

Supplementary Appendix - Search algorithm

Medline(through Pubmed)

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|----|---|-----------|
| #1 | (((osteoarthritis, knee [MeSH Terms]) OR (Knee osteoarthritis [Title/Abstract])) OR (Knee Osteoarthritis [Title/Abstract])) OR (Osteoarthritis of Knee [Title/Abstract])) OR (Osteoarthritis of the Knee [Title/Abstract]) | 27,876 |
| #2 | ((self care[MeSH Terms]) OR (Self care[Title/Abstract])) OR (Self monitoring[Title/Abstract])) OR (group, self help[MeSH Terms])) OR (groups, self help[MeSH Terms])) OR (Self help[Title/Abstract])) OR (Self efficacy[Title/Abstract])) OR (self efficacy[MeSH Terms])) OR (Self administration[Title/Abstract])) OR (Self monitor[Title/Abstract])) OR (self medication[MeSH Terms])) OR (self medications[MeSH Terms])) OR (self regulation[MeSH Terms])) OR (self regulations[MeSH Terms])) OR (Self regulation[Title/Abstract])) OR (Self treatment[Title/Abstract])) OR (Social support[MeSH Terms])) OR (Social support[Title/Abstract])) OR (adaptive behavior[MeSH Terms])) OR (Adaptive behavior[Title/Abstract])) OR (Behavior therapy[Title/Abstract])) OR (behavior therapy[MeSH Terms])) OR (behavior therapy, cognitive[MeSH Terms])) OR (Patient participation[Title/Abstract])) OR (Patient education[Title/Abstract])) OR (patient education[MeSH Terms])) OR (patient education as topic[MeSH Terms])) OR (health education[MeSH Terms])) OR (Health education[Title/Abstract])) OR (Educational therapy[Title/Abstract])) OR (Health communication[Title/Abstract])) OR (Disease management[Title/Abstract])) OR (disease management[MeSH Terms])) OR (Patient Care Management[Title/Abstract])) OR (Management program[Title/Abstract])) OR (Management plan[Title/Abstract])) OR (Self-Management[MeSH Terms])) OR (Self-Management[Title/Abstract])) OR (Self Management[Title/Abstract])) OR (self management[MeSH Terms])) OR (Management, Self[Title/Abstract])) | 785,583 |
| #3 | #1 AND #2 | 1671 |
| #4 | (((((((Randomized Controlled Trial [Publication Type]) OR (Clinical Trial [Publication Type])) OR (Randomly [Title/Abstract])) OR (Random [Title/Abstract])) OR (Randomised [Title/Abstract])) OR (Trial [Title/Abstract])) OR (Control [Title/Abstract])) OR (Controlled [Title/Abstract]) | 4,592,050 |
| #5 | #3 AND #4 | 878 |
| #6 | Filters: MEDLINE | 834 |

Embase

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|----|-------------------------------------|--------|
| #1 | 'knee osteoarthritis'/exp | 37,135 |
| #2 | 'knee osteoarthritis':ab, ti | 19,538 |
| #3 | 'Osteoarthritis of Knee':ab, ti | 336 |
| #4 | 'Osteoarthritis of the Knee':ab, ti | 4,235 |
| #5 | #1 OR #2 OR #3 OR #4 | 40,875 |
| #6 | 'self care'/exp | 90,340 |
| #7 | 'self care':ab, ti | 28,407 |

#8	'self management':ab, ti	30,356
#9	'self management support'/exp	21
#10	'self monitoring':ab,ti	10,810
#11	'self monitoring'/exp	8,356
#12	'self help'/exp	14,439
#13	'self help':ab,ti	8,839
#14	'self efficacy':ab,ti	38,280
#15	'self administration':ab,ti	13,991
#16	'self medication'/exp	11,391
#17	'self medication':ab,ti	6,133
#18	'self regulation':ab,ti	10,194
#19	'self treatment':ab,ti	2,024
#20	'social support'/exp	99,865
#21	'social support':ab,ti	53,573
#22	'adaptive behavior'/exp	61,889
#23	'adaptive behavior':ab,ti	3,931
#24	'behavior therapy'/exp	64,462
#25	'behavior therapy':ab,ti	7,015
#26	'patient participation'/exp	30,129
#27	'patient education'/exp	117,786
#28	'patient education':ab,ti	29,335
#29	'health education'/exp	350,025
#30	'health education':ab,ti	40,152
#31	'disease management'/exp	3,210,069
#32	'disease management':ab,ti	25,094
#33	'management program':ab,ti	10,925
#34	'educational therapy':ab,ti	149
#35	'management plan':ab,ti	7,539
#36	#6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34 OR #35 OR #36	3,804,934
#37	'randomized controlled trial'/exp	678,249
#38	#5 AND #36 AND #37	2,645

Cochrane Library

#1	MeSH descriptor: [Osteoarthritis, Knee] explode all trees	4,714
#2	("knee osteoarthritis"): ti, ab, kw	7,751
#3	("Osteoarthritis of the Knee"): ti, ab, kw	2,120
#4	("Osteoarthritis of Knee"): ti, ab, kw	525
#5	#1 OR #2 OR #3 OR #4	10,686
#6	MeSH descriptor: [Self-Management] explode all trees	550
#7	("self-management program"): ti, ab, kw	1,279
#8	("Self Management"): ti, ab, kw	8,806

#9	("Self care"):ti,ab,kw	11,933
#10	("Self monitoring"):ti,ab,kw	4,899
#11	("self help group"):ti,ab,kw	920
#12	("Self administration"):ti,ab,kw	2,008
#13	("Self monitor"):ti,ab,kw	4,898
#14	MeSH descriptor: [Self Efficacy] explode all trees	3,313
#15	("Self medication"):ti,ab,kw	491
#16	MeSH descriptor: [Self-Control] explode all trees	312
#17	("Self regulation"):ti,ab,kw	2,045
#18	("Self treatment"):ti,ab,kw	232
#19	MeSH descriptor: [Social Support] explode all trees	3,439
#20	("Adaptive behavior"):ti,ab,kw	866
#21	MeSH descriptor: [Behavior Therapy] explode all trees	17,646
#22	MeSH descriptor: [Patient Education as Topic] explode all trees	9,150
#23	MeSH descriptor: [Health Education] in all MeSH products	20,741
#24	("Educational therapy"):ti,ab,kw	95
#25	("Patient education"):ti,ab,kw	14,318
#26	("Health education"):ti,ab,kw	11,340
#27	MeSH descriptor: [Disease Management] explode all trees	5,030
#28	("Management program"):ti,ab,kw	4,069
#29	("Management plan"):ti,ab,kw	645
#30	#6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29	63,305
#31	#5 AND #30	681

Web of Science

#1	TS = Knee osteoarthritis	67,385
#2	TI = Knee osteoarthritis	19,028
#3	TS = Osteoarthritis of Knee	63,064
#4	TI = Osteoarthritis of Knee	13,925
#5	TS = Osteoarthritis of the Knee	59,204
#6	TI = Osteoarthritis of the Knee	8,036
#7	TI = KOA	218
#8	#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7	67,551
#9	TS = (Self Management)	171,200
#10	TI = (Self Management)	14,099
#11	AB = (Self Management)	83,540
#12	TS = (Self-Management)	35,594
#13	TI = (Self-Management)	11,057
#14	AB = (Self-Management)	23,126
#15	TS=(Self care)	247,369
#16	TI=(Self care)	12,663

#17	<i>TI=(Self monitoring)</i>	5,056
#18	<i>TS=(Self monitoring)</i>	86,560
#19	<i>TS=(Self help)</i>	112,981
#20	<i>TI=(Self help)</i>	3,742
#21	<i>TI=(Self administration)</i>	5,455
#22	<i>TS=(Self administration)</i>	110,323
#23	<i>TS=(Self monitor)</i>	86,560
#24	<i>TI=(Self monitor)</i>	5,056
#25	<i>TI=(Self regulation)</i>	5,637
#26	<i>TS=(Self regulation)</i>	83,505
#27	<i>TS=(Self treatment)</i>	322,687
#28	<i>TI=(Self treatment)</i>	6,652
#29	<i>TI=(Social support)</i>	17,106
#30	<i>TS=(Social support)</i>	339,944
#31	<i>TS=(Behavior therapy)</i>	1,222,962
#32	<i>TI=(Behavior therapy)</i>	6,628
#33	<i>TI=(Patient education)</i>	14,522
#34	<i>TS=(Patient education)</i>	364,869
#35	<i>TS=(Health education)</i>	592,229
#36	<i>TI=(Health education)</i>	25,203
#37	<i>TI=(Educational therapy)</i>	522
#38	<i>TS=(Educational therapy)</i>	59,869
#39	<i>TS=(Disease management)</i>	1,211,615
#40	<i>TI=(Disease management)</i>	35,208
#41	<i>TI=(Management program)</i>	13,800
#42	<i>TS=(Management program)</i>	378,355
#43	<i>#9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34 OR #35 OR #36 OR #37 OR #38 OR #39 OR #40 OR #41 OR #42</i>	4,085,871
#44	<i>TS = Randomized Controlled Trial</i>	625,393
#45	<i>TI = Randomized Controlled Trial</i>	137,466
#46	<i>#44 OR #45</i>	625,393
#47	<i>#8 AND #43 AND #46</i>	1,974