Records identified through database searching: N= 8450

Records after duplicates removed: N= 6330

Excluded in initial title/abstract screen: N= 6181 (which included 58 that were unpublished [e.g. conference proceedings, theses], review articles, or linked quantitative or methodological papers that mentioned primary qualitative research)

Full text articles screened: N=149

Not found or unprocessed: N= 0

Excluded: N= 111

Reasons (more than one may apply to each article)
Reason 1 not LTC (N= 1)
Reason 2 not self-management intervention or support activity (N= 89)
Reason 3 not male only or lacking explicit gender comparison (N= 45)
Reason 4 not qualitative data collection and analysis (N= 18)

Additional studies identified (e.g. via reference checks and searching for published literature for unpublished records): N=4 (studies and papers identified for inclusion through other sources)

Studies and papers included in qualitative synthesis: N= 38 studies across 44 papers