

Multimedia Appendix 5. TH Intervention characteristics of included studies.

Authors	Settings	Intervention with TH	Mode of delivery	Frequency and duration	Control group treatment
Antoniades et al., 2012 [1]	Patient home	Online COPD Self-management education	Web-based	1×/day for 12 months	Usual care
Berkhof et al., 2015 [2]	Medical centre & patient home	Phone calls education and follow ups	Telephone	Call / 2 weeks for 6 months	Usual care
Calvo et al, 2014 [3]	Patient home	Home care with TH	Web-based and telephone	1×/day for 7 months	Usual care
Cameron-Tucker et al.,2016 [4]	Medical centre & patient home	Written home exercise with TH	Telephone	Call / 2 weeks for 2 weeks	Usual care
Chau et al., 2012 [5]	Patient home	Telecare services	Web-base and telephone	3×/day for 2 menthes	Community services
De San Miguel et al, 2013 [6]	Patient home	Written COPD Self-management education	Telephone	1×/day for 6 months	Usual care
Dinesen et al 2012 [7]	Patient home	Telerehabilitation	Video calls	1×/day for 4 months	Instructional book
Farmer et al., 2017 [8]	Patient home	COPD self-management education with TH	Web-based	1×/day for 12 months	COPD self-management education without TH
Halpin et al., 2011 [9]	Patient home	Automated text messages system	Text message	1×/day for 4 months	NR
Ho et al., 2016 [10]	Patient home	Telemonitoring	Web-based and telephone	1×/day for 2 months	Usual care
Jakobsen et al., 2015 [11]	Patient home	Virtual hospital	NR	1×/day for 6 months	Regular hospitalization
Koff et al., 2009 [12]	Patient home	Online COPD Self-management education	Web-base and telephone	1×/day for 3 months	Usual care
Lewis et al., 2011 [13]	Patient home	Home monitoring	telephone	2×/day for 6 months	Usual care
Lilholt et al., 2017 [14]	Patient home & community centre	Telerehabilitation	Web-based, and telephone	NR	Usual rehabilitation
McDowell ,2015 [15]	Patient home	Home-based health care	Telephone	1×/day for 6 months	Usual care
Nield et al., 2012 [16]	Patient home	Online COPD Self-management education	Video calls	1×/week for 1 month	Usual care and face -to-face education
Pedone et al., 2013 [17]	Patient home	Telemonitoring	Web-based, telephone, and algorithm	1× /day for 9 months	Usual care
Pinnock et al., 2013 [18]	Patient home	Online COPD Self-management education	Web-based, telephone, and algorithm	1× /day for 12 months	Usual care
Ringbeak et al., 2015 [19]	Patient home	Online COPD Self-management education and home exercise	Video calls	3× /week for 6 months	Usual care
Ringbeak et al.,2016 [20]	Patient home& outpatient	Online COPD Self-management education and home exercise	Web-based, video calls	NR	Usual PR
Schou et al., 2013 [21]	Patient home	NR	Video calls	1× /day for 3 months	Regular hospitalization.
Shany et al ,2017 [22]	Patient home	Online COPD, Self-management education	Web-based and telephone	1× /day for 12 months	Standard home care

Stickland et al., 2011 [23]	Community centre	Online COPD Self-management education	Web-based and video calls	2x/ week	Usual PR
Tabak et al., 2014 [24]	Patient home	Online COPD Self-management education	Web-based and Video calls	1x /day for 9 months	Usual care
Trappenburg et al.,2008 [25]	Patient home	Software COPD Self-management education	Telephone	1x /day for 6 months	Usual care
Tsai et al.,2017 [26]	Patient home	Online COPD Self-management education and home exercise	Video calls	3x/ week	Usual PR
Vianello et al., 2016 [27]	Hospital	Online COPD Self-management education	Web-based and telephone	1x /day for 12 months	Usual care

Abbreviations: N: Number; x: Time (s); /: every; PR: Pulmonary rehabilitations; NR: Not reported.

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