## Table 8: Summary of studies on the different facets of self-management and self-organisation

<table>
<thead>
<tr>
<th>Description</th>
<th>Case of 37 (n)</th>
<th>Case of 26</th>
<th>Time interval</th>
<th>Sex</th>
<th>Data Source</th>
<th>Conclusion</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Differences observed in self-management and self-organisation</td>
<td>37</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Supplementary Material

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Roodenrijs NMT, *RMD Open* 2021; 7:e001512. doi: 10.1136/rmdopen-2020-001512
Extremely/very important role of allied health professionals in facilitating arthritis education:

- Nurse
- Trained group leader
- Arthritis representative
- Social worker

Extremely/very important topics in arthritis patient education:

1. Psychosocial needs: Higher in physicians, $p<0.001$
2. Activities of daily living: Higher in physicians, $p<0.001$
3. Sexual concerns: Higher in physicians, $p<0.015$
4. Community resources: Higher in physicians, $68-89\%$, $p<0.015$
5. Disease process: Higher in patients, $91-95\%$, $p<0.001$
6. Diagnostic process: Higher in patients, $72-82\%$, $56\%$, $p<0.001$
7. Nutrition: Higher in patients, $72-82\%$, $68-89\%$, $p<0.001$
8. Interpersonal communication between physician and patient: $91-95\%$, $100\%$, ns
9. Medication: $91-95\%$, $96\%$, ns
10. Maintaining ambulation: $72-82\%$, $68-89\%$, ns
11. Recognising quackery: $72-82\%$, $68-89\%$, ns
12. Rest and relaxation: $72-82\%$, $68-89\%$, ns
13. Special pain relief: $72-82\%$, $68-89\%$, ns
14. Prescribed exercise: $72-82\%$, $68-89\%$, ns
15. Cooperative disease management: $72-82\%$, $68-89\%$, ns
16. Surgical procedures: $72-82\%$, $68-89\%$, ns
17. Energy conservation: $~65\%$, $59\%$, ns
18. Weight management: $~65\%$, $46\%$, ns

Most important education channel: Individual meeting between patient and physicians, $78\%$, $86\%$
Very important education channel: Planned education group, $45\%$, $85\%$, $p<0.002$

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