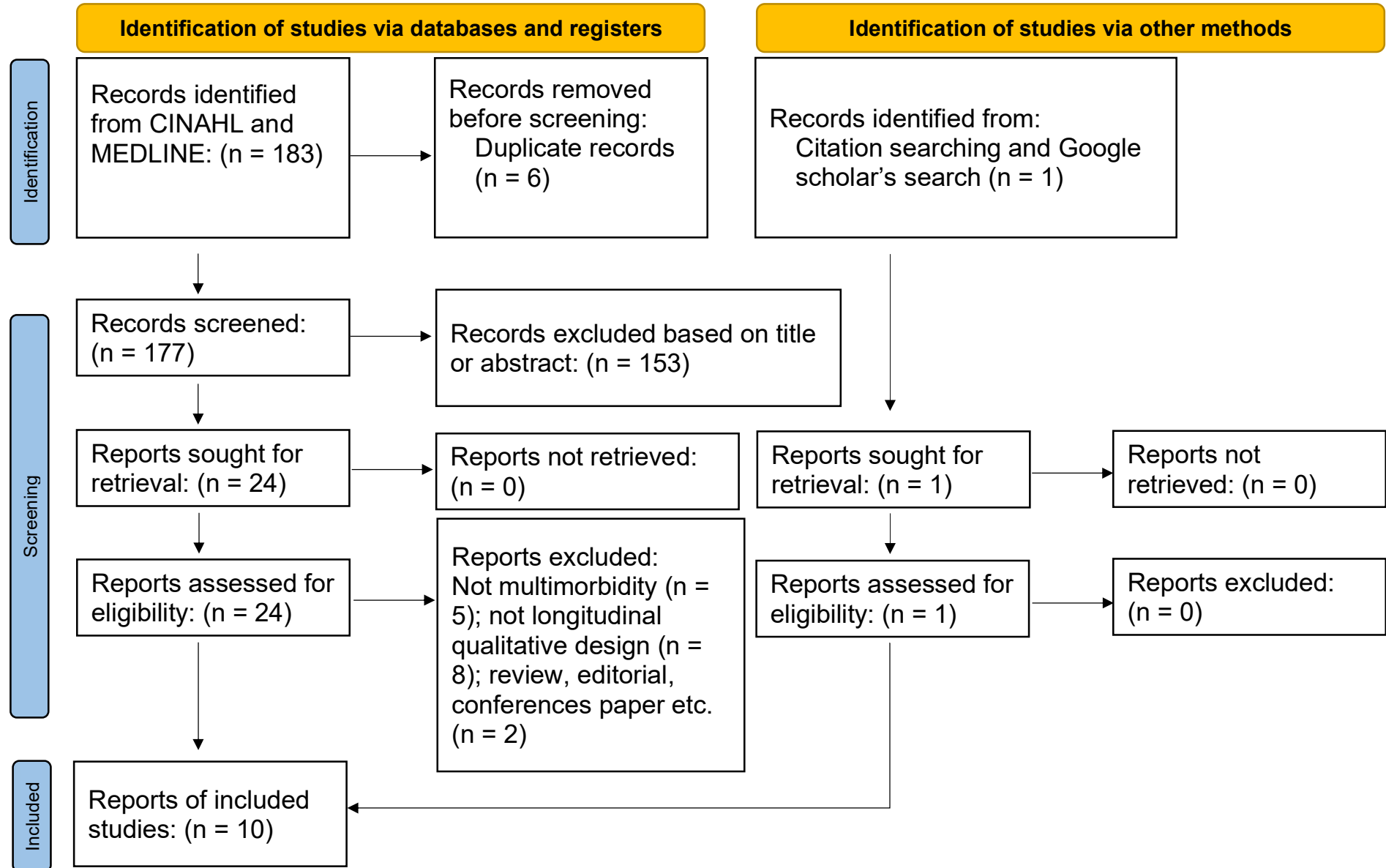


PRISMA 2020 flow diagram for new systematic reviews which included searches of databases, registers and other sources



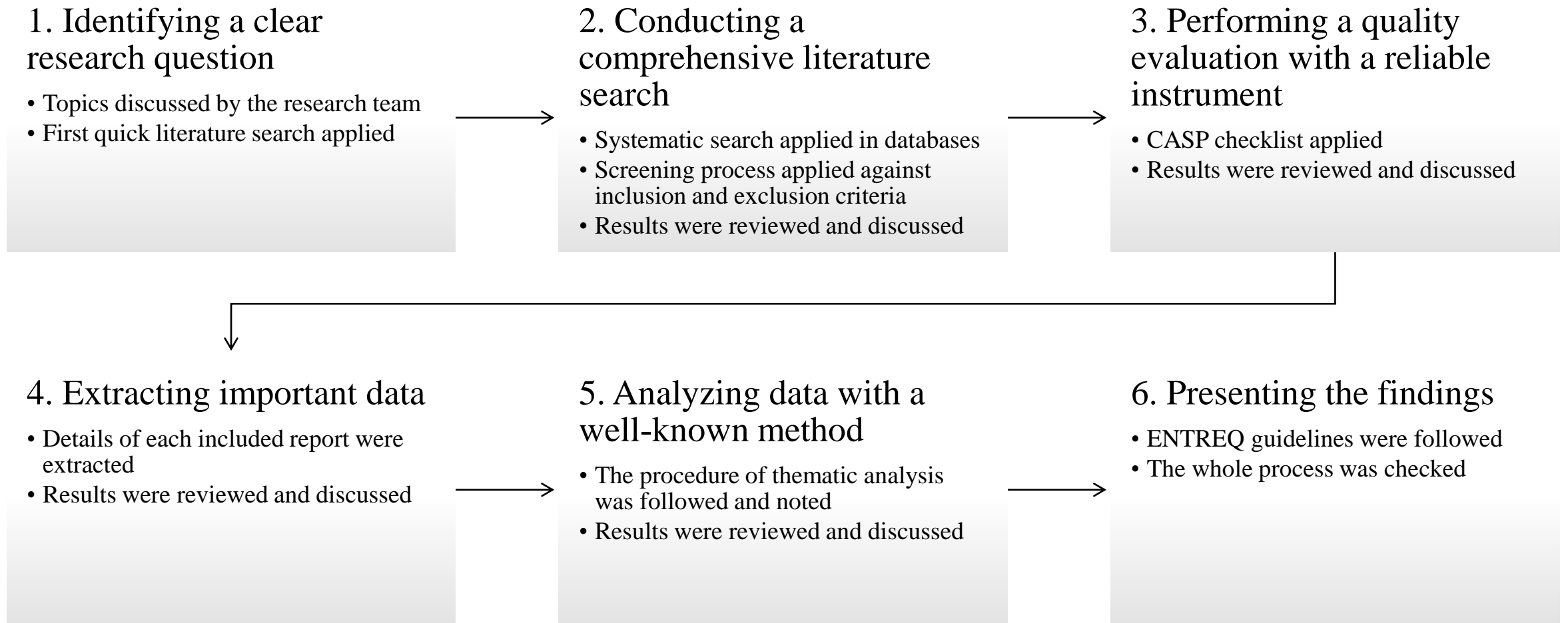


Figure S1. Meta-synthesis procedure

Living experiences with multimorbidity through time

A plain summary

Participants discussed the physical and psychological impacts of multimorbidity, their daily self-management, and the encounter with healthcare providers, emphasizing the importance of family support.

Perceiving multimorbidity

Identity and illness

Impact of chronic illness

Prioritization of health problems

Medication burden

Aging and health

Managing chronic conditions

Adaptation and resilience to illness

Self-sufficiency and autonomy

Goal setting and determination

Emotional struggles in everyday life with multimorbidity

Despair and hopelessness

Frustration and stress

Grief and loss

Self-blame

Lack of energy and motivation

Fear and uncertainty

Interactions with the healthcare system and healthcare professionals

Trust and honesty

Personalized care

Confidence in treatment

Continuity of care

Empathy and understanding

Health communication

Healthcare system

Family Support

Family involvement and support

Economic stability

Advance care planning

Figure S2. Coding tree for thematic analysis

Note: Illustrative quotations are presented in the text.