

Supplement 1. Search strategy used in this review. The search was performed in MEDLINE [Pubmed], EMBASE [OVID], CINAHL [EBSCO], PsycINFO [ProQUEST], the Cochrane Database of Systematic Reviews, OTSeeker, PEDro, and SciELO in September 2018 and updated on the first of July 2020.

DATABASE	POPULATION	CONCEPT	RESULTS
PubMed	<p>("Scleroderma, Systemic"[Mesh]) OR (("Systemic Sclerosis" OR "Sclerosis, Systemic" OR "Systemic Scleroderma" OR Scleroderma)) - 27540</p> <p>("Mixed Connective Tissue Disease"[Mesh]) OR (("Mixed Connective Tissue Disease" OR "Connective Tissue Disease, Mixed" OR "Sharp Syndrome" OR "Syndrome, Sharp" OR "MCTD")) - 4785</p> <p>("Lupus Erythematosus, Systemic"[Mesh]) OR (("Lupus Erythematosus, Systemic" OR "Systemic Lupus Erythematosus" OR "Lupus Erythematosus Disseminatus" OR "lupus Eryth*")) - 72589</p>	<p>((("Health Education"[Mesh]) OR "Counseling"[Mesh]) OR "Rehabilitation"[Mesh]) OR "Self Care"[Mesh]) OR "Self-Management"[Mesh]) OR ("health education" OR "Education, Health" OR "Education, Community Health" OR "Health Education, Community" OR "patient education" OR "health promotion" OR "educational program*" OR "Self-Management Program*" OR "Self Management" OR Self-Management OR "Self Care" OR "Care, Self" OR Rehabilitation OR Counseling)) - 1283404</p>	<p>(Scleroderma OR MCTD OR LES) AND concept - 1927</p>
CINAHL	<p>(MH "Scleroderma, Systemic+") OR "systemic sclerosis" OR "Sclerosis, Systemic" OR "Systemic Scleroderma" OR "Scleroderma" - 2472</p> <p>"Sharp Syndrome" OR "Syndrome, Sharp" OR "Mixed Connective Tissue Disease" OR "Connective Tissue Disease, Mixed" OR "MCTD" - 85</p> <p>(MH "Lupus Erythematosus, Systemic+") OR "Lupus Erythematosus, Systemic" OR "Systemic Lupus Erythematosus" - 5162</p>	<p>(MH "Health Education+") OR "Health Education" OR (MH "Counseling+") OR "Counseling" OR (MH "Rehabilitation+") OR "Rehabilitation" OR (MH "Self Care+") OR "Self Care" OR "Education, Health" OR "Education, Community Health" OR "Health Education, Community" OR "patient education" OR "health promotion" OR "educational program*" OR "Self-Management Program*" OR "Self Management" OR "Self-Management" OR "Self Care" OR "Care, Self" - 429851</p>	<p>(Scleroderma OR MCTD OR LES) AND concept - 377</p>

DATABASE	POPULATION	CONCEPT	RESULTS
Cochrane	<p>#1 MeSH descriptor: [Scleroderma, Systemic] explode all trees</p> <p>#2 systemic sclerosis</p> <p>#3 Systemic Scleroderma</p> <p>#4 Scleroderma</p> <p>#5 MeSH descriptor: [Mixed Connective Tissue Disease] explode all trees</p> <p>#6 Sharp Syndrome</p> <p>#7 Mixed Connective Tissue Disease</p> <p>#8 MCTD</p> <p>#9 MeSH descriptor: [Lupus Erythematosus, Systemic] explode all trees</p> <p>#10 Lupus Erythematosus, Systemic</p>	<p>#11 MeSH descriptor: [Health Education] explode all trees</p> <p>#12 Health Education</p> <p>#13 Health Education, Community</p> <p>#14 patient education</p> <p>#15 MeSH descriptor: [Counseling] explode all trees</p> <p>#16 Counseling</p> <p>#17 MeSH descriptor: [Rehabilitation] explode all trees</p> <p>#18 Rehabilitation</p> <p>#19 MeSH descriptor: [Self Care] explode all trees</p> <p>#20 Self Care</p> <p>#21 health promotion</p> <p>#22 Self Management</p> <p>#23 Self Management Program*</p> <p>#24 educational program*</p>	<p>#26 (#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10) AND (#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) - 420</p>
Embase	<p>#1 'scleroderma'/exp</p> <p>#2 'systemic sclerosis'</p> <p>#3 'Systemic Scleroderma'</p> <p>#4 Scleroderm*</p> <p>#5 'mixed connective tissue disease'/exp</p> <p>#6 'sharp syndrome'</p> <p>#7 'mixed connective tissue dis*'</p> <p>#8 MCTD</p> <p>#9 'systemic lupus erythematosus'/exp</p> <p>#10 'systemic lupus erythematosus'</p> <p>#11 (#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10)</p>	<p>#11 'health education'/exp</p> <p>#12 'Health Education'</p> <p>#13 'patient education'/exp</p> <p>#14 patient education</p> <p>#15 'patient counseling'/exp</p> <p>#16 'patient counseling'</p> <p>#17 'rehabilitation'/exp</p> <p>#18 Rehabilitation</p> <p>#19 'self care'/exp</p> <p>#20 'Self Care'</p> <p>#21 'health promotion'/exp</p> <p>#22 'health promotion'</p> <p>#23 'Self Management'</p> <p>#24 'Self Management Program*'</p> <p>#25 'educational program*'</p>	<p>#11 AND #26 - 1,396 (only embase, excluding Medline)</p>

DATABASE	POPULATION	CONCEPT	RESULTS
		#26 (#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)	
OTseeker	<i>the search tools/words are very simple. Final strategy at results</i>	<i>the search tools/words are very simple. Final strategy at results</i>	"systemic sclerosis" OR lupus - 16
PEDro	<i>the search tools/words are very simple. Final strategy at results</i>	<i>the search tools/words are very simple. Final strategy at results</i>	("Systemic sclerosis" OR Lupus) AND (education OR "health promotion" OR "fitness training") - 25
PsycINFO	<p>MA scleroderma, systemic OR TX systemic sclerosis OR TX sclerosis, systemic OR TX systemic scleroderma OR TX Scleroderma – 238</p> <p>TX sharp syndrome OR TX syndrome, sharp OR TX mixed connective tissue disease OR TX connective tissue disease, mixed OR TX MCTD – 26</p> <p>MA lupus erythematosus, systemic OR TX lupus erythematosus, systemic OR TX systemic lupus erythematosus – 1013</p>	<p>TX (MA health education OR TI health education OR MA counseling OR TX counseling OR MA rehabilitation OR TX rehabilitation OR MA self care OR TX self care OR TX education health OR TX education, community health OR TX health education, community OR TX patient education) OR TX health promotion OR TX educational program* OR TX self-management program* OR TX self management OR TX self care OR TX care, self – 531346</p>	<p>(Scleroderma OR MCTD OR LES) AND concept – 347</p> <p>TX (MA scleroderma, systemic OR TX systemic sclerosis OR TX sclerosis, systemic OR TX systemic scleroderma OR TX Scleroderma) OR TX (TX sharp syndrome OR TX syndrome, sharp OR TX mixed connective tissue disease OR TX connective tissue disease, mixed OR TX MCTD) OR TX (MA lupus erythematosus, systemic OR TX lupus erythematosus, systemic OR TX systemic lupus erythematosus) AND TX (TX (MA health education OR TI health education OR MA counseling OR TX counseling OR MA rehabilitation OR TX rehabilitation OR MA self care OR TX self care OR TX education health OR TX education, community health OR TX health education, community OR TX patient education) OR TX health promotion OR TX educational program* OR TX self-management program* OR TX self management OR TX self care OR TX care, self)</p>
SciELO	#1 "systemic sclerosis" OR scleroderma OR "systemic lupus erythematosus" OR "sharp syndrome" OR "Mixed Connective Tissue Disease" OR MCTD - 1036	#2 ("health education" OR "patient education" OR counseling OR rehabilitation OR "self care" OR "health promotion" OR "self management" OR "educational program*") - 14.736	#1 AND #2 = 4