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## **Appendix**

**This appendix was part of the submitted manuscript and has been peer reviewed.  
It is posted as supplied by the authors.**

Appendix to: Reed RL, Roeger L, Howard S, et al. A self-management support program for older Australians with multiple chronic conditions: a randomised controlled trial. *Med J Aust* 2018; 208: 69-74. doi:10.5694/mja17.00127.

Appendix: Secondary outcomes

	Attention control (N=127)		CDSMS (N=127)		Est. between group difference (95% CI)*	P
	mean ± se	Change	mean ± se	Change		
Fatigue†						
Baseline	5.91±0.18		5.35±0.22	0.31	0.17 (-0.39 ; 0.74)	0.55
Outcome	6.06±0.20	0.14	5.67±0.22			
Pain‡						
Baseline	4.66±0.24		4.80±0.27	0.17	0.33 (-0.38 ; 1.04)	0.36
Outcome	4.50±0.26	-0.17	4.97±0.27			
Health distress§						
Baseline	1.86±0.10		1.85±0.11	-0.01	-0.05 (-0.18 ; 0.28)	0.66
Outcome	1.80±0.10	-0.06	1.85±0.11			
Energy / fatiguel						
Baseline	1.89±0.07		1.94±0.09	0.07	0.07 (-0.10 ; 0.25)	0.40
Outcome	1.88±0.07	-0.01	2.00±0.09			
Depression¶						
Baseline	6.65±0.39		5.91±0.38	0.40	0.38 (-0.62 ; 1.38)	0.46
Outcome	6.68±0.40	0.02	6.31±0.39			
Illness intrusiveness**						
Baseline	36.24±1.19		35.97±1.22	-2.13	-0.57 (-3.19 ; 2.04)	0.67
Outcome	34.69±1.14	-1.55	33.84±1.24			
Walk for exercise††						
Baseline	49.02±5.61		52.91±6.01	11.81	8.86 (-7.43 ; 25.15)	0.29
Outcome	51.97±5.47	2.95	64.72±6.04			

Medication adherence <sup>††</sup>						
Baseline	24.22±0.10	0.11	24.06±0.13	0.31	0.20 (-0.09 ; 0.50)	0.18
Outcome	24.33±0.10		24.37±0.08			
HeiQ (domains) <sup>§§</sup>						
Health directed activities						
Baseline	2.58±0.05	0.04	2.67±0.05	0.07	0.03 (-0.09 ; 0.15)	0.64
Outcome	2.63±0.05		2.74±0.04			
Positive and active engagement in life						
Baseline	2.94±0.03	-0.04	3.06±0.04	-0.07	-0.03 (-0.12 ; 0.05)	0.48
Outcome	2.91±0.03		3.00±0.04			
Emotional distress						
Baseline	2.69±0.04	0.01	2.72±0.05	0.03	0.02 (-0.07 ; 0.12)	0.61
Outcome	2.70±0.04		2.76±0.05			
Self monitoring and insight						
Baseline	3.06±0.03	-0.01	3.12±0.03	-0.02	0.01 (-0.09 ; 0.07)	0.82
Outcome	3.05±0.02		3.10±0.03			
Constructive attitudes and approaches						
Baseline	3.01±0.03	0.03	3.11±0.03	0.04	0.01 (-0.08 ; 0.10)	0.82
Outcome	3.04±0.03		3.15±0.03			
Skill and technique acquisition						
Baseline	2.92±0.03	0.02	3.01±0.03	-0.01	-0.03 (-0.11 ; 0.05)	0.46
Outcome	2.94±0.02		3.01±0.03			
Social integration and support						
Baseline	2.92±0.04	0.01	3.04±0.04	-0.01	-0.03 (-0.12 ; 0.07)	0.58
Outcome	2.93±0.04		3.02±0.03			
Health service navigation						
Baseline	3.16±0.03	-0.03	3.15±0.03	0.03	0.06 (-0.03 ; 0.15)	0.18
Outcome	3.13±0.03		3.18±0.03			
Self-efficacy <sup>   </sup>						
Baseline	6.15±0.17	0.11	6.44±0.18	0.10	0.01 (-0.69 ; 0.67)	0.98
Outcome	6.26±0.17		6.55±0.19			

Health care utilisation						
Mean GP visits¶¶						
Baseline	4.75±0.27	0.07	4.89±0.34	0.44	0.07 (-0.09 ; 0.23)	0.37
Outcome	4.82±0.28		5.33±0.33			
Mean ED visits***						
Baseline	0.31±0.07	-0.07	0.24±0.05	0.11	0.64 (-0.02 ; 1.31)	0.06
Outcome	0.24±0.05		0.35±0.05			
Mean admissions†††						
Baseline	0.26±0.05	-0.01	0.27±0.05	0.06	0.22 (-0.45 ; 0.88)	0.52
Outcome	0.25±0.05		0.32±0.05			

\* Coefficient (95% Confidence interval) from linear mixed model using the intent to treat group (N=254). Each model included the baseline value of the dependent variable, the intervention (CDSMS versus attention control), time as a categorical variable (baseline and six months) and an intervention\*time interaction. GP and participant were included as random intercepts.

† Fatigue was assessed on an 11 point visual numeric scale with higher numbers indicating more severe levels of fatigue.

‡ Pain was assessed on an 11 point visual numeric scale with higher numbers indicating more severe levels of pain.

§ Health distress was assessed from scores on four questions (rated on a 6 point scale) with higher scores indicating higher levels of health distress.

|| Energy/fatigue was assessed from scores on five questions (rated on a 6 point scale) with higher scores indicating less energy or more fatigue.

¶. Depression was assessed by the Personal Health Questionnaire Depression Scale (PHQ-9). This scale comprises 9 items which are rated on a 4 point scale. Higher scores indicate higher levels of distress.

\*\* Illness Intrusiveness was assessed from scores on 13 items related to the extent to which illness-treatment interfered (rated 1 'not very much' to 7 'very much'). Higher scores indicate more interference.

†† Walk for exercise was assessed in minutes per week using cut-points (15, 45, 120 and 180 minutes).

‡‡. Medication adherence was assessed from scores on 5 items with higher scores indicating poorer levels of medication adherence.

§§ HeiQ comprises 40 items across 7 domains of patient education outcomes. Higher scores indicate improved capacity, except for Psychological distress, where a higher score is higher distress.

||| Self-efficacy for managing chronic disease was assessed from scores on six items rated 1 'Not at all confident' to 10 'Totally confident'. Higher scores indicate higher (better) self-efficacy.

¶¶ The number of GP visits in the previous six months. Estimated between group difference from a mixed Poisson regression model for count data.

\*\*\* The number of hospital emergency department presentations in the previous 6 months. Estimated between group difference from a mixed Poisson regression model for count data.

††† The number of hospital admissions in the previous 6 months. Estimated between group difference from a mixed Poisson regression model for count data.