Appendix 1: Search Strategy

Two databases were searched, CINAHL and Pub Med. The search terms used to find articles in Pub Med (n=107) were MeSH terms ‘pregnancy,’ ‘pregnant women’, ‘decision making’, ‘self-care’, and ‘pregnan* OR gestational OR maternal’, and ‘shared decision making OR self manag* OR self-monitor’. There was also a broad secondary search in Pub Med using the search term ‘pregnancy self-management’ which identified a further 1,931 articles for review. The search terms used for CINAHL (n=707) were ‘pregnancy OR expectant mothers’, ‘pregnan* OR gestational OR maternal’, ‘self-care’, and ‘shared decision making OR self-manag* OR self-monitor’. This identified a total of 2,745 articles, which when controlled for duplicates left 2,695 for review. 25 articles were identified for full text review, of which 16 were selected for the systematic review.