### Table S2. List of effective interventions to tackle adherence problems (extracted from synthesis of systematic review [1])

1. **Education/information**
   - It should include information about:
     - disease process
     - drugs,
     - physical exercise, including:
       - endurance activities (walking, swimming, bicycling),
       - advice on energy conservation
     - joint protection,
     - pain control,
     - coping strategies, and
     - lifestyle changes.
   - It can be delivered:
     - verbally (face to face or by telephone),
     - written (leaflets or text messages), or
     - visually in charts.

2. **More consults / time**
   - Overcome the constraint of consultation time → 3 goal-oriented visits, with one component of the complex intervention being implemented at each visit.

3. **Individualised/tailored treatment according to patient preferences and goals**
   - i.e. offering treatment options or exercise in the framework of a SDM process
   - Individualised physical activity advice and tailored graded exercise program according to the preferences and goals of the patient.

4. **Frank discussion**
   - Patients should have the possibility to express questions and doubts regarding treatment or exercise adherence and have solutions offered

5. **Plan**
   - Encourage patients to plan their treatment regimens, discuss intentions and help recasting unrealistic plans

6. **Train**
   - Train in proper execution of physical exercises with photos displaying these exercises and explanatory written information

7. **Cueing**
   - e.g., pairing medication taking with an established behaviour such as brushing teeth

8. **Monitoring**
   - e.g., using a calendar to track medication taking
     - Refill reminders
     - Wearables for exercises
     - Apps

9. **Positive reinforcement**
   - e.g., praising and rewarding with tokens that are exchanged for special privileges.

10. **Feed-back**
    - Physician and other health professionals should review the plans/strategies developed by the patient and provide feedback and answers to questions.

11. **Proxy efficacy (in exercise)**
    - Use psychosocial factors relevant for the motivational approach as proxy efficacy.
    - Proxy efficacy relates to the expertise or influence to act on the patient behalf to secure desired outcomes (e.g., I am using proxy efficacy when I feel that my exercise monitor or physiotherapist can assist me in achieving my exercise objectives)
Reference: