

A systematic review and metaethnography to identify how effective, cost-effective, accessible and acceptable self-management support interventions are for men with long-term conditions (SELF-MAN)

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Plain English summary

Self-management support interventions for men

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The number of people living with a long-term condition (LTC), such as diabetes, heart failure or arthritis, is set to grow rapidly over the coming years. There are a number of different types of support that can help individuals to 'self-manage' their LTC better and live a better quality of life. However, men appear to underuse health-care services, and we currently do not know what types of self-management support are most effective and appealing to men living with LTCs.

This project reviewed the current research evidence to see if certain types of self-management support are more appealing to, and work better in, men with LTCs. We examined 40 studies of self-management support across varied LTCs to see how effective different types of support service were in men compared with women. We also examined 38 studies of men's experiences of self-management support to see if there were any key themes or common patterns in the evidence.

There were no consistent findings that certain types of self-management support work better or worse in men than in women, but we found that support that involved physical activity, education or peer support may work well at improving men's quality of life.

We found that men may find self-management support more appealing if it has a clear purpose, involves activity and offers practical strategies that can be integrated into daily life. Further research is needed to identify the important factors that make self-management support services effective and attractive to men with LTCs.

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