4359 of potentially relevant studies identified through database searching

2 of additional records identified through other sources

16 records were duplicates and were removed

4345 records were screened

4120 records were excluded after screening titles and abstracts

225 abstracts were screened for more detailed evaluation

89 records were excluded.
Reasons:
- Not an intervention study (n=24)
- Ongoing study (n=5)
- No specific evaluation of the coaching intervention (n=12)
- Target group non-patients (n=19)
- Education and not coaching (n=7)
- Motivation interview/counselling (n=14)
- IT program /website (n=8)

136 full-text articles were assessed for eligibility

131 full-text articles were excluded.
Reasons:
- Not an intervention study (n=12)
- Ongoing study (n=4)
- No specific evaluation of the coaching intervention (n=23)
- Target group non-patients (n=11)
- Education and not coaching (n=4)
- Motivation interview/counselling (n=42)
- Cognitive therapy (n=6)
- Physical exercise coaching (fixed agenda) (n=11)
- Peer coaching (n=4)
- Health coaching (n=14)

5 studies were included in the final review

16 records were duplicates and were removed