Data extraction sheet

Section 1: General meta-data

Review title	The association between patient activation, self-management behaviours and clinical outcomes in adults with diabetes or related metabolic disorders: A systematic review and meta-analysis
Study ID *(surname of first author and year first full report of study was published e.g. Smith 2001)*	
Date form completed *(dd/mm/yyyy)*	
Initials of person extracting data:	
Title:	
Source (e.g. name of journal):	
Publication type (e.g. article, dissertation)	

Section 2: Objectives and design

Objective:	
Setting (e.g. community setting, primary care etc.):	
Country of origin:	
Study design:	**Actual**: **For this review**: *Please note the actual study design AND the one for the purpose of this paper, e.g. if it is an RCT but we are extracting information on the relationship between activation and outcomes regardless of study group, then we are treating it as a cohort study*
Study population:	

Recruitment methods:	
Inclusion and exclusion criteria for participants:	
Sample size:	
Is a justification for the sample size provided (power calculation)?	Yes/No (delete as appropriate) Details:
Withdrawals and exclusions:	
Attrition (i.e. loss to follow-up, %): **(For intervention studies, report per study group)**	

Section 3: Intervention details

Only complete Section 3 if it is an intervention study and we are interested in findings that depend on study group allocation. If it is an observational study, or an intervention study but the relevant data to extract pertain to the association between PA and outcomes independent of study group allocation, skip to section 4.

	Descriptions as stated in the report/paper
Randomisation and blinding:	
Sample size per group	Intervention: Control:
Any indication for baseline differences between study groups?	Yes/No/Unclear Details:
Comparison group description	
Intervention aim	
Is the explicit main aim of the intervention to increase patient activation or to target patients' knowledge, confidence and skills for self-management?	*Yes/No/Unclear* *(Delete as appropriate. Select No if the patient activation component forms part of a larger complex intervention).*
Is patient activation the main component of the intervention?	
Intervention description	
Group or individual delivery	
Mode of delivery (e.g. web, face-to-face)	
Duration of intervention	
Timing (e.g. frequency, duration of each session)	
Providers (e.g. profession and training received)	
Intention to treat analysis?	*Yes/No/Unclear (Delete as appropriate).*
Any further notes:	

Section 4: Outcomes & Measures

Patient Activation (PA) measure	
PA measure used as continuous measure, ordinal (levels 1-4), or dichotomous (high/low e.g. levels1/2 vs. levels 3/4)?	Continuous/ordinal/dichotomous (delete as appropriate)
Time points measured/reported (for all	

outcomes):	

Clinical outcomes

Note: If outcomes not measured, please insert "n/a"

	How measured/defined (+unit of measurement and any cut-offs used)	**Source (e.g. self-report, medical records)**
HbA1C level/glycaemic control		
Systolic blood pressure, diastolic blood pressure		
Low-density lipoprotein (LDL) High-density lipoprotein (HDL) Total cholesterol		
Serum triglycerides		
BMI		
weight		

Self-management behaviours

Note: If outcomes not measured, please insert "n/a"

	Self-report? (Yes/No/Unclear)	**How defined/measured? *e.g. "consuming 5 servings of fruit/veg per day (Yes/No)"***
Diet		
Physical activity		
Smoking		
Alcohol consumption		
Medication adherence		

Section 5: Analyses + Results

Please extract data for adjusted and unadjusted associations where both are reported (i.e. associations just between PA and the relevant outcome [=unadjusted], and those where other confounders are added to the model to control for confounders [=adjusted]).

If several time points are reported, extract data for the longest follow-up time point.

If several variables were used for the same outcome please copy and paste the table and add details for the respective variable (for example, create a second table for "diet", and add the variable).

If the format of the tables is unsuitable for the reported results, please paste the relevant results into the 'other/comments' section.

How were missing data handled? *(e.g. multiple imputation)*	

Outcome: HbA1c/glycaemic control	
Type of association: *(delete as appropriate)*	• Cross-sectional association of outcomes with PA • longitudinal: Association between baseline PA and subsequent outcome • longitudinal: Association between baseline PA and change in outcome • longitudinal: Association between change in PA and subsequent outcome • longitudinal: Association between change in PA and change in outcome
If longitudinal: Length of time between the two measurement timepoints	
Statistical test (e.g. correlation r, t-test, linear regression, logistic regression…)	
Relevant statistical parameters (e.g. correlation r, χ2, F, Odds ratios, beta coefficients, with p-values) **[unadjusted]**	
Relevant statistical parameters (e.g. correlation r, χ2, F, Odds ratios, beta coefficients,	**Covariates:**

with p-values) **[adjusted]**	
Sample size:	
Other/comments:	

To extract data for further outcomes, please copy and paste the table above and edit the "outcome" field.

Outcomes:

- systolic blood pressure
- diastolic blood pressure
- LDL/HDL/Total cholesterol
- serum triglycerides
- weight
- BMI
- Diet
- Physical activity
- Smoking
- Alcohol
- Medication adherence

Section 6: Conclusions

Please note any comments here.

Reviewer's conclusions/comments:	