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: