Table 1. Characteristics of PAM intervention papers

| Author/Title                                                                 | Year | Country | Source type/Method | Patient population                                                                                                                                                                                                 | Health care setting / health professionals                                                                 |
|------------------------------------------------------------------------------|------|---------|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Armstrong et al. Independent evaluation of the feasibility of using the Patient Activation Measure in the NHS in England: Early findings | 2015 | UK      | Project report     | Varied between projects:  
- Long term chronic conditions  
- Uncontrolled symptoms (overweight, high blood pressure).  
- At risk of increased service use or unplanned hospital admissions.                                                                                                                                          | Five clinical commissioning groups and the UK Renal Registry.  
Health professionals involved varied between projects.                                                                                       |
| Armstrong et al. Independent evaluation of the feasibility of using the Patient Activation Measure in the NHS in England: Final report       | 2017 | UK      | Project report     | Varied between projects.  
- Long term conditions: chronic disease, rheumatoid arthritis, obesity, diabetes, mental health, chronic obstructive pulmonary disease (COPD), chronic heart failure, multiple chronic conditions, dementia.  
- At increased risk of health service utilisation or unplanned hospital admission.                                                                                                                      | Five clinical commissioning groups and one disease registry.  
Health professionals involved varied between projects.                                                                                       |
| Blash et al. PeaceHealth’s Team Fillingame Uses Patient Activation Measure to Customize the Medical Home                                 | 2011 | US      | Project report     | Patients who had attended a family practice in the last 18 months (n=1,500), primarily older adults and their adult children. Some children and infants. Primarily Caucasian.                                                                 | Not for profit (NFP) faith-based health care organisation and family practice.  
Physicians, nurses, clinic staff, care facilitator, health coaches, wellness coordinator.                                                                                                           |
| Castillo et al. Mobile Integrated Healthcare: Preliminary Experience and Impact Analysis with a Medicare Advantage Population               | 2016 | US      | Intervention study | High risk patients (n=1074 (intervention group) and 1241 (control group)) from a Medicare Advantage Preferred Provider Organisation (MAPPO). The cohort included patients with chronic diseases. | A Mobile Integrated Healthcare (MIH) program including a multi-disciplinary team delivering care in a home or mobile environment.                                                                 |
| Author/Title | Year | Country | Source type/ Method | Patient population | Health care setting / health professionals |
|-------------|------|---------|---------------------|--------------------|---------------------------------------------|
| Chew et al. Fidelity or flexibility: An ethnographic study of the implementation and use of the PAM. | 2017 | UK | A qualitative process evaluation | Varied between projects:  
- Long term chronic conditions (obesity, rheumatoid arthritis, diabetes, mental health, COPD and dementia).  
- At risk of increased service use or unplanned hospital admissions. | Five clinical commissioning groups and one disease registry. Health professionals involved varied between projects. |
| Hibbard Using Systematic Measurement to Target Consumer Activation Strategies | 2009 | US | Review paper | N/A | N/A |
| Hibbard Motivating the unmotivated client | 2016 | US | Perspectives paper | N/A | Examples were provided from three health services including a patient centred medical home and a national health insurance company. |
| Hibbard Patient activation and the use of information to support informed health decisions | 2017 | US | Review paper | N/A | N/A |
| Hibbard & Gilburt Supporting people to manage their health: An introduction to patient activation | 2014 | UK | Review paper | N/A | N/A |
| Hibbard, Greene & Tusler Improving the Outcomes of Disease Management by Tailoring Care to the Patient’s Level of Activation | 2009 | US | Intervention evaluation study | Disease management program participants with a primary diagnosis of asthma, coronary artery disease, congestive heart failure, diabetes or chronic obstructive pulmonary disease (n=6,828, intervention and control groups). | Health coaches. Intervention delivered by phone. |
| Author/Title                                                                 | Year | Country | Source type/ Method          | Patient population                                                                 | Health care setting / health professionals |
|----------------------------------------------------------------------------|------|---------|------------------------------|----------------------------------------------------------------------------------|---------------------------------------------|
| Houlihan et al. Randomized Trial of a Peer-Led, Telephone-based Empowerment Intervention for Persons with Chronic Spinal Cord Injury Improves Health Self-Management | 2017 | US      | Intervention evaluation study | Community dwelling adults living with chronic spinal cord injury (n=84 (42 experimental and 42 control subjects)). | Community setting. Trained peer health coaches. |
| Kamajian Patient Activation for Population Health: Shifting From A Fee-for-Service Model Toward A Proactive, Preventive Approach with Increased Engagement | 2014 | US      | Opinion paper                | N/A                                                                              | Osteopathic physicians.                     |
| Kidd et al. Tailored stroke self-management: developing and testing a nurse-led, self-management support intervention | 2013 | UK      | Project report               | Stroke survivors (n=20) discharged from hospital within the last 12 months following their first stroke. | Community setting. Community stroke nurses. |
| Kidd et al. Development and evaluation of a nurse-led, tailored stroke self-management intervention | 2015 | UK      | Intervention evaluation study | Stroke survivors (n=20) discharged from hospital within the last 12 months following their first stroke. | Community setting. Community stroke nurses. |
| Langel New ways to engage the disabled | 2013 | US      | Opinion paper                | People with disabilities: brain and spinal injuries, chronic pain, autism spectrum disorders. | NFP organisation providing rehabilitation and other services. |
| Linden et al. Motivational interviewing-based health coaching as a chronic care intervention | 2010 | US      | Intervention evaluation study | A chronically ill subset of employees working at a large medical university (n=336, intervention and control groups). | A medical university. Health coaches. |
| Author/Title                                                                 | Year | Country | Source type/Method                  | Patient population                                                                 | Health care setting / health professionals                                                                 |
|----------------------------------------------------------------------------|------|---------|-------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Reistroffer et al. An Examination of the Relationship Between Care Management With Coaching for Activation and Patient Outcomes | 2017 | US      | Intervention evaluation study       | Commercially insured enrollees in a health plan participating in a care management program for patients with chronic disease (n=17,797 (1520 intervention group and 16,277 in the usual care management group)). | Care management team at a non-profit health plan in the Midwest. Care managers were registered nurses or licensed practical nurses with additional PAM training. |
| Roeper et al. Mobile Integrated Healthcare Intervention and Impact Analysis with a Medicare Advantage Population | 2017 | US      | Intervention evaluation study       | High risk patients (n=1074 (intervention group) and 1241 (control group)) from a MAPPO. The cohort included patients with chronic diseases. | A MIH program. A multi-disciplinary team delivering care in a home or mobile environment.                  |
| Shively et al. Effect of patient activation on self-management in patients with heart failure | 2013 | US      | Intervention evaluation study       | Adult heart failure (HF) patients (n=84) at high risk of readmission or hospitalisation for HF. Participants were primarily male (99%), white (77%) and reported three or more comorbidities (71%). | Veterans Affairs San Diego Health Care System. Advanced practice nurses.                                    |
| Young et al. Promoting self-management through adherence among heart failure patients discharged from rural hospitals: a study protocol | 2015 | US      | Study protocol for an intervention evaluation (paper 33). | HF patients discharged from rural hospitals.                                        | Home-based post-acute care service. Advanced practice nurses.                                           |
| Young et al. Effects of a home-based activation intervention on self-management adherence and readmission in rural heart failure patients: the PATCH randomized controlled trial | 2016 | US      | Intervention evaluation study       | HF patients discharged from a rural critical access hospital (n=100 (intervention group n=51, control group n=49)). | Rural critical access hospital/ home-based.                                                              |