

Table 1: Self-monitoring components - factors to be considered at each stage in the design of a self-monitoring intervention

Stage				
Factor	Education	Self-measurement	Adjustment/Adherence	Health care professional contact
Purpose	<i>What is the purpose?</i> <ul style="list-style-type: none"> To increase knowledge To provide skills To increase compliance To increase motivation 	<i>What is the purpose?</i> <ul style="list-style-type: none"> To provide information To increase compliance To increase motivation 	<i>What is the purpose?</i> <ul style="list-style-type: none"> Titration of medication Titration of behaviour Adherence to medication regime Adherence to behaviour regime 	<i>What is the purpose?</i> <ul style="list-style-type: none"> To provide education To increase compliance To increase motivation Safety
People	<i>Who receives the education?</i> <ul style="list-style-type: none"> Patients Health care providers 	<i>Who is the information for?</i> <ul style="list-style-type: none"> Patients Health care providers 	<i>Who adjusts/adheres?</i> <ul style="list-style-type: none"> Patients Health care provider 	<i>Which health professionals?</i> <ul style="list-style-type: none"> Doctors Nurses Other
Content	<i>What type of education?</i> <ul style="list-style-type: none"> Theoretical basis Content Mode of delivery Support materials 	<i>What test is to be used?</i> <ul style="list-style-type: none"> Accuracy of the test Feasibility in this setting 	<i>What is adjusted/adhered to?</i> <ul style="list-style-type: none"> Medication Behaviour 	<i>What is the format of the contact?</i> <ul style="list-style-type: none"> Effectiveness Cost
Timing	<i>What timing is optimal?</i> <ul style="list-style-type: none"> Should it be once off or repeated How long between sessions Is it sustainable 	<i>What timing is optimal?</i> <ul style="list-style-type: none"> How long should the run in be <i>What is the frequency of measurements and does it take account of:</i> <ul style="list-style-type: none"> The signal to noise ratio Fatigue factor and compliance 	<i>What is the frequency of adjustments considering:</i> <ul style="list-style-type: none"> The signal to noise ratio Fatigue factor and compliance 	<i>What is the timing of the contact?</i> <ul style="list-style-type: none"> Feasibility Compliance
Other	<i>Should the learning be assessed?</i> <ul style="list-style-type: none"> How many assessments What level of success before allowing self-measurement How much re-training 	<i>What quality assurance is required?</i> <ul style="list-style-type: none"> Internal QA and External QA How often should QA be conducted? <i>What is recorded?</i> <ul style="list-style-type: none"> How reliable is the recording method How accurate is the recording method Is electronic recording available and feasible 	<i>What guidance is provided?</i> <ul style="list-style-type: none"> Algorithm Web based guidance Clinician guidance 	<i>Other?</i> <ul style="list-style-type: none"> Algorithm based contact Video conference

