

**Supplemental Table 1** Total scores of self-management behaviors and scores of each dimension before and after intervention across different demographic characteristics.



Yes	50.25 ± 8.23	31.15 ± 6.78	15.07 ± 3.07	13.85 ± 3.71	110.33 ± 17.84	58.82 ± 4.90	37.55 ± 3.32	17.29 ± 1.67	16.73 ± 2.19	130.38 ± 9.47
No	51.89 ± 7.03	32.79 ± 7.40	15.37 ± 2.83	14.59 ± 3.58	114.65 ± 16.87	59.25 ± 4.70	37.97 ± 4.16	17.21 ± 1.85	17.29 ± 2.05	131.72 ± 9.84

P1: Health Behavior Management; P2: Disease Cognition and Perception; P3: Psychological and Emotional Management;

P4: Information Acquisition and Decision-Making Participation

**Supplemental Table 2** Comparison of total scores and scores in various dimensions of self-management behavior before and after intervention by gender.

Characteristics,	男 (n = 94)	女 (n = 119)	p
Mean $\pm$ SD			
P1	8.1 $\pm$ 4.4	7.3 $\pm$ 3.6	0.13
P2	5.8 $\pm$ 3.8	5.3 $\pm$ 4.1	0.34
P3	2.1 $\pm$ 1.7	1.8 $\pm$ 1.5	0.12
P4	3.1 $\pm$ 2.0	2.5 $\pm$ 2.0	0.04
Total score	19.1 $\pm$ 9.6	16.8 $\pm$ 8.5	0.07

P1: Health Behavior Management; P2: Disease Cognition and Perception; P3: Psychological and Emotional Management; P4: Information Acquisition and Decision-Making Participation

**Supplemental Table 3** Comparison of total scores and scores in various dimensions of self-management behavior before and after intervention by age.

Characteristics,	$\leq 30$ (n = 46)	31-40 (n = 44)	41-50 (n = 34)	51-60 (n = 40)	$> 60$ (n = 49)	p
Mean $\pm$ SD						
P1	7.1 $\pm$ 3.5	7.0 $\pm$ 3.7	7.5 $\pm$ 4.0	8.8 $\pm$ 4.9	8.1 $\pm$ 4.0	0.24
P2	5.5 $\pm$ 4.1	4.5 $\pm$ 3.2	6.1 $\pm$ 5.0	5.8 $\pm$ 3.9	5.7 $\pm$ 4.0	0.44
P3	1.6 $\pm$ 1.5	2.0 $\pm$ 1.4	2.0 $\pm$ 1.8	2.4 $\pm$ 1.8	1.8 $\pm$ 1.6	0.25
P4	2.0 $\pm$ 1.5	2.2 $\pm$ 1.6	3.0 $\pm$ 2.2	3.0 $\pm$ 1.8	3.5 $\pm$ 2.3	< 0.001
Total score	16.2 $\pm$ 8.0	15.7 $\pm$ 8.0	18.7 $\pm$ 9.8	19.9 $\pm$ 10.1	19.0 $\pm$ 9.1	0.13

P1: Health Behavior Management; P2: Disease Cognition and Perception; P3: Psychological and Emotional Management; P4: Information Acquisition and Decision-Making Participation

**Supplemental Table 4** Comparison of total scores and scores in various dimensions of self-management behavior before and after intervention by educational.

Characteristics, Mean ± SD	Junior high school and below (n = 94)	High school/technical secondary school (n = 21)	College/bachel or's degree (n = 93)	Master degree or above (n = 5)	p
P1	8.7 ± 4.3	8.0 ± 4.2	6.7 ± 3.5	6.4 ± 2.2	0.006
P2	6.1 ± 4.0	5.5 ± 4.4	4.9 ± 3.9	6.4 ± 2.1	0.23
P3	2.1 ± 1.8	1.7 ± 1.4	1.8 ± 1.4	2.4 ± 1.8	0.31
P4	3.3 ± 2.1	2.4 ± 1.7	2.3 ± 1.8	1.2 ± 1.6	0.002
Total score	20.1 ± 9.5	17.6 ± 10.2	15.7 ± 8.0	16.4 ± 5.3	0.008

P1: Health Behavior Management; P2: Disease Cognition and Perception; P3: Psychological and Emotional Management; P4: Information Acquisition and Decision-Making Participation

**Supplemental Table 5** Comparison of total scores and scores in various dimensions of self-management behavior before and after intervention by Occupations.

Characteristics, Mean ± SD	Organs/institutions (n = 74)	Enterprises /business people (n = 5)		Students (n = 2)	Agricultural laborer (n = 56)	retirees (n = 15)	Private enterprise(n = 2)	Other (n = 59)	p
P1	6.4 ± 3.2	6.4 ± 2.1		3.5 ± 2.1	9.5 ± 4.6	6.7 ± 2.5	18.0 ± 1.4	7.7 ± 3.8	< 0.001
P2	4.3 ± 3.3	4.2 ± 5.7		4.5 ± 3.5	6.2 ± 4.0	5.2 ± 3.3	14.0 ± 2.8	6.2 ± 4.3	0.003
P3	1.6 ± 1.2	1.8 ± 1.1		3.0 ± 1.4	2.0 ± 1.9	2.0 ± 1.3	4.0 ± 0.0	2.2 ± 1.8	0.23
P4	2.1 ± 1.5	2.4 ± 2.1		2.5 ± 0.7	3.2 ± 2.2	3.3 ± 1.8	5.5 ± 2.1	2.8 ± 2.2	0.01
Total score	14.5 ± 6.6	14.8 ± 9.4		13.5 ± 7.8	20.9 ± 10.2	17.2 ± 5.0	41.5 ± 3.5	19.0 ± 9.3	< 0.001

P1: Health Behavior Management; P2: Disease Cognition and Perception; P3: Psychological and Emotional Management; P4: Information Acquisition and Decision-Making Participation

**Supplemental Table 6** Comparison of total scores and scores in various dimensions of self-management behavior before and after intervention by Medical insurance.

Characteristics, Mean $\pm$ SD	Basic medical insurance for employees (n = 113)	Basic medical insurance for urban and rural residents (n = 97)	No health insurance (n = 3)	p
P1	6.7 $\pm$ 3.2	8.8 $\pm$ 4.7	8.0 $\pm$ 2.6	0.001
P2	4.8 $\pm$ 3.6	6.3 $\pm$ 4.4	6.0 $\pm$ 2.6	0.02
P3	1.8 $\pm$ 1.3	2.1 $\pm$ 1.9	2.3 $\pm$ 2.3	0.21
P4	2.4 $\pm$ 1.7	3.1 $\pm$ 2.3	2.3 $\pm$ 1.5	0.03
Total score	15.7 $\pm$ 7.2	20.4 $\pm$ 10.4	18.7 $\pm$ 7.6	< 0.001

P1: Health Behavior Management; P2: Disease Cognition and Perception; P3: Psychological and Emotional Management; P4: Information Acquisition and Decision-Making Participation

**Supplemental Table 7** Comparison of total scores and scores in various dimensions of self-management behavior before and after intervention by Smoking.

Characteristics, Mean $\pm$ SD	Smoking (n = 53)	No Smoking (n = 160)	p
P1	8.8 $\pm$ 4.5	7.3 $\pm$ 3.8	0.019
P2	6.2 $\pm$ 4.3	5.2 $\pm$ 3.9	0.114
P3	2.2 $\pm$ 1.8	1.8 $\pm$ 1.5	0.153

P4	$2.8 \pm 2.0$	$2.7 \pm 2.0$	0.771
Total score	$20.1 \pm 10.4$	$17.1 \pm 8.5$	0.04

P1: Health Behavior Management; P2: Disease Cognition and Perception; P3: Psychological and Emotional Management; P4: Information Acquisition and Decision-Making Participation

**Supplemental Table 8** Comparison of total scores and scores in various dimensions of self-management behavior before and after intervention by drinking.

Characteristics, Mean $\pm$ SD	drinking (n = 55)	No drinking (n = 158)	p
P1	$8.6 \pm 4.6$	$7.4 \pm 3.8$	0.06
P2	$6.4 \pm 4.3$	$5.2 \pm 3.8$	0.05
P3	$2.2 \pm 1.9$	$1.8 \pm 1.5$	0.13
P4	$2.9 \pm 2.1$	$2.7 \pm 2.0$	0.57
Total score	$20.1 \pm 10.3$	$17.1 \pm 8.5$	0.04

P1: Health Behavior Management; P2: Disease Cognition and Perception; P3: Psychological and Emotional Management; P4: Information Acquisition and Decision-Making Participation