

Appendix 5. An overview of theme and subthemes

| Themes and subthemes | Main constructs mentioned | Frequency coded | Percentage mentioned* | | | Percentage observed† |
|---|--|-----------------|-----------------------|----------|------------|----------------------|
| | | | Percentage | P (n=11) | HCP (n=10) | |
| CKD illness perceptions | | | | | | |
| Anticipated concerns on diagnosis | | 28 | 91% | 10/11 | 10 | -‡ |
| Physical consequences | | 21 | 48% | 10/21 | 6 | 4 |
| Psychosocial consequences | | 78 | 81% | 17/21 | 8 | 9 |
| Lifestyle consequences | | 19 | 43% | 9/21 | 6 | 3 |
| Understanding of and motivation towards CKD SM | | | | | | |
| Understanding of CKD SM | | 59 | 90% | 19/21 | 9 | 10 |
| | - Adherence to medical advice, treatment as prescribed | 13 | 60% | 6/10 | 5 | 6 |
| | - Disease knowledge | 6 | 50% | 5/10 | 0 | 5 |
| Motivation towards CKD SM | | | | | | |
| | - Importance of SM | 31 | 67% | 14/21 | 5 | 9 |
| | - HCP medical advice | 11 | 55% | 6/11 | 6 | 0 |
| | - Adherence | 5 | 50% | 5/10 | - | 5 |
| | - Follow medical advice | 10 | 45% | 5/11 | 5 | - |
| Current CKD practice | | | | | | |
| Current SM practice by patients | | | | | | |
| ● Medical management | | | | | | |
| | -Disease controlling behavior | 44 | 82% | 9/11 | 9 | - |
| | - Medication use | 9 | 64% | 7/11 | 7 | - |
| | - Regular follow-up | 10 | 45% | 5/11 | 5 | - |
| | - Self-monitoring | 13 | 36% | 4/11 | 4 | - |
| | - Symptom management | 6 | 36% | 4/11 | 4 | - |
| | - Peritoneal dialysis | 6 | 27% | 3/11 | 3 | - |
| | -Healthy behavior | 39 | 73% | 8/11 | 8 | - |
| | - Diet restriction | 20 | 73% | 8/11 | 8 | - |
| | - Suggested precautions | 12 | 36% | 4/11 | 4 | - |
| ● Role management | | | | | | |
| ● Emotional management | | | | | | |
| ● SM skills | | | | | | |
| | -Problem-solving and decision Making | 58 | 73% | 8/11 | 8 | 31% |
| | -Using resources | 49 | 67% | 14/21 | | |
| | - Internet | 20 | 73% | 8/11 | 8 | - |
| | - HCP | 15 | 82% | 9/11 | 9 | - |
| | - Hospital brochures | 2 | 18% | 2/11 | 2 | - |
| | - Other patients | 3 | 27% | 3/11 | 3 | - |

| | | | | | | | |
|---|----------------------------------|-----|------|-------|---|----|-----------|
| -Partnership with HCP | 11 | 36% | 4/11 | 4 | - | | |
| -Goals, action, evaluating | 13 | 36% | 4/11 | 4 | - | | |
| Implementation of SM intervention by HCPs | - Health education | 6 | 50% | 5/10 | - | 5 | 54% 14/26 |
| Barriers, (anticipated) facilitators and needs | | | | | | | |
| Barriers | | | | | | | |
| ● Knowledge | | 53 | 76% | 16/21 | 9 | 7 | |
| | - General knowledge of CKD | 19 | 57% | 12/21 | 6 | 6 | |
| | - Knowledge of diet restrictions | 21 | 52% | 11/21 | 7 | 4 | |
| | - Knowledge of treatment | 12 | 38% | 8/21 | 5 | 3 | |
| ● Environmental context and resources | | 49 | 90% | 19/21 | 9 | 10 | |
| | - Limited resources | 31 | 52% | 11/21 | 4 | 7 | |
| | - Time constraints | 14 | 90% | 9/10 | 1 | 9 | |
| ● Behavioral regulation | | 15 | 55% | 6/11 | 6 | - | |
| ● Emotion | | 9 | 60% | 6/10 | - | 6 | |
| ● Social influence | | 15 | 90% | 9/10 | - | 9 | |
| | - Lack of family support | 5 | 50% | 5/10 | - | 5 | |
| | - Communication barrier | 8 | 50% | 5/10 | - | 5 | |
| (anticipated) Facilitators | | | | | | | |
| ● Knowledge | | 52 | 57% | 12/21 | 4 | 8 | |
| ● Environmental context and resources | | 49 | 71% | 15/21 | 6 | 9 | |
| | - Access to resources | 23 | 43% | 9/21 | 4 | 5 | |
| | - Electronic Health | 19 | 48% | 10/21 | 5 | 5 | |
| ● Social influence | | 42 | 76% | 16/21 | 7 | 9 | |
| | - Family support | 13 | 48% | 10/21 | 5 | 5 | |
| | - Patient-HCP communication | 19 | 43% | 9/21 | 3 | 6 | |
| ● Behavioral regulation | | 9 | 45% | 5/11 | 5 | - | |
| Needs | | | | | | | |
| ● Environmental context and resources | - Electronic Health | 10 | 38% | 8/21 | 4 | 4 | |
| ● Knowledge | | 36 | 57% | 12/21 | 5 | 7 | 31% 8/26 |

CKD, chronic kidney disease; SM, self-management; P: patient; HCP: health care professional.

* Percentage of stakeholder mentioning the topic in interviews.

† Percentage of observed constructs in observations.

‡ Not applicable.