing treatments  
• Managing physical symptoms  
• Understanding disease  
• Psychosocial support | 3 months | -6.8 (NS)      |         | 11       |
| Janssen et al. (54)          | RCT        | IPF             | • Managing physical symptoms  
• Understanding disease  
• Goal setting  
• Psychosocial support  
• Palliation and EOL planning | 6 months | 3.7 (NS)       |         | 9         |
| Ku et al. (6)                | RCT        | ILD             | • Patient education  
• Home exercise program  
• Behavioural modification  
• Understanding treatment options  
• Managing treatments  
• Self-monitoring  
• Understanding disease  
• Psychosocial support | 8 weeks   | -8.8 * p = 0.03 | -8.9 * | 20       |
| Naz et al. (7)               | RCT        | Sarcoidosis     | • Home exercise program  
• Self-monitoring  
• Managing physical symptoms | 12 weeks  | -7.3 * p = 0.048 | -14.3 * | 9         |
| Nishiyama et al. (8)         | RCT        | IPF             | • Patient education  
• Home exercise program  
• Managing physical symptoms | 10 weeks  | -6.1 p = <0.05  | -2.9    | 13       |
| Perez-Boger et al. (9)       | RCT        | ILD             | • Patient education  
• Behavioural modification  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Psychosocial support | 6 months  | -12 * p <0.001  | -7      | 30       |
| Shen et al. (11)             | RCT        | IPF             | • Home exercise program  
• Managing physical symptoms | 12 months | -8.5 * p = 0.003 | -3.7    | 30       |
| Vainshelboim et al. (2014)   | RCT        | IPF             | • Patient education  
• Home exercise program  
• Managing physical symptoms | 12 weeks  | -9.7 * p = <0.001 | -6.9    | 13w= 15  |
<table>
<thead>
<tr>
<th>Study (Ref.)</th>
<th>Design</th>
<th>Condition</th>
<th>Intervention Description</th>
<th>Duration</th>
<th>Mean Change</th>
<th>p Value</th>
<th>Sample Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zaki et al. (14)</td>
<td>RCT</td>
<td>ILD</td>
<td>PR with IMT, outpatient</td>
<td>8 weeks</td>
<td>-4</td>
<td>p = 0.038</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Behavioural modification</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Managing physical symptoms</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Psychosocial support</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Zhou et al. (15)</td>
<td>RCT</td>
<td>IPF</td>
<td>PR (Daoyin), outpatient/ home-based</td>
<td>2 months</td>
<td>-13.6 *</td>
<td>p = 0.005</td>
<td>32</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Home exercise program</td>
<td></td>
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<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Managing physical symptoms</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Psychosocial support</td>
<td></td>
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</tr>
</tbody>
</table>

RCT: randomised controlled trial; IPF: idiopathic pulmonary fibrosis; ILD: interstitial lung disease; PR: pulmonary rehabilitation; IMT: inspiratory muscle training; ADL: activity of daily living; EOL: end-of-life.

* Mean change reached the minimal important difference of 7 units for people with ILD and IPF. Negative value indicates improvement (55).

Note: Data reported by a total of 14 out of 15 RCTs that measured health-related quality of life with St. George’s Respiratory Questionnaire are included in this table (one RCT did not report data immediately post-intervention (16). Two RCTs reported the same data (12, 13).
Supplement 5.2.2. Mean change from baseline within intervention group in non-RCTs measuring health-related quality of life with SGRQ total score (n=15)

<table>
<thead>
<tr>
<th>Study</th>
<th>Study design</th>
<th>Type of participants</th>
<th>Setting delivering self-management components</th>
<th>Self-management components delivered</th>
<th>Study period</th>
<th>Mean change in SGRQ total score from baseline in intervention group</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizono et al. (18)</td>
<td>Pre-post study (prospective)</td>
<td>IPF</td>
<td>PR, outpatient</td>
<td>Patient education</td>
<td>10 weeks</td>
<td>-3.8</td>
<td>22</td>
</tr>
<tr>
<td>Deniz et al. (22)</td>
<td>Pre-post study (prospective)</td>
<td>ILD</td>
<td>PR, outpatient</td>
<td>Patient education, Managing physical symptoms</td>
<td>8 weeks</td>
<td>-7.6 *</td>
<td>57</td>
</tr>
<tr>
<td>Elganady et al. (24)</td>
<td>Pre-post study (prospective)</td>
<td>ILD</td>
<td>PR, outpatient</td>
<td>Patient education, Managing disease/comorbidities/ADLs, Preventing infections/exacerbation</td>
<td>6 weeks</td>
<td>-24.3 *</td>
<td>20</td>
</tr>
<tr>
<td>Igai et al. (56)</td>
<td>Mixed methods: pre-post study (prospective) + qualitative</td>
<td>IPF</td>
<td>Dignity-centred palliative care program, outpatient/home-based</td>
<td>Patient education, Behavioural modification, Understanding treatment options, Managing treatments, Self-monitoring, Managing disease/comorbidities/ADLs, Managing physical symptoms, Preventing infections/exacerbation, Understanding disease, Psychosocial support, Sexuality/self-esteem, Palliation and EOL planning</td>
<td>45 days</td>
<td>-5.5</td>
<td>12</td>
</tr>
<tr>
<td>Igarashi et al. (32)</td>
<td>Non-randomised controlled study</td>
<td>ILD</td>
<td>PR, outpatient</td>
<td>Patient education, Home exercise program, Behavioural modification, Self-monitoring, Managing physical symptoms, Preventing infections/exacerbation, Understanding disease, Psychosocial support</td>
<td>3 months</td>
<td>6.8</td>
<td>13</td>
</tr>
<tr>
<td>Kaymaz et al. (57)</td>
<td>Pre-post study (retrospective)</td>
<td>ILD</td>
<td>PR, outpatient</td>
<td>Patient education, Home exercise program, Behavioural modification, Managing disease/comorbidities/ADLs, Managing physical symptoms, Understanding disease, Psychosocial support</td>
<td>8 weeks</td>
<td>-10.1 *</td>
<td>10</td>
</tr>
<tr>
<td>Reference</td>
<td>Design</td>
<td>Disease</td>
<td>Setting</td>
<td>Education Topics</td>
<td>Duration</td>
<td>Effect</td>
<td>N</td>
</tr>
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<tr>
<td>Lingner et al. (36)</td>
<td>Pre-post study (prospective)</td>
<td>Sarcoidosis</td>
<td>PR, inpatient</td>
<td>Patient education, Behavioural modification, Understanding treatment options,</td>
<td>3 weeks</td>
<td>-6.7</td>
<td>296</td>
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<td>Managing disease/comorbidities/ADLs, Managing physical symptoms, Psychosocial</td>
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<tr>
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<td></td>
<td></td>
<td></td>
<td>support</td>
<td></td>
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<tr>
<td>Matsuo et al. (37)</td>
<td>Pre-post study (retrospective)</td>
<td>ILD</td>
<td>PR, outpatient/inpatient</td>
<td>Managing physical symptoms</td>
<td>6-10 weeks</td>
<td>-1.6</td>
<td>28</td>
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<tr>
<td>Naji et al. (58)</td>
<td>Pre-post study (retrospective)</td>
<td>ILD</td>
<td>PR, outpatient/inpatient</td>
<td>Patient education, Home exercise program, Behavioural modification, Managing</td>
<td>8 weeks</td>
<td>-13.7 *</td>
<td>26</td>
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<tr>
<td></td>
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<td>treatments, Self-monitoring, Managing physical symptoms</td>
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<tr>
<td>Ochmann et al. (39)</td>
<td>Longitudinal</td>
<td>Silicosis,</td>
<td>PR, inpatient</td>
<td>Behavioural modification, Managing physical symptoms</td>
<td>4 weeks</td>
<td>Silicosis: 0.2</td>
<td>Silicosis: 42</td>
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<tr>
<td></td>
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<td>asbestosis</td>
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<td></td>
<td></td>
<td>Asbestosis: -1.1</td>
<td>Asbestosis: 66</td>
</tr>
<tr>
<td>Rifaat et al. (42)</td>
<td>Pre-post study (prospective)</td>
<td>IPF</td>
<td>PR, outpatient</td>
<td>Patient education, Managing physical symptoms, Psychosocial support</td>
<td>8 weeks</td>
<td>-34.8 *</td>
<td>30</td>
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<tr>
<td>Ryerson et al. (43)</td>
<td>Cohort</td>
<td>ILD</td>
<td>PR, outpatient</td>
<td>Patient education, Home exercise program, Managing treatments</td>
<td>6-9 weeks</td>
<td>-6.1</td>
<td>54</td>
</tr>
<tr>
<td>Sanchez-Ramirez (45)</td>
<td>Pre-post study (retrospective)</td>
<td>ILD</td>
<td>PR, outpatient</td>
<td>Patient education, Behavioural modification, Understanding treatment options,</td>
<td>8 weeks</td>
<td>-5.8</td>
<td>127</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Managing treatments, Managing disease/comorbidities/ADLs, Managing physical</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>symptoms, Preventing infections/exacerbation, Understanding disease, Psychosocial</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>support, Palliation and EOL planning</td>
<td></td>
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</tr>
<tr>
<td>Sciriha et al. (46)</td>
<td>Non-randomised controlled study</td>
<td>ILD</td>
<td>PR, outpatient</td>
<td>Patient education, Home exercise program, Managing treatments, Self-monitoring</td>
<td>12 weeks</td>
<td>-5.5</td>
<td>60</td>
</tr>
<tr>
<td>Tonelli et al. (48)</td>
<td>Pre-post study (prospective)</td>
<td>ILD</td>
<td>PR, outpatient/inpatient</td>
<td>&gt;24 sessions (6 days/week for 1st week; twice daily thereafter)</td>
<td>-12.1 *</td>
<td>39</td>
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</tr>
</tbody>
</table>

- Patient education
- Behavioural modification
- Managing treatments
- Managing disease/comorbidities/ADLs
- Managing physical symptoms
- Psychosocial support
- Palliation and EOL planning

RCT: randomised controlled trial; SGRQ: St. George’s Respiratory Questionnaire; IPF: idiopathic pulmonary fibrosis; ILD: interstitial lung disease; PR: pulmonary rehabilitation; ADL: activity of daily living; EOL: end-of-life.

* Mean change reached the minimal important difference of 7 units for people with ILD and IPF. Negative value indicates improvement (55).

Note: Data reported by a total of 15 out of 16 studies that measured health-related quality of life with St. George’s Respiratory Questionnaire are included in this table (one pre-post study did not report data) (41).
### Supplement 5.3.1. Between-groups mean differences and mean change from baseline within intervention group in RCTs measuring symptom burden with the Medical Research Council (MRC) Dyspnoea scale (n=9)

<table>
<thead>
<tr>
<th>Study</th>
<th>Study design</th>
<th>Type of participants</th>
<th>Setting delivering self-management components</th>
<th>Self-management components delivered</th>
<th>Study period</th>
<th>MRC Dyspnoea scores</th>
<th>Number of participants in intervention group</th>
</tr>
</thead>
</table>
| Bajwah et al.  | Mixed methods: RCT & qualitative | IPF                  | Hospital2Home program with case conference, home-based | • Patient education  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Goal setting  
• Psychosocial support  
• Palliation and EOL planning | 8 weeks      | -0.3 (NS)                       | 23                                                                         |
| (52)           |                               |                      |                                               |                                                                             |              |                      |                                             |
| Dowman et al.  | RCT                           | ILD                  | PR, outpatient                                 | • Patient education  
• Home exercise program  
• Behavioural modification  
• Understanding treatment options  
• Self-monitoring  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Understanding disease  
• Psychosocial support  
• Sexuality/self-esteem | 8 weeks      | ILD: -0.3  
p = 0.06  
IPF subgroup: 0.009  
p = 0.03 | ILD: 74  
IPF subgroup: 32 |
| (2)            |                               |                      |                                               |                                                                             |              |                      |                                             |
| Holland et al. | RCT                           | ILD                  | PR, outpatient                                 | • Patient education  
• Home exercise program  
• Self-monitoring | 8 weeks      | ILD: -0.7  
p = 0.04  
IPF subgroup: -0.6  
p = 0.001 | ILD: 30  
IPF subgroup: 20 |
| (2008) (3)     |                               |                      |                                               |                                                                             |              |                      |                                             |
| Naz et al.     | RCT                           | Sarcoidosis          | PR, outpatient                                 | • Home exercise program  
• Self-monitoring  
• Managing physical symptoms | 12 weeks     | -0.8  
p = 0.001 | -0.8  
p = 0.001 | -0.8  
p = 0.001 | 9                                                                 |
| (7)            |                               |                      |                                               |                                                                             |              |                      |                                             |
| Perez-Bogerd et al. (9) | RCT                          | ILD                  | PR, outpatient                                 | • Patient education  
• Behavioural modification  
• Managing treatments  
• Managing disease/comorbidities/ADLs  
• Psychosocial support | 6 months     | 0.3 (NS)                       | 0.1                                                                       | 30 |
<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Condition</th>
<th>Intervention</th>
<th>Duration</th>
<th>Effect</th>
<th>Statistic</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vainshelboim et al. (2014)</td>
<td>RCT</td>
<td>IPF</td>
<td>PR, outpatient</td>
<td>12 weeks</td>
<td>-1.1 *</td>
<td>p = &lt;0.001</td>
<td></td>
</tr>
<tr>
<td>Vainshelboim et al. (2016)</td>
<td>RCT</td>
<td>IPF</td>
<td>PR, outpatient</td>
<td>12 weeks</td>
<td>-0.7 *</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wallaert et al. (2020)</td>
<td>RCT</td>
<td>Sarcoidosis</td>
<td>PR, outpatient</td>
<td>2 months</td>
<td>Data not reported for 2m</td>
<td>-0.7 *</td>
<td>18</td>
</tr>
<tr>
<td>Zaki et al. (2014)</td>
<td>RCT</td>
<td>ILD</td>
<td>PR with IMT, outpatient</td>
<td>8 weeks</td>
<td>-1 *</td>
<td>p = &lt;0.001</td>
<td>-2 *</td>
</tr>
<tr>
<td>Zhou et al. (2015)</td>
<td>RCT</td>
<td>IPF</td>
<td>PR (Daoyin), outpatient/home-based</td>
<td>2 months</td>
<td>-0.4 *</td>
<td>p = 0.005</td>
<td>-0.5 *</td>
</tr>
</tbody>
</table>

RCT: randomised controlled trial; IPF: idiopathic pulmonary fibrosis; ILD: interstitial lung disease; PR: pulmonary rehabilitation; IMT: inspiratory muscle training; ADL: activity of daily living; EOL: end-of-life.

* Mean change reached the minimal important difference of 0.4 unit for people with ILD and IPF. Negative value indicates improvement (55).

Note: Data reported by a total of 9 out of 10 RCTs that measured symptom burden with the Medical Research Council Dyspnoea scale are included in this table (one RCT did not report data (5)).
<table>
<thead>
<tr>
<th>Study</th>
<th>Study design</th>
<th>Type of participants</th>
<th>Setting delivering self-management components</th>
<th>Self-management components delivered</th>
<th>Study period</th>
<th>Mean change in MRC scores from baseline in intervention group</th>
<th>Number of participants</th>
</tr>
</thead>
</table>
| Brunetti et al. (19)          | Pre-post study (retrospective)    | ILD                  | PR, inpatient                                | • Patient education  
• Behavioural modification  
• Psychosocial support                                                                                        | 3-4 weeks    | -1 *                                                        | 240        |
| da Fontoura et al. (21)       | Pre-post study (retrospective)    | IPF                  | PR, outpatient                                | • Patient education  
• Behavioural modification  
• Managing disease/comorbidities/ADLs  
• Psychosocial support                                                                                          | 12 weeks     | -1 *                                                        | 31         |
| Deniz et al. (22)             | Pre-post study (prospective)      | ILD                  | PR, outpatient                                | • Patient education  
• Managing physical symptoms                                                                                                                                  | 8 weeks      | -0.5 *                                                      | 57         |
| Elganady et al. (24)          | Pre-post study (prospective)      | ILD                  | PR, outpatient                                | • Patient education  
• Managing disease/comorbidities/ADLs  
• Preventing infections/exacerbation                                                                              | 6 weeks      | -1.2 *                                                      | 20         |
| Igai et al. (56)              | Mixed methods: pre-post study (prospective) & qualitative | IPF                  | Dignity-centred palliative care program, outpatient/home-based | • Patient education  
• Behavioural modification  
• Understanding treatment options  
• Managing treatments  
• Self-monitoring  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Understanding disease  
• Psychosocial support  
• Sexuality/self-esteem  
• Palliation and EOL planning                                                                                   | 45 days      | 0                                                           | 12         |
| Igarashi et al. (32)          | Non-randomised controlled study   | ILD                  | PR, outpatient                                | • Patient education  
• Home exercise program  
• Behavioural modification  
• Self-monitoring  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Understanding disease  
• Psychosocial support                                                                                         | 3 months     | -0.4 *                                                      | 13         |
<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Condition</th>
<th>Setting</th>
<th>Interventions</th>
<th>Duration</th>
<th>Effect Size</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaymaz et al. (57)</td>
<td>Pre-post study (retrospective)</td>
<td>ILD PR, outpatient</td>
<td></td>
<td>Patient education, Home exercise program, Behavioural modification, Managing disease/comorbidities/ADLs, Managing physical symptoms, Understanding disease, Psychosocial support</td>
<td>8 weeks</td>
<td>-0.8 *</td>
<td>10</td>
</tr>
<tr>
<td>Kerti et al. (33)</td>
<td>Pre-post study (prospective)</td>
<td>ILD PR, inpatient</td>
<td></td>
<td>Managing physical symptoms</td>
<td>4 weeks</td>
<td>ILD: -0.8 * IPF subgroup: -0.6 *</td>
<td>30</td>
</tr>
<tr>
<td>Kozu et al. (35)</td>
<td>Pre-post study (prospective)</td>
<td>IPF PR, outpatient</td>
<td></td>
<td>Patient education, Home exercise program, Behavioural modification, Self-monitoring, Managing disease/comorbidities/ADLs, Managing physical symptoms, Preventing infections/exacerbation</td>
<td>8 weeks</td>
<td>-0.4 *</td>
<td>36</td>
</tr>
<tr>
<td>Lingner et al. (36)</td>
<td>Pre-post study (prospective)</td>
<td>Sarcoidosis PR, inpatient</td>
<td></td>
<td>Patient education, Behavioural modification, Understanding treatment options, Managing disease/comorbidities/ADLs, Managing physical symptoms, Psychosocial support</td>
<td>3 weeks</td>
<td>-0.4 *</td>
<td>262</td>
</tr>
<tr>
<td>Nolan et al. (60)</td>
<td>Pre-post study (prospective)</td>
<td>IPF PR, outpatient</td>
<td></td>
<td>Patient education, Home exercise program, Behavioural modification, Managing treatments, Managing disease/comorbidities/ADLs, Preventing infections/exacerbation, Understanding disease, Psychosocial support</td>
<td>8 weeks</td>
<td>-0.7 *</td>
<td>113</td>
</tr>
<tr>
<td>Ochmann et al. (39)</td>
<td>Longitudinal</td>
<td>Silicosis, asbestosis PR, inpatient</td>
<td></td>
<td>Behavioural modification, Managing physical symptoms</td>
<td>4 weeks</td>
<td>Silicosis: -0.3 Asbestosis: 0</td>
<td>Silicosis: 42 Asbestosis: 66</td>
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<tr>
<td>Ozalevli et al. (40)</td>
<td>Pre-post study (prospective)</td>
<td>IPF PR, home-based</td>
<td></td>
<td>Home exercise program, Managing physical symptoms</td>
<td>12 weeks</td>
<td>-0.9 *</td>
<td>15</td>
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<tr>
<td>Rammaert et al. (41)</td>
<td>Pre-post study (prospective)</td>
<td>IPF PR, home-base</td>
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<td>Patient education, Home exercise program, Self-monitoring</td>
<td>8 weeks</td>
<td>0.2</td>
<td>13</td>
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**Table:**

<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Disease</th>
<th>Setting</th>
<th>Components</th>
<th>Duration</th>
<th>Metric</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanchez-Ramirez (45)</td>
<td>Pre-post study</td>
<td>ILD</td>
<td>PR, outpatient</td>
<td>• Patient education</td>
<td>8 weeks</td>
<td>-0.2</td>
<td>127</td>
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<tr>
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<td>(retrospective)</td>
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<td>• Behavioural modification</td>
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<td>• Understanding treatment options</td>
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<td>• Managing treatments</td>
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<td>• Managing disease/comorbidities/ADLs</td>
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<td></td>
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<td>• Managing physical symptoms</td>
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<td></td>
<td></td>
<td></td>
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<td>• Preventing infections/exacerbation</td>
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<td>• Palliation and EOL planning</td>
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<tr>
<td>Shimoda et al. (61)</td>
<td>Pre-post study</td>
<td>Interstitial pneumonia</td>
<td>PR, inpatient</td>
<td>• Patient education</td>
<td>median 9 days (ranged 6-12)</td>
<td>-1</td>
<td>8</td>
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<td></td>
<td>(prospective)</td>
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<td>• Behavioural modification</td>
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<td>• Palliation and EOL planning</td>
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<tr>
<td>Tonelli et al. (48)</td>
<td>Pre-post study</td>
<td>ILD</td>
<td>PR, outpatient/inpatient</td>
<td>• Patient education</td>
<td>&gt;24 sessions (6days/week for 1st week; twice daily thereafter)</td>
<td>-1.1 *</td>
<td>40</td>
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<td>(prospective)</td>
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<td>• Behavioural modification</td>
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<td>• Palliation and EOL planning</td>
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<tr>
<td>Trivedi (62)</td>
<td>Non-randomised</td>
<td>Silicosis</td>
<td>PR, outpatient</td>
<td>• Patient education</td>
<td>4 weeks</td>
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<td>controlled study</td>
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<td>• Managing physical symptoms</td>
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<td>• Activity of daily living</td>
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<td>• Palliation and EOL planning</td>
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</tbody>
</table>

*RCT:* randomised controlled trial; *MRC:* Medical Research Council; *IPF:* idiopathic pulmonary fibrosis; *ILD:* interstitial lung disease; *PR:* pulmonary rehabilitation; *ADLs:* activity of daily living; *EOL:* end-of-life.

* Mean change reached the minimal important difference of 0.4 unit for people with ILD and IPF. Negative value indicates improvement (55).

**Note:** Within-group mean change for a total of 18 studies that measured symptom burden with the Medical Research Council Dyspnoea scale are included in this table.
### Supplement 5.4.1. Between-groups mean differences and mean change from baseline within intervention group in RCTs measuring psychological wellbeing with the Hospital Anxiety and Depression Scale (HADS) (n=6)

<table>
<thead>
<tr>
<th>Study</th>
<th>Study design</th>
<th>Type of participants</th>
<th>Setting delivering self-management components</th>
<th>Self-management components delivered</th>
<th>Study period</th>
<th>HADS scores</th>
<th>Number of participants in intervention group</th>
</tr>
</thead>
</table>
| Bajwah et al.  | Mixed methods: RCT & qualitative | IPF                  | Hospital2Home program with case conference, home-based | • Patient education  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Goal setting  
• Psychosocial support  
• Palliation and EOL planning | 2 months     | Between-groups mean difference: Data not reported for 2m  
Mean change from baseline in intervention group: A: -1.5  
D: 0.4 | 23                           |
| Dowman et al.  | RCT                           | ILD                  | PR, outpatient                                 | • Patient education  
• Home exercise program  
• Behavioural modification  
• Understanding treatment options  
• Self-monitoring  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Understanding disease  
• Psychosocial support  
• Sexuality/self-esteem | 8 weeks      | Between-groups mean difference: Data not reported  
Mean change from baseline in intervention group: ILD: A: -0.9  
D: -0.6  
IPF subgroup: A: -0.3  
D: -0.1 | 74, 32                       |
| Janssen et al. | RCT                           | IPF                  | Palliative care program, outpatient           | • Managing physical symptoms  
• Understanding disease  
• Goal setting  
• Psychosocial support  
• Palliation and EOL planning | 6 months     | Between-groups mean difference: A: -1.2 (NS)  
D: 0 (NS) | 9                            |
| Moor et al.    | RCT                           | IPF                  | Home spirometry and monitoring program, home-based | • Patient education  
• Managing treatments  
• Self-monitoring | 24 weeks     | Between-groups mean difference: A: -0.05 (NS)  
D: -0.4 (NS) | 38                           |
| Naz et al.     | RCT                           | Sarcoidosis          | PR, outpatient                                 | • Home exercise program  
• Self-monitoring  
• Managing physical symptoms | 12 weeks     | Between-groups mean difference: A: -2.5 *  
*p = 0.04  
D: -3.1 * (NS) | 9                            |
| Wallaert et al. (2020) (59) | RCT | Sarcoidosis | PR, outpatient | • Patient education  
• Behavioural modification  
• Understanding treatment options  
• Managing disease/comorbidities/ADLs  
• Managing physical symptoms  
• Preventing infections/exacerbation  
• Understanding disease  
• Goal setting  
• Psychosocial support  
• Sexuality/self-esteem | 2 months | Data not reported for 2m | A: -0.5  
D: -0.4 | 18 |

RCT: randomised controlled trial; IPF: idiopathic pulmonary fibrosis; ILD: interstitial lung disease; PR: pulmonary rehabilitation; ADL: activity of daily living; EOL: end-of-life; A: anxiety; D: depression.

* Mean change reached the minimal important difference of 2.4 units for people with ILD and IPF. Negative value indicates improvement (55).

Note: Data reported by a total of 6 out of 7 RCTs that measured psychological wellbeing with the Hospital Anxiety and Depression Scale are included in this table (one RCT did not report data immediately post-intervention (5)).
### Supplement 5.4.2. Mean change from baseline within intervention group in non-RCTs measuring psychological wellbeing with the HADS (n=11)

<table>
<thead>
<tr>
<th>Study</th>
<th>Study design</th>
<th>Type of participants</th>
<th>Setting delivering self-management components</th>
<th>Self-management components delivered</th>
<th>Study period</th>
<th>Mean change in HADS scores from baseline in intervention group</th>
<th>Number of participants</th>
</tr>
</thead>
</table>
| Chéhère et al. (20) | Pre-post study (prospective)          | Fibrotic idiopathic interstitial pneumonia | PR, home-based                                | • Patient education  
  • Behavioural modification  
  • Understanding treatment options  
  • Managing disease/comorbidities/ADLs  
  • Managing physical symptoms  
  • Preventing infections/exacerbation  
  • Understanding disease  
  • Goal setting  
  • Psychosocial support  
  • Sexuality/self-esteem | 8 weeks | A: -0.9  
  D: -0.1 | 19 |
| Deniz et al. (22)   | Pre-post study (prospective)          | ILD                  | PR, outpatient                                 | • Patient education  
  • Managing physical symptoms | 8 weeks | A: -1.7  
  D: -1.3 | 57 |
| Igai et al. (56)    | Mixed methods: pre-post study (prospective) & qualitative | IPF                  | Dignity-centred palliative care program, outpatient/home-based | • Patient education  
  • Behavioural modification  
  • Understanding treatment options  
  • Managing treatments  
  • Self-monitoring  
  • Managing disease/comorbidities/ADLs  
  • Managing physical symptoms  
  • Preventing infections/exacerbation  
  • Understanding disease  
  • Psychosocial support  
  • Sexuality/self-esteem  
  • Palliation and EOL planning | 45 days | A: -0.3  
  D: -1.6 | 12 |
| Kaymaz et al. (57)  | Pre-post study (retrospective)        | ILD                  | PR, outpatient                                 | • Patient education  
  • Home exercise program  
  • Behavioural modification  
  • Managing disease/comorbidities/ADLs  
  • Managing physical symptoms  
  • Understanding disease  
  • Psychosocial support | 8 weeks | A: -1.5  
  D: -3.1 * | 10 |
<table>
<thead>
<tr>
<th>Study</th>
<th>Design</th>
<th>Condition</th>
<th>Setting</th>
<th>Interventions</th>
<th>Duration</th>
<th>A</th>
<th>D</th>
<th>N</th>
</tr>
</thead>
</table>
| Lingner et al. (36) | Pre-post study (prospective) | Sarcoidosis | PR, inpatient | - Patient education  
- Behavioural modification  
- Understanding treatment options  
- Managing disease/comorbidities/ADLs  
- Managing physical symptoms  
- Psychosocial support | 3 weeks | 1.6 | -0.9 | 296 |
| Moor et al. (2021) (64) | Pre-post study (prospective) | Sclerosis-associated ILD | Home spirometry and monitoring program, home-based | - Patient education  
- Managing treatments  
- Self-monitoring | 3 months | 0.6 | 0.1 | 10 |
| Naji et al. (59) | Pre-post study (retrospective) | ILD | PR, outpatient/inpatient | - Patient education  
- Home exercise program  
- Behavioural modification  
- Managing treatments  
- Self-monitoring  
- Managing physical symptoms | 8 weeks | -2.7 | -2.4 * | 26 |
| Ochmann et al. (39) | Longitudinal | Silicosis, asbestosis | PR, inpatient | - Behavioural modification  
- Managing physical symptoms | 4 weeks | -2.9 * | 0.1 | Silicosis: 42  
Asbestosis: 66 |
| Sciriha et al. (46) | Non-randomised controlled study | ILD | PR, outpatient | - Patient education  
- Home exercise program  
- Managing treatments  
- Self-monitoring | 12 weeks | -0.4 | 0.5 | 60 |
| Tsang et al. (49) | Pre-post study (retrospective) | Pneumoconiosis | PR, community-based (CBRP)/ home-based (HBRP) | - Patient education  
- Home exercise program  
- Behavioural modification  
- Managing treatments  
- Managing disease/comorbidities/ADLs  
- Managing physical symptoms  
- Preventing infections/exacerbation  
- Understanding disease  
- Psychosocial support | CBRP: 4-6 weeks  
HBRP: 8 home visits | CBRP: 0.1  
HBRP: 1.5 | -1.5  
D: 0.1 | CBRP: 155  
HBRP: 26 |
<table>
<thead>
<tr>
<th>Wallaert et al. (2019) (62)</th>
<th>Pre-post study (retrospective)</th>
<th>Fibrotic idiopathic interstitial pneumonia</th>
<th>PR, home-based</th>
<th>2 months</th>
<th>A: -1.1</th>
<th>D: -0.7</th>
<th>101</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>•</strong> Patient education</td>
<td>• Home exercise program</td>
<td>• Behavioural modification</td>
<td>• Understanding treatment options</td>
<td>• Self-monitoring</td>
<td>• Managing disease/comorbidities/ADLs</td>
<td>• Managing physical symptoms</td>
<td>• Preventing infections/exacerbation</td>
</tr>
</tbody>
</table>

RCT: randomised controlled trial; IPF: idiopathic pulmonary fibrosis; ILD: interstitial lung disease; PR: pulmonary rehabilitation; ADL: activity of daily living; EOL: end-of-life; A: anxiety; D: depression.

* Mean change reached the minimal important difference of 2.4 units for people with ILD and IPF. Negative value indicates improvement (55).

Note: Data reported for a total of 11 out of 13 studies that measured psychological wellbeing with the Hospital Anxiety and Depression Scale are included in this table (two pre-post studies did not report data (41, 66).
References


