

Appendix

Supplemental Table 1. Literature consulted for the development of the three self-care scales and the self-care self-efficacy scale

<p>A</p> <p>Self-care maintenance</p>	<p>Alberto, J. (1993). The reliability and validity of the COPDSC: a tool that measures self-care behaviour of persons with chronic obstructive pulmonary disease. <i>Perspectives in respiratory nursing: a publication of the Respiratory Nursing Society</i>, 4 (5), 3-4.</p> <p>Bourbeau, J., & Nault, D. (2007). Self-management strategies in chronic obstructive pulmonary disease. <i>Clinical Chest Medicine</i>, 28(3), 617-28, vii.</p> <p>Chen, K.H., Chen, M.L., Lee, S., Cho, H.Y., & Weng, L.C. (2008). Self-management behaviours for patients with chronic obstructive pulmonary disease: a qualitative study. <i>Journal of Advanced Nursing</i>, 64(6), 595-604.</p> <p>Global Initiative for Chronic Obstructive Lung Disease (GOLD). (2015). <i>Global strategy for the diagnosis, management, and prevention of Chronic Obstructive Pulmonary Disease</i> (updated 2015). Global Initiative for Chronic Obstructive Lung Disease, Inc.</p> <p>Jolly, K., Majothi, S., Sitch, A.J, Heneghan, N.R., Riley, R.D., Moore, D.J., ... Jordan, R.E. (2016). Self-management of health care behaviors for COPD: a systematic review and meta-analysis. <i>International Journal of Chronic Obstructive Pulmonary Disease</i>, 11, 305-326. doi:10.2147/COPD.S90812</p> <p>Rice, K., Bourbeau, J., MacDonald, R., & Wilt, T.J. (2014). Collaborative self-management and behavioral change. <i>Clinical Chest Medicine</i>, 35(2), 337-51.</p> <p>Velloso, M., & Jardim, J. R. (2006). Functionality of patients with chronic obstructive pulmonary disease: energy conservation techniques. <i>Jornal Brasileiro de Pneumologia</i>, 32(6), 580-586.</p> <p>Vestbo, J., Hurd, S. S., Agustí, A. G., Jones, P. W., Vogelmeier, C., Anzueto, A., ... & Stockley, R. A. (2013). Global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease: GOLD executive summary. <i>American Journal of Respiratory and Critical Care Medicine</i>, 187(4), 347-365.</p> <p>Xiaolian, J. Chaiwan, S. Panuthai, S. Yijuan, C., Lei, Y., & Jiping, L. (2002). Family support and self-care behavior of Chinese chronic obstructive pulmonary disease patients. <i>Nursing & Health Sciences</i>, 4(1-2), 41-49.</p> <p>Zhang, C., Wang, W., Li, J., Cai, X., Zhang, H., Wang, H., & Wang, X. (2013). Development and validation of a COPD self-management scale. <i>Respiratory Care</i>, 58 (11), 1931-1936. doi:10.4187/respcare.02269</p>
<p>B</p>	<p>Bourbeau, J., & Nault, D. (2007). Self-management strategies in chronic obstructive pulmonary disease. <i>Clinical Chest Medicine</i>, 28(3), 617-28, vii.</p>

Self-care monitoring	<p>Global Initiative for Chronic Obstructive Lung Disease (GOLD), 2015. <i>Global strategy for the diagnosis, management, and prevention of Chronic Obstructive Pulmonary Disease</i> (updated 2015). Global Initiative for Chronic Obstructive Lung Disease, Inc.</p> <p>Warwick, M., Gallagher, R., Chenoweth, L., & Stein-Parbury, J. (2010). Self-management and symptom monitoring among older adults with chronic obstructive pulmonary disease. <i>Journal of Advanced Nursing</i>, 66(4), 784–793.</p>
C Self-care management	<p>Alberto, J. (1993). The reliability and validity of the COPDSC: a tool that measures self-care behaviour of persons with chronic obstructive pulmonary disease. <i>Perspectives in Respiratory Nursing: a publication of the Respiratory Nursing Society</i>, 4 (5), 3-4.</p> <p>Bourbeau, J., & Nault, D. (2007). Self-management strategies in chronic obstructive pulmonary disease. <i>Clinical Chest Medicine</i>, 28(3), 617-28, vii.</p> <p>Cicutto, L.C., & Brooks, D. (2006). Self-care approaches to managing chronic obstructive pulmonary disease: a provincial survey. <i>Respiratory Medicine</i>, 100(9), 1540-1546.</p> <p>Chen, K.H., Chen, M.L., Lee, S., Cho, H.Y., & Weng, L.C. (2008). Self-management behaviours for patients with chronic obstructive pulmonary disease: a qualitative study. <i>Journal of Advanced Nursing</i>, 64(6), 595-604.</p> <p>Effing, T.W., Bourbeau, J., Vercoulen, J., Apter, A.J., Coultas, D., Meek, P., van der Valk, .P., ... & Palen, J.V.D. 2012. Self-management programmes for COPD: moving forward. <i>Chronic Respiratory Disease</i>, 9(1), 27-35.</p> <p>Global Initiative for Chronic Obstructive Lung Disease (GOLD), 2015. <i>Global strategy for the diagnosis, management, and prevention of Chronic Obstructive Pulmonary Disease</i> (updated 2015). Global Initiative for Chronic Obstructive Lung Disease, inc.</p> <p>Jolly, K., Majothi. S., Sitch, A.J, Heneghan, N.R., Riley, R.D., Moore, D.J., ... Jordan, R.E. (2016). Self-management of health care behaviors for COPD: a systematic review and meta-analysis. <i>International Journal of Chronic Obstructive Pulmonary Disease</i>, 11, 305-326. doi:10.2147/COPD.S90812</p> <p>Rice, K., Bourbeau, J., MacDonald, R., & Wilt, TJ. (2014). Collaborative self-management and behavioral change. <i>Clinical Chest Medicine</i>, 35(2), 337-51.</p> <p>Stoilkova, A., Janssen, D.J., & Wouters, E.F. (2013). Educational programmes in COPD management interventions: a systematic review. <i>Respiratory Medicine</i>, 107(11), 1637-1650.</p> <p>Vestbo, J., Hurd, S. S., Agustí, A. G., Jones, P. W., Vogelmeier, C., Anzueto, A., ... & Stockley, R. A. (2013). Global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease:</p>

	<p>GOLD executive summary. <i>American Journal of Respiratory and Critical Care Medicine</i>, 187(4), 347-365.</p> <p>Zhang, C., Wang, W., Li, J., Cai, X., Zhang, H., Wang, H., & Wang, X. (2013). Development and validation of a COPD self-management scale. <i>Respiratory Care</i>, 58 (11), 1931-1936. doi:10.4187/respcare.02269</p>
<p>D</p> <p>Self-care self-efficacy</p>	<p>Bourbeau, J., & Nault, D. (2007). Self-management strategies in chronic obstructive pulmonary disease. <i>Clinical Chest Medicine</i>. 28(3), 617-28, vii.</p> <p>Chen, K.H., Chen, M.L., Lee, S., Cho, H.Y., & Weng, L.C. (2008). Self-management behaviours for patients with chronic obstructive pulmonary disease: a qualitative study. <i>Journal of Advanced Nursing</i>, 64(6), 595-604.</p> <p>Cicutto, L.C., & Brooks, D. (2006). Self-care approaches to managing chronic obstructive pulmonary disease: a provincial survey. <i>Respiratory Medicine</i>, 100(9), 1540-1546.</p> <p>Davis, A.H.T., Figueredo, A.J., Fahy, B.F., & Rawiworrakul, T. (2007). Reliability and validity of the Exercise Self-regulatory Efficacy Scale for individuals with chronic obstructive pulmonary disease. <i>Heart & Lung</i>, 36 (3), 205-216.</p> <p>Stellefson, M., Tennant, B., & Chaney, J. D. (2012). A critical review of effects of COPD self-management education on self-efficacy. <i>ISRN Public Health</i>, 1-10.</p> <p>Verbrugge, R., de Boer, F., & Georges, J.J. (2013). Strategies used by respiratory nurses to stimulate self-management in patients with COPD. <i>Journal of Clinical Nursing</i>, 22(19-20), 2787-2799.</p> <p>Wigal, J.K., Greer, T.L., & Kotses, H. (1991). The COPD self-efficacy scale. <i>Chest</i>, 99, 1193-1196.</p>

Supplemental Figure 1. Graphical representation of the confirmatory factor analysis for the three self-care scales and the self-care self-efficacy scale in the full sample.

