Records identified through database searching (n = 15,011)
- Records after duplicates removed (n = 12,078)

Abstracts from **12078** records were screened for eligibility based on the following criteria:
- Randomized controlled trial
- Self-management component
- Long-term condition

**8715** records excluded following reading of title and abstract

**3363** records were eligible for full-text screening

The full-texts of **2988** records were screened for eligibility based on the following criteria:
- Self-management component
- Long term condition (be consistent)
- Data on Quality of life
- Data on Health care utilization/costs
- Adult samples

**2718** records excluded following reading the full-text

**211** potentially eligible papers
- 20 reported data not amenable to analysis
- 6 compared two self-management interventions
- 24 not included (limited number of studies per long-term condition)

**15** studies met our inclusion criteria

**280** records were literature reviews

**52** Cochrane reviews were screened

**8** studies met our inclusion criteria

Overall, **184** studies included in the review