

## Supplementary Table 5. Acute attacks

*Frequency and duration of acute attacks by group and stage previous 6 months.*

	Moderate		Severe	
	Control	Intervention	Control	Intervention
<b>Frequency of acute attacks - Median (IQR)</b>				
<b>Baseline</b>	5.04 (3.32, 6.76)	3.96 (2.65, 5.27)	5.53 (3.36, 7.69)	6.27 (3.59, 8.95)
<b>24 weeks</b>	0.64 (0.31, 0.97)	1.77 (1.12, 2.41)	1.16 (0.58, 1.73)	1.69 (0.81, 2.57)
<b>Change in frequency</b>	-4.4	-2.19	-4.37	-4.55
<b>Duration in days - Median (IQR)</b>				
<b>Baseline</b>	4.16 (3.12, 5.20)	5.44 (4.20, 6.68)	4.89 (3.51, 6.28)	3.88 (2.57, 5.19)
<b>24 weeks</b>	0.95 (0.58, 1.33)	1.9 (1.37, 2.43)	1.62 (1.01, 2.22)	1.2 (0.63, 1.78)
<b>Change in days</b>	-3.21	-3.54	-3.27	-2.68

*Control = standard self-care, Intervention = enhanced self-care*

*Frequency and duration of acute attacks by group and stage previous one month*

	Moderate		Severe	
	Control	Intervention	Control	Intervention
<b>Frequency of acute attacks - Median (IQR)</b>				
<b>Baseline <i>n=101</i></b>	0.89 (0.59, 1.19)	0.91 (0.63, 1.2)	1.18 (0.73, 1.62)	1.01 (0.54, 1.47)
<b>4 weeks <i>n=84</i></b>	0.71 (0.38, 1.04)	0.62 (0.39, 0.85)	0.71 (0.38, 1.04)	0.91 (0.47, 1.35)
<b>12 weeks <i>n=73</i></b>	0.59 (0.33, 0.84)	0.71 (0.46, 0.96)	0.62 (0.31, 0.94)	0.75 (0.35, 1.15)
<b>24 weeks <i>n=34</i></b>	0.34 (0.14, 0.53)	0.59 (0.36, 0.81)	0.44 (0.18, 0.70)	0.85 (0.42, 1.28)
<b>△ B-24</b>	-0.55	-0.32	-0.74	-0.16
<b>Duration in days - Median (IQR)</b>				
<b>Baseline</b>	4.47 (3.10, 5.85)	2.99 (2.08, 3.91)	3.74 (2.33, 5.16)	4.15 (2.39, 5.91)
<b>4 weeks</b>	1.71 (1.09, 2.33)	2.58 (1.78, 3.39)	1.97 (1.14, 2.79)	2.90 (1.59, 4.21)
<b>12 weeks</b>	1.62 (1.01, 2.23)	1.59 (1.05, 2.13)	1.80 (1.02, 2.58)	1.87 (0.94, 2.81)
<b>24 weeks</b>	0.90 (0.50, 1.31)	1.20 (0.76, 1.63)	0.96 (0.47, 1.44)	1.35 (0.61, 2.08)
<b>△ B-24</b>	-3.57	-1.79	-2.78	-2.80

*Control = standard self-care, Intervention = enhanced self-care*