

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

[illegible]

Organs/institutions	54.4±6.7	34.5±6.5	16.0±2.3	15.6±3.0	120.5±14.5	60.8±4.5	38.8±3.8	17.6±1.7	17.8±1.9	135.0±9.0
Enterprises/business people	51.2±4.6	37.8±6.7	14.8±2.8	14.8±4.0	118.6±9.3	57.6±5.5	42.0±2.1	16.6±1.9	17.2±2.4	133.4±4.0
Student	56.0±1.0	34.5±5.5	14.5±1.5	16.0±1.0	121.0±9.0	59.5±0.5	39.0±3.0	17.5±0.5	18.5±0.5	134.5±3.5
Agricultural laborer	48.8±7.3	30.6±7.6	15.0±3.2	13.4±3.7	107.8±17.6	58.2±4.5	36.8±4.3	16.9±1.9	16.9±2.0	128.6±9.7
retirees	52.6±3.9	33.0±5.6	15.6±2.2	13.9±2.4	115.1±10.4	59.3±3.4	38.2±3.2	17.6±1.5	17.3±1.3	132.3±7.8
Private enterprise	38.0±3.0	19.5±1.5	13.0±1.0	10.5±1.5	81.0±1.0	56.0±2.0	33.5±0.5	17.0±1.0	16.0±0.0	122.5±3.5
Other	50.4±7.6	31.1±7.2	14.8±3.2	14.0±4.1	110.2±18.2	58.1±5.1	37.3±3.6	17.0±1.8	16.8±2.3	129.2±10.2
Medical insurance										
Basic medical insurance for employees	53.2±6.6	33.7±6.6	15.6±2.6	15.1±3.2	117.6±15.2	59.9±4.6	38.5±3.8	17.4±1.8	17.5±2.0	133.2±9.2
Basic medical insurance for urban and rural residents	49.5±7.8	30.8±7.7	14.9±3.2	13.6±3.9	109.0±18.3	58.3±4.8	37.2±4.1	17.1±1.8	16.8±2.2	129.3±10.0
No health insurance	50.0±5.9	31.0±5.0	15.0±2.2	13.3±1.9	109.3±13.9	58.0±4.1	37.0±2.9	17.3±0.5	15.7±1.2	128.0±8.0
Smoking										
Yes	48.9±8.0	31.1±7.2	14.8±3.0	13.8±3.7	108.7±18.3	57.7±5.5	37.3±3.9	17.0±1.7	16.6±2.2	128.7±10.2
No	52.3±7.0	32.8±7.3	15.5±2.8	14.6±3.6	115.1±16.6	59.6±4.4	38.0±4.0	17.3±1.8	17.3±2.0	132.3±9.4
drinking										

Yes	50.25±	31.15±	15.07±	13.85±	110.33±	58.82±	37.55±	17.29±	16.73±	130.38±
	8.23	6.78	3.07	3.71	17.84	4.90	3.32	1.67	2.19	9.47
No	51.89±	32.79±	15.37±	14.59±	114.65±	59.25±	37.97±	17.21±	17.29±	131.72±
	7.03	7.40	2.83	3.58	16.87	4.70	4.16	1.85	2.05	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	女	p
Mean \pm SD	(n = 94)	(n = 119)	
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,	≤ 30 (n = 46)	31-40	41-50	51-60	> 60	p
Mean \pm SD		(n = 44)	(n = 34)	(n = 40)	(n = 49)	
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 \pm 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 \pm 4.3	8.0 \pm 4.2	6.7 \pm 3.5	6.4 \pm 2.2	0.006
P2	6.1 \pm 4.0	5.5 \pm 4.4	4.9 \pm 3.9	6.4 \pm 2.1	0.23
P3	2.1 \pm 1.8	1.7 \pm 1.4	1.8 \pm 1.4	2.4 \pm 1.8	0.31
P4	3.3 \pm 2.1	2.4 \pm 1.7	2.3 \pm 1.8	1.2 \pm 1.6	0.002
Total score	20.1 \pm 9.5	17.6 \pm 10.2	15.7 \pm 8.0	16.4 \pm 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 \pm SD	Organs/inst itutions (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 \pm 3.2	6.4 \pm 2.1	3.5 \pm 2.1	9.5 \pm 4.6	6.7 \pm 2.5	18.0 \pm 1.4	7.7 \pm 3.8	< 0.001
P2	4.3 \pm 3.3	4.2 \pm 5.7	4.5 \pm 3.5	6.2 \pm 4.0	5.2 \pm 3.3	14.0 \pm 2.8	6.2 \pm 4.3	0.003
P3	1.6 \pm 1.2	1.8 \pm 1.1	3.0 \pm 1.4	2.0 \pm 1.9	2.0 \pm 1.3	4.0 \pm 0.0	2.2 \pm 1.8	0.23
P4	2.1 \pm 1.5	2.4 \pm 2.1	2.5 \pm 0.7	3.2 \pm 2.2	3.3 \pm 1.8	5.5 \pm 2.1	2.8 \pm 2.2	0.01
Total score	14.5 \pm 6.6	14.8 \pm 9.4	13.5 \pm 7.8	20.9 \pm 10.2	17.2 \pm 5.0	41.5 \pm 3.5	19.0 \pm 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 ± 2.0	2.7 ± 2.0	0.771
Total score	20.1 ± 10.4	17.1 ± 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 ± SD	drinking (n = 55)	No drinking (n = 158)	p
P1	8.6 ± 4.6	7.4 ± 3.8	0.06
P2	6.4 ± 4.3	5.2 ± 3.8	0.05
P3	2.2 ± 1.9	1.8 ± 1.5	0.13
P4	2.9 ± 2.1	2.7 ± 2.0	0.57
Total score	20.1 ± 10.3	17.1 ± 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