Table S1: Additional descriptive statistics of the patient sample

|  |  |
| --- | --- |
| **Patient characteristics** | **N (%)** |
| Ethnicity | White | 259 (86.3%) |
| Non-white | 41 (13.7%) |
| Occupational class1 | 1 (highest) | 30 (10.0%) |
| 2 | 53 (17.7%) |
| 3 | 40 (13.3%) |
| 4 | 47 (15.7%) |
| 5 | 42 (14.0%) |
| 6 | 35 (11.7%) |
| 7 | 53 (17.7%) |
| Highest qualification1 | No qualification | 75 (25.0%) |
| School qualifications (eg ‘O’ level, GCSE) | 54 (18.0%) |
| College qualifications (eg ‘A’ level) | 59 (19.7%) |
| Vocational (eg NVQ, HNC, HND) | 39 (13.0%) |
| Degree or professional qualification | 54 (18.0%) |
| Higher degree (eg MA, PhD) | 19 (6.3%) |
| Income1 | Up to £5,199 | 17 (5.7%) |
| £5,200-£10,399 | 82 (27.3%) |
| £10,400-£15,599 | 78 (26.0%) |
| £15,600-£20,799 | 49 (16.3%) |
| £20,800-£25,999 | 25 (8.3%) |
| £26,000-£31,999 | 19 (6.3%) |
| £32,000-£51,999 | 21 (7.0%) |
| £52,000 or more | 9 (3.0%) |

1Used as a continuous variable in regression analysis

Table S2: Summary of regression analysis of outcomes at Time 1 by patient characteristics

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Explanatory variable** | **Self-management** | **Healthy behaviours** | **Physical health** | **Emotional well-being** | **QALYs** | **Service costs3** |
| Coeff (SE) | Coeff (SE) | Coeff (SE) | Coeff (SE) | Coeff (SE) | Coeff (SE) |
| **Sociodemographic characteristics**  |
| Age |  | .013\* (.006) |  | .42\*\*\* (.13) | .71\*\* (.24) |  |
| Gender (Female) | .12\* (.057) | .34\* (.15) |  |  |  |  |
| Ethnicity (non-white) |  | .51\* (.20) |  |  |  |  |
| Deprivation (IMD) |  |  | -.053\* (.027) |  | -.35\* (.15) |  |
| Occupational class  |  |  |  |  |  |  |
| Qualifications  |  |  |  |  |  |  |
| Income  |  |  | 1.11\*\*\* (.29) | 1.75\* (.87) | 6.02\*\*\* (1.67) |  |
| **Disease burden** |
| N of conditions | -.087\*\*\* (.026) | -.26\*\*\* (.067) | -4.57\*\*\* (.44) | -8.69\*\*\* (1.28) | -23.1\*\*\* (2.35) |  |
| Main conditions12 | CHD |  | -.16\*\*\* (.22) | -1.26\* (1.35) | -.75\*\* (3.50) | -16.9\*\*\* (7.78) |  |
| CHD + diabetes |  | .58 (.23) | 3.29 (1.44) | 10.25 (3.71) | 6.53 (8.48) |  |

\*p<=0.05; \*\*p<0.01; \*\*\*p<=0.001

1Compared to diabetes

2Significance refers to joint test across all three levels

3No significant relationship found with any explanatory variable