

## Appendix I Glossary of used key terms

Behavioural change methods	Techniques derived from behavioural theory that are used to influence determinants and support behaviour change (1).
Change objectives	Specification of what needs to change within specific determinants to achieve each performance objective. They represent the direct targets of the intervention (2).
Determinants	Factors that influence a specific behaviour or environmental condition (2).
Intervention Mapping	An iterative process for addressing complex problems, consisting of six steps designed to create a blueprint for developing, implementing, and evaluating interventions (2).
Logic Model of Change	A model that defines what needs to change in both behaviour and environment, and how change can be achieved (2).
Logic Model of the Problem	A descriptive and visual outline of the health issue, its impact on quality of life, and the behavioural and environmental causes that contribute to it (2).
Needs assessment	The first step in the Intervention Mapping process. It involves identifying the key health problems, as well as the behavioural and environmental conditions and determinants that contribute to these problems (2).
Parameters for use	The specific conditions that must be met for a behaviour change method to be effective (3).
Performance objectives	Specification of the concrete actions that individuals need to take to bring about desired behavioural outcomes (2).
Self-management	An individual's ability to manage symptoms, treatment, lifestyle changes, and the psychological and physical consequences of a chronic condition (4).
Social facilitation	The influence of social relationships on a person's ability to perform and sustain behaviours (5).

## References

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**Supplementary table 1.** Matrix of change objectives for people with lipoedema

Performance objectives	Personal determinants				
	Knowledge	Skills	Self-Efficacy	Social facilitation	Attitude
PO.0. Decide to improve an aspect of life.	K.0. Explain in which areas of their life improvement is possible.  K0.1. Explain the discrepancy between desired and current outcome.		SE.0. Express confidence in improving an aspect of their life.		A.0. Express positive feelings of improving an aspect of their life.
<i>Emotional control</i>					
PO.1.a. Identify emotional responses and distress triggered by challenges, setbacks.	K.1.a.1. Explain the connection between emotions, distress and self-management. K.1.a.2. Explain triggers for distress and emotions. K.1.a.3. Explain methods for identifying emotional responses and distress.	S.1.a. Recognise emotional responses and distress effectively.	SE.1.a. Express confidence in recognizing emotional responses and distress.	SF.1.a. Discuss emotional challenges with supportive individuals*.	A.1.a. Express positive feelings about identifying emotional responses and distress triggered by challenges.
PO.1.b. Apply stress management and emotional regulation strategies.	K.1.b.1. Explain the benefits of stress management and emotional regulation. K.1.b.2. Describe stress management and emotional regulation techniques.	S.1.b. Implement stress management and emotional regulation strategies effectively.	SE.1.b. Express confidence in managing stress and emotions.		A.1.b. Express positive feelings about applying stress management and emotional regulation strategies.

PO.1.c. Seek social or emotional support when needed.	K.1.c.1. Explain the role of support in well-being. K.1.c.2. Recognise when and from whom to seek support.		SF.1.c. Connect with supportive individuals for support.	A.1.c. Express positive feelings about seeking social or emotional support when needed.
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*Goal setting*

PO.2. Set at least one SMART goal related to lipoedema management.	K.2.1. Explain self-management, its behaviours, and its importance in dealing with lipoedema. K.2.2. Explain evidence-based information on lipoedema, including the current state of science regarding incidence, prevalence, disease onset, physiology, and symptoms. K.2.3. Identify the key components of a SMART goal.	S.2. Draft SMART goals effectively.	SE.2. Express confidence achieving the set SMART goal.	A.2. Express positive feelings about setting SMART goals
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*Self-monitoring*

PO.2. Monitor self-management behaviours.	K.3. Explain methods for monitoring behaviour.	S.3. Demonstrate the ability to monitoring behaviour.	SE.3. Express confidence in monitoring behaviour.	A.3. Express positive feelings about monitoring self-management behaviours.
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*Reflective thinking*

PO.4.a. Reflect weekly on self-management behaviour to identify patterns and triggers affecting progress.	K.4.a.1. Identify techniques for effective reflection. K.3.a.2. Describe patterns and triggers.	S.4.a. Reflect on challenges and successes.	SE.4.a. Express confidence in analyzing behaviour.	SF.4.a. Discuss challenges, successes, and patterns with supportive individuals.	A.4. Express positive feelings about reflective thinking.
PO.4.b. Use insights from reflection to improve future behaviours.	K.4.b. Explain how challenges, successes and triggers impact behaviours.	S.4.b. Apply lessons learned to adjust behaviours.	SE.4.b. Express confidence in making changes based on reflection.	SF.4.b. Collaborate with supportive individuals to refine behaviours.	

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*Decision-making*

PO.5.a. Use evidence-based information to make informed decisions about lipoedema management.	K.5.a. Identify reliable evidence-based resources.	S.5.a. Search, evaluate, and interpret evidence-based information effectively.	SE.5.a. Express confidence in finding and using evidence-based information.		A.5.a. Express positive feelings about using evidence-based information to make informed decisions about lipoedema management.
PO.5.b. Recognise treatment options and their impact on self-management goals.	K.5.b.1. List evidence-based treatment options. K.5.b.2. Describe the benefits and limitations of treatments. K.5.b.3. Explain the impact of treatments on personal goals.	S.5.b. Assess and select appropriate treatments.	SE.5.b. Express confidence in evaluating treatment options.	SF.5.b. Discuss treatment options with supportive individuals.	

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*Planning and action*

PO.6.a. Create weekly action plans that integrate self-management behaviours into daily routines.	K.6.a.1. Identify components of an effective action plan. K.6.a.2 Explain how behaviours fit into daily routines.	S.6.a. Organise goals into actionable steps.	SE.6.a. Express confidence in the developed action plans.	SF.6.a. Collaborate with supportive individuals to develop plans.	A.6.a. Express positive feelings about creating action plans.
PO.6.b. Build flexibility into plans to adapt to challenges.	K.6.b.1. Identify scenarios requiring flexibility. K.6.b.2. Describe strategies for adaptability.	S.6.b. Create specific backup plans.	SE.6.b. Express confidence in adapting plans as needed.	SF.6.b. Brainstorm flexible strategies with supportive individuals.	A.6.b. Express positive feelings about building in flexibility into plans.

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*Self-evaluation*

PO.7.a. Assess monthly progress toward goals and action plans.	K.7.a.1. Explain the importance of regular progress assessment. K.6.a.2. Explain tools for assessing progress.	S.7.a. Evaluate progress using appropriate tools.	SE.7.a. Express confidence in assessing progress.	SF.7.a. Discuss progress with supportive individuals.	A.7.a. Express positive feelings about assessing progress toward goals and action plans.
PO.7.b. Identify barriers, adjust strategies, and refine action plans as needed.	K.7.b.1. State barriers and areas needing improvement.	S.7.b.1. Create and implement revised plans.	SE.7.b. Express confidence in adjusting strategies.	SF.7.b. Collaborate with supportive individuals to address gaps and barriers.	A.7.b. Express positive feelings about identifying barriers and adjusting strategies accordingly.

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*K, knowledge; PO, performance objective; S, skills; SE, self-efficacy; SF, social facilitation; SMART, specific, measurable, achievable, relevant, and time-bound; SN, social norms.*

*\* e.g. family, friends, healthcare professionals, peers, online support groups.*

**Supplementary table 2.** Matrix of change objectives for healthcare professionals (HCPs)

Performance objectives	Personal determinants		
	Knowledge	Skills	Self-efficacy
PO.8. Educate individuals about lipoedema and self-management strategies tailored to personal goals.	K.8.1. Explain key characteristics of lipoedema. K.8.2. Identify evidence-based self-management strategies.		
PO.9. Assess and identify individuals' readiness for behavioural change and personal self-management goals.	K.9.1. Explain the stages of the change model and its relevance to behavioural change. K.9.2. Describe methods to assess and evaluate readiness for behavioural change and personal goals.	S.9. Use tailored strategies to evaluate readiness for behavioural change and personal goals.	SE.9. Express confidence in assessing readiness for behavioural change and personal goals.
PO.10. Collaborate with individual to set SMART self-management goals through mutual goal setting.	K.10.1. Explain the SMART framework and its relevance for self-management. K.10.2. Describe the importance of mutual goal setting for self-management.	S.10.1. Assist individuals in breaking down complex goals into actionable steps. S.10.2. Facilitate mutual goal setting effectively.	SE.10. Express confidence in guiding goal setting using the SMART framework.
PO.11. Assist individuals in creating structured, actionable plans for self-management using shared decision-making.	K.11.1. Explain the principles and importance of shared decision-making. K.11.2. List components of a structured action plan.	S.11. Guide individuals in creating step-by-step action plans collaboratively.	SE.11. Express confidence in facilitating structured action plans.
PO.12. Monitor progress, provide feedback, and adjust strategies as needed.	K.12.1. Identify evidence-based methods for progress monitoring. K.12.2. Explain evidence-based feedback techniques. K.12.3. Describe methods for strategy adjustment.	S.12.1. Implement evidence-based progress monitoring techniques. S.12.2. Provide evidence-based feedback. S.12.3. Adjust strategies using shared decision-making.	SE.12. Express confidence in monitoring progress, providing feedback, and strategy adjustment.

PO.13. Ensure individuals can access tools, resources, and services to support self-management.	K.13.1. List tools, resources, and services that support self-management.	S.13.1. Advise individuals on selecting appropriate tools, resources, and services.	
PO.14. Offer empathetic support to address emotional barriers to self-management.	K.14.1. Explain the impact of emotional barriers on self-management. K.14.2. Identify methods to access emotional barriers.	S.14. Assess and address emotional barriers effectively.	SE.14. Express confidence in managing emotional barriers.
PO.15. Connect individuals to support groups, peer networks, or community resources for social support.	K.15.1. Explain the importance of social support. K.15.2. List support groups, peer networks, or community resources.		

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*K, knowledge; PO, performance objective; S, skills; SE, self-efficacy; SMART, specific, measurable, achievable, relevant, and time-bound.*

**Supplementary table 3.** Performance objectives, personal determinants, change objectives, behaviour change methods and their application for people with lipoedema

Performance objective	Personal determinant	Change objective	Behavioural change method	Application
PO.0. Decide to improve an aspect of their life	Knowledge	Explain in which areas of their life improvement is possible.	Discussion Active learning	Group session <ul style="list-style-type: none"> <li>• Introduction and getting acquainted</li> <li>• The HCP provides information on lipoedema, symptoms, self-management, related behaviours, and their role in managing lipoedema.</li> </ul> Patient-HCP consultation <ul style="list-style-type: none"> <li>• The patient completes the Self-management Web, and the patient and HCP review the results together and identify key areas for improvement and discuss the patient's most significant barriers.</li> <li>• Motivational interviewing is used to enhance the patient's motivation and commitment to positive life changes, to assess patient's knowledge and beliefs about lipoedema and to evaluate the patient's readiness for behavioural change and explains its importance for overall functioning.</li> </ul>
		Explain the discrepancy between desired and current outcome.	Feedback	
	Self-efficacy	Express confidence in improving an aspect of their life.	Motivational interviewing	
PO.1.a. Identify emotional responses and distress triggered by challenges, setbacks.	Knowledge	Explain the connection between emotions, distress and self-management.	Providing information Advance organisers	Group session <ul style="list-style-type: none"> <li>• Provision of information on the connection between emotions, distress, and self-management, including triggers for distress and methods for identifying emotional responses.</li> <li>• Provision of information on the benefits of stress management and emotional regulation, including mindfulness, yoga, stress-trigger identification, and cognitive reframing.</li> </ul> Group discussion <ul style="list-style-type: none"> <li>• Facilitated by the HCP, focusing on emotional challenges and coping strategies with peers.</li> </ul>
		Explain triggers for distress and emotions.		
	Explain methods for identifying emotional responses and distress.			
	Social facilitation	Discuss emotional challenges with supportive individuals.	Enhancing network linkage	

	Attitude	Express positive feelings about identifying emotional responses and distress triggered by challenges.	Persuasive communications	Interactive group workshop <ul style="list-style-type: none"> <li>Patients practice stress management techniques and emotional regulation strategies and discuss their experiences with the HCP and peers.</li> </ul>
	Skills	Recognise emotional responses and distress effectively.	Individualization Self-monitoring of behaviour	Reference document <ul style="list-style-type: none"> <li>The patient is provided with methods for identifying emotional responses and distress.</li> <li>The patient is provided with strategies for stress management and emotional regulation.</li> </ul>
	Self-efficacy	Express confidence in recognizing emotional responses and distress.		
PO.1.b. Apply stress management and emotional regulation strategies.	Knowledge	Explain the benefits of stress management and emotional regulation.  Describe stress management and emotional regulation techniques.	Providing information Advance organisers	Patient-HCP consultation <ul style="list-style-type: none"> <li>Discussion on emotional responses and distress. The patient records emotional triggers related to behavioural challenges in the Reference document.</li> <li>The HCP provides information on the role of support in well-being, followed by a discussion on when and from whom to seek support.</li> </ul>
	Attitude	Express positive feelings about applying stress management and emotional regulation strategies.	Persuasive communications	
	Skills	Implement stress management and emotional regulation strategies effectively.	Improving physical and emotional states Guided practice	
	Self-efficacy	Express confidence in managing stress and emotions.		
PO.1.c. Seek social or emotional support when needed.	Knowledge	Explain the role of support in well-being.  Recognise when and from whom to seek support.	Providing information Discussion	

	Social facilitation	Connect with supportive individuals for support.	Enhancing network linkage	
			Public commitment	
	Attitude	Express positive feelings about seeking social or emotional support when needed.	Persuasive communications	
			Believe selection	
PO.2. Set at least one SMART goal related to lipoedema management.	Knowledge	Explain self-management, its behaviours, and its importance in dealing with lipoedema.  Explain evidence-based information on lipoedema, including the current state of science regarding incidence, prevalence, disease onset, physiology, and symptoms.  Identify the key components of a SMART goal.	Providing information	Patient-HCP consultation <ul style="list-style-type: none"> <li>Provision of information about lipoedema, SMART goal setting, its components, and the significance of goal setting.</li> <li>Demonstration of SMART goal setting.</li> <li>Motivational interviewing to enhance the patient's motivation and commitment to SMART goal setting, using the program Reference document to discuss the patient's SMART goals.</li> </ul> Reference document <ul style="list-style-type: none"> <li>The patient receives the presented information.</li> </ul>
			Chunking	
			Advance organisers	
	Skills	Draft SMART goals.	Goal setting	
	Self-efficacy	Express confidence achieving the set SMART goal.	Tailoring Demonstration	
	Attitude	Express positive feelings about setting SMART goals.	Motivational interviewing	
	PO.3. Monitor self-management behaviours.	Knowledge	Explain methods for monitoring behaviour.	
Skills		Demonstrate the ability to monitoring behaviour.	Demonstration	
Self-efficacy		Express confidence in monitoring behaviour.	Self-monitoring of behaviour	

	Attitude	Express positive feelings about monitoring self-management behaviours.	Consciousness raising	Reference document <ul style="list-style-type: none"> <li>The patient receives information on behaviour monitoring methods.</li> </ul>
PO.4.a Reflect weekly on self-management behaviour to identify patterns and triggers affecting progress.	Knowledge	Identify techniques for effective reflection.	Providing information	Group session <ul style="list-style-type: none"> <li>Provision of information on effective reflection methods and the importance of identifying patterns and triggers.</li> </ul>
		Describe patterns and triggers.	Active learning	
	Social facilitation	Discuss challenges, successes, and patterns with supportive individuals.	Advance organisers	Group discussion <ul style="list-style-type: none"> <li>Patients share and discuss successes, challenges, and triggers with peers.</li> <li>Patients explore behaviour refinements with guidance from the HCP.</li> </ul>
			Enhancing network linkage	
	Skills	Reflect on challenges and successes.	Feedback	
Self-efficacy	Express confidence in analyzing behaviour.	Self-monitoring of behaviour	Reference document <ul style="list-style-type: none"> <li>The patient receives techniques for effective reflection.</li> </ul>	
	Attitude	Express positive feelings about reflective thinking.	Belief selection	Patient-HCP consultation <ul style="list-style-type: none"> <li>Discussion of patients' reflections on challenges, triggers, and successes, with feedback from the HCP.</li> <li>Exploration of how challenges, successes, and triggers impact behaviour, with feedback from the HCP.</li> <li>Development of solutions to address challenges and triggers, along with strategies to modify cues related to these triggers.</li> </ul>
			Persuasive communication	
PO.4.b. Use insights from reflection to improve future behaviours.	Knowledge	Explain how challenges, successes and triggers impact behaviours.	Feedback	Individual patient activity <ul style="list-style-type: none"> <li>Patients reflect on their own patterns and triggers affecting progress by writing them down in their Reference document.</li> </ul>
			Discussion	
	Skills	Apply lessons learned to adjust behaviours.	Planning coping responses	
	Self-efficacy	Express confidence in making changes based on reflection.	Cue altering	
	Social facilitation	Collaborate with supportive individuals to refine behaviours.	Enhancing network linkage	
PO.5.a. Use evidence-based information to make	Knowledge	Identify reliable evidence-based resources.	Providing information	Group session <ul style="list-style-type: none"> <li>Provision of information and demonstration on identifying reliable, evidence-based resources.</li> </ul>
			Chunking	

informed decisions about lipoedema management.	Skills	Search, evaluate, and interpret evidence-based information effectively.	Guided practice Demonstration	<ul style="list-style-type: none"> <li>Provision of information on treatment options, including their limitations, benefits, and impact on personal goals.</li> </ul>
	Self-efficacy	Express confidence in finding and using evidence-based information.		
	Attitude	Express positive feelings about using evidence-based information to make informed decisions about lipoedema management.	Belief selection	
PO.5.b. Recognise treatment options and their impact on self-management goals.	Knowledge	List evidence-based treatment options.	Providing information	<ul style="list-style-type: none"> <li>Group discussion <ul style="list-style-type: none"> <li>Patients discuss appropriate treatment options.</li> </ul> </li> <li>Interactive group workshop <ul style="list-style-type: none"> <li>Patients practice searching for, evaluating, and interpreting evidence-based information, guided by the HCP.</li> <li>Patients assess and select appropriate treatment options through discussions with the HCP and peers.</li> </ul> </li> </ul>
		Describe the benefits and limitations of treatments.		
		Explain the impact of treatments on personal goals.		
	Skills	Assess and select appropriate treatments.	Guided practice Tailoring	
	Self-efficacy	Express confidence in evaluating treatment options.		
	Social facilitation	Discuss treatment options with supportive individuals.	Discussion	
PO.6.a. Create weekly action plans that integrate self-management behaviours into daily routines.	Knowledge	Identify components of an effective action plan.	Providing information Chunking	<ul style="list-style-type: none"> <li>Group session <ul style="list-style-type: none"> <li>Provision of information on the components of an effective action plan, strategies for integrating behaviours into daily routines, and strategies for adaptability.</li> </ul> </li> </ul>
		Explain how behaviours fit into daily routines.		
	Social facilitation	Collaborate with supportive individuals to develop plans.	Enhancing network linkage	

	Attitude	Express positive feelings about creating action plans.	Persuasive communication	<p>Group discussion</p> <ul style="list-style-type: none"> <li>Facilitated by the HCP, patients discuss their plans and provide feedback to one another.</li> <li>Patients, guided by the HCP, brainstorm flexible strategies and explore how to incorporate them into their plans.</li> </ul> <p>Reference document</p> <ul style="list-style-type: none"> <li>Patients prepare possible scenarios requiring flexibility and corresponding strategies.</li> </ul>
	Skills	Organise goals into actionable steps.	Goal setting	
	Self-efficacy	Express confidence in the developed action plans.	Motivational Interviewing Tailoring	
PO.6.b. Build flexibility into plans to adapt to challenges.	Knowledge	Identify scenarios requiring flexibility.	Providing information	<p>Patient-HCP consultation</p> <ul style="list-style-type: none"> <li>Encouragement and guidance to help the patient integrate behaviours into their daily routine.</li> <li>Creation of a weekly goal setting sheet in the patient's Reference document, including a clear definition of the behaviour.</li> <li>Encouragement for the patient to develop specific backup plans to address potential challenges.</li> </ul>
		Describe strategies for adaptability.	Discussion	
	Social facilitation	Brainstorm flexible strategies with supportive individuals.	Enhancing network linkage	
	Attitude	Express positive feelings about building in flexibility into plans.	Persuasive communications	
	Skills	Create specific backup plans.	Planning coping responses	
	Self-efficacy	Express confidence in adapting plans as needed.	Tailoring	
PO.7.a. Assess monthly progress toward goals and action plans.	Knowledge	Explain the importance of regular progress assessment.	Providing information	<p>Group session</p> <ul style="list-style-type: none"> <li>The HCP provides information and a demonstration on the importance of regular self-evaluation and tools for self-evaluation.</li> </ul>
		Explain tools for assessing progress.	Advance organisers	

	Skills	Evaluate progress using appropriate tools.	Guided practice	<p>Group discussion</p> <ul style="list-style-type: none"> <li>Facilitated by the HCP, focusing on reviewing and discussing progress.</li> <li>Patients, guided by the HCP, discuss barriers to desired behaviours.</li> </ul>
	Self-efficacy	Express confidence in assessing progress.	Demonstration	
	Social facilitation	Discuss progress with supportive individuals.	Enhancing network linkage	
	Attitude	Express positive feelings about assessing progress toward goals and action plans.	Persuasive communications	
PO.7.b. Identify barriers, adjust strategies, and refine action plans as needed.	Knowledge	State barriers and areas needing improvement.	Tailoring	<p>Interactive group workshop</p> <ul style="list-style-type: none"> <li>Patients practice using progress assessment tools to analyse their progress toward a SMART goal.</li> </ul> <p>Reference document</p> <ul style="list-style-type: none"> <li>The patient is provided with tools for assessing progress.</li> </ul> <p>Patient-HCP consultation</p> <ul style="list-style-type: none"> <li>Discussion on perceived barriers and areas for improvement.</li> <li>Collaborative creation and implementation of revised plans to overcome identified barriers.</li> </ul>
	Skills	Create and implement revised plans.	Self-monitoring of behaviour	
	Self-efficacy	Express confidence in adjusting strategies.	Planning coping responses	
	Attitude	Express positive feelings about identifying barriers and adjusting strategies accordingly.	Reinforcement	
	Social facilitation	Collaborate with supportive individuals to address gaps and barriers.	Enhancing network linkage	

*HCP, healthcare professional; PO, performance objective; SMART, specific, measurable, achievable, relevant, and time-bound.*

**Supplementary table 4.** Performance objectives, personal determinants, change objectives, behaviour change methods and their application for healthcare professionals

<b>Performance objective</b>	<b>Personal determinant</b>	<b>Change objective</b>	<b>Behavioural change method</b>	<b>Practical application</b>
PO.8. Educate individuals about lipoedema and self-management strategies tailored to personal goals.	Knowledge	Explain key characteristics of lipoedema.	Providing information	Group session <ul style="list-style-type: none"> <li>Provision of information about the key characteristics of lipoedema, evidence-based self-management strategies, and ways to tailor these strategies to patients' personal goals.</li> </ul> Reference document <ul style="list-style-type: none"> <li>The HCP is provided with a reference document containing the information and is instructed to write down key takeaways after the session.</li> </ul>
		Identify evidence-based self-management strategies.	Chunking Advance organisers	
PO.9. Assess and identify individuals' readiness for behavioural change and personal self-management goals.	Knowledge	Explain the stages of the change model and its relevance to behavioural change.	Providing information	Group session <ul style="list-style-type: none"> <li>Provision of information on the stages of the Transtheoretical Model of Behaviour Change, its relevance to behavioural change, and how to assess and evaluate patients' readiness.</li> </ul>
		Describe methods to assess and evaluate readiness for behavioural change and personal goals.	Advance organisers	
	Skills	Use tailored strategies to evaluate readiness for behavioural change and personal goals.	Guided practice Feedback	Interactive workshop <ul style="list-style-type: none"> <li>Practicing the assessment of an individual's readiness for behavioural change, evaluating the findings, and discussing them with peers through role-play. HCPs provide feedback to one another.</li> </ul> Reference document <ul style="list-style-type: none"> <li>The HCP is provided with a reference document containing methods for assessing and evaluating readiness for behavioural change and are instructed to write down key takeaways after the session.</li> </ul>
	Self-efficacy	Express confidence in assessing readiness for behavioural change and personal goals.		
PO.10. Collaborate with individual to set SMART self-management goals	Knowledge	Explain the SMART framework and its relevance for self-management.	Providing information	Group session <ul style="list-style-type: none"> <li>Providing information about the SMART framework for goal setting, its relevance to self-management, and the importance of mutual goal setting.</li> </ul>

through mutual goal setting.		Describe the importance of mutual goal setting for self-management.		<ul style="list-style-type: none"> <li>Providing information on the principles and significance of shared decision-making, as well as the components of a structured action plan.</li> </ul>
	Skills	Assist individuals in breaking down complex goals into actionable steps.	Guided practice Self-monitoring of behaviour.	Interactive workshop <ul style="list-style-type: none"> <li>Practicing motivational interviewing and mutual goal setting with peers to develop individual SMART goals.</li> <li>Creating step-by-step action plans using shared decision-making through role-play, peer observation, and feedback.</li> <li>Audio-recording sessions for self-evaluation.</li> </ul>
	Self-efficacy	Facilitate mutual goal setting effectively. Express confidence in guiding goal setting using the SMART framework.		Reference document
PO.11. Assist individuals in creating structured, actionable plans for self-management using shared decision-making.	Knowledge	Explain the principles and importance of shared decision-making.	Providing information	<ul style="list-style-type: none"> <li>The HCP is instructed to write down key takeaways after the session.</li> </ul>
	Skills	List components of a structured action plan. Guide individuals in creating step-by-step action plans collaboratively.	Guided practice Feedback	
	Self-efficacy	Express confidence in facilitating structured action plans.		
PO.12. Monitor progress, provide feedback, and adjust strategies as needed.	Knowledge	Identify evidence-based methods for progress monitoring.	Providing information	Group session <ul style="list-style-type: none"> <li>Provision of information on evidence-based progress monitoring methods, feedback techniques, and strategy adjustment.</li> <li>Discussion of the presented information.</li> </ul>
		Explain evidence-based feedback techniques. Describe methods for strategy adjustment.	Advance organisers	Interactive workshop <ul style="list-style-type: none"> <li>Practicing the use of monitoring tools with peers and discussing how to effectively integrate them into consultations.</li> </ul>
	Skills	Implement evidence-based progress monitoring techniques.	Guided practice	

		Provide evidence-based feedback.		<ul style="list-style-type: none"> <li>Role-play simulations where HCPs discuss adjustments to patients' plans using shared decision-making.</li> </ul>
		Adjust strategies using shared decision-making.		Reference document
	Self-efficacy	Express confidence in monitoring progress, providing feedback, and strategy adjustment.		<ul style="list-style-type: none"> <li>HCPs are provided with a reference document containing methods for strategy adjustment and are instructed to document key takeaways after the session.</li> </ul>
PO.13. Ensure individuals can access tools, resources, and services to support self-management.	Knowledge	List tools, resources, and services that support self-management.	Providing information	Group session
	Skills	Advise individuals on selecting appropriate tools, resources, and services.	Guided practice	<ul style="list-style-type: none"> <li>Provision of information on available tools, resources, and services that support self-management, as well as how to access them.</li> </ul>
				Interactive workshop
				<ul style="list-style-type: none"> <li>Practicing the identification of tools, resources, and services based on a patient case.</li> </ul>
				Reference document
				<ul style="list-style-type: none"> <li>HCPs are instructed to write down key takeaways after the session.</li> </ul>
PO.14. Offer empathetic support to address emotional barriers to self-management.	Knowledge	Explain the impact of emotional barriers on self-management.	Providing information	Group session
		Identify methods to access emotional barriers.		<ul style="list-style-type: none"> <li>Providing information on the impact of emotional barriers on self-management, methods for assessing these barriers, and the importance of social support.</li> </ul>
	Skills	Assess and address emotional barriers effectively.	Guided practice	Group discussion
	Self-efficacy	Express confidence in managing emotional barriers.	Feedback	<ul style="list-style-type: none"> <li>Discussing potential support groups, peer networks, and community resources, and sharing personal experiences of connecting patients to supportive networks.</li> </ul>
			Advance organisers	
PO.15. Connect individuals to support groups, peer networks, or community	Knowledge	Explain the importance of social support.	Providing information	Interactive workshop
		List support groups, peer	Discussion	<ul style="list-style-type: none"> <li>Practicing how to address emotional barriers with peers through role-play, peer observation, and feedback.</li> </ul>

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resources for social support.

networks, or community resources.

Reference document

- HCPs receive methods for assessing and addressing emotional barriers and are instructed to write down key takeaways after the session.

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*HCP, healthcare professional; PO, performance objective; SMART, specific, measurable, achievable, relevant, and time-bound.*