

Online supplementary file 1 Definition of patient education and research questions for the systematic literature review

Definition of patient education:

Patient education is a planned interactive learning process designed to support and enable people to manage their life with inflammatory arthritis and optimise their health and well being

Research questions:

1. How is PE organized in published studies from 2003 – to date? (availability, accessibility, frequency, duration, by whom)
 2. What content is used in PE programs? (If any, which theories and models are used?)
 3. What are the learning goals for PE described in the literature?
 4. Which techniques are used in PE? (i.e. self-help courses, books, e-health, SMP, CBT, mindfulness, goal management, stress management, individual consultations with HPs, peer contacts, role models, motivational (interview) discussions, exercise therapy, lifestyle changes)
 5. Which modes and methods of delivery are used for PE? (Individual, group, e-health, face-to-face education, etc.)
 6. Who (professionals, lay persons, organisations) deliver what type of PE (see question 1) and what skills or qualifications (in the subjects and pedagogics) do they have?
 7. Which patients have participated in PE studies? (demographics, disease characteristics, health literacy)
 8. Which outcomes are reported for evaluation of PE? (including cost-effectiveness)
 9. What are the effects of PE on knowledge, skills, attitudes and coping abilities?
 10. What are the patients' needs/expectations/preferences for PE?
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PE = patient education, SMP = self management program, CBT = cognitive behavioural therapy, HP = health professional