S1 Figure: Self-efficacy for Managing Chronic Disease 6-item Scale (Lorig et al 2001)

1. How confident are you that you can keep the fatigue caused by your disease from interfering with the things you want to do?

   | Not at all |  |  |  |  |  |  |  |  | Totally confident
   | 1 2 3 4 5 6 7 8 9 10 confident

2. How confident are you that you can keep the physical discomfort or pain of your disease from interfering with the things you want to do?

   | Not at all |  |  |  |  |  |  |  |  | Totally confident
   | 1 2 3 4 5 6 7 8 9 10 confident

3. How confident are you that you can keep the emotional distress caused by your disease from interfering with the things you want to do?

   | Not at all |  |  |  |  |  |  |  |  | Totally confident
   | 1 2 3 4 5 6 7 8 9 10 confident

4. How confident are you that you can keep any other symptoms or health problems you have from interfering with the things you want to do?

   | Not at all |  |  |  |  |  |  |  |  | Totally confident
   | 1 2 3 4 5 6 7 8 9 10 confident

5. How confident are you that you can do the different tasks and activities needed to manage your health condition so as to reduce your need to see a doctor?

   | Not at all |  |  |  |  |  |  |  |  | Totally confident
   | 1 2 3 4 5 6 7 8 9 10 confident

6. How confident are you that you can do things other than just taking medication to reduce how much your illness affects your everyday life?

   | Not at all |  |  |  |  |  |  |  |  | Totally confident
   | 1 2 3 4 5 6 7 8 9 10 confident