**Supplementary file 2** Glossary of the main approaches and methodologies for promoting engagement

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| **Level of intervention** | **Approach/**  **Methodology** | **Definition** |
| **Patient/caregiver** | **MOTIVATIONAL INTERVIEWING** | Motivational interviewing is a mean to help the person change his problematic behaviors (for example, substance abuse), by becoming more aware and act on the motivations underlying them. |
| **THERAPEUTIC EDUCATION** | Therapeutic Education allows the person to acquire and maintain the skills and competences that help him live with his illness, in the most effective way. Education includes organized activities of sensitization, information, learning of self-management regarding the illness, prescribed treatment, therapies, hospital and cure context and the information regarding the organization and the health and illness behaviors. It’s designed to help people and their family understand the illness and the treatment, cooperate with the healthcare professionals, live in a healthier way and maintain or improve their quality of life. Therapeutic education trains the individual with an illness so that he can acquire an adequate “knowledge, know-how, and know-how-to-be” to reach a balance between his life and the optimal control of the health condition. This is a continuous process that is an integrating part of the curing process. |
| **PEER EDUCATION** | In peer education, ad adequately trained individual (peer trainer) launches training activities with other peers, which are people with roughly the same age, working condition, gender, status, culture or life experiences. Peer education is part of the “social mediation” learning methods along with cooperative learning and peer tutoring. As a method of intervention in the field of health promotion and more in general in prevention of at-risk behaviors, it is –according to some authors- more appropriately translated to “peer-prevention”. These educational activities aim to strengthen, amongst peers, knowledge, attitudes, and skills that allow the making of responsible choices that are aware of one’s own health. Peer education aims to broaden the window of actions that a person has, and to help the person develop critical thinking on the behaviors that could impede his physical, psychological and social wellbeing and a good quality of life. |
| **Patient/caregiver** | **MINDFULNESS** | The theory of mindfulness starts from the rediscovery of methods of psychological changes shaped around intuitive means of self-knowledge, in addition to discursive and verbal methods of problem-solving. Mindfulness promotes experiences that welcome the present, that allow for a broader and finer understanding of difficulties and tolerance of negative emotions and perceptions as experiences to include and overcome with equanimity in one’s own existential journey. |
| **Healthcare professionals** | **INTER PROFESSIONAL EDUCATION (IPE)** | Educational and training approach dedicated to both university students and to professional’s lifelong training that values an inter-professional exchange, active learning that is situated beyond multi-professional and multi-disciplinary collaboration. |
| **PROBLEM BASED LEARNING (PBL)** | Problem-based learning is a teaching method in which a problem is the starting point of the learning process. PBL belongs to the category of teaching methods that are learner-centered. |
| **EXPERT PATIENTS** | The term “expert patient” was created in 1985 by prof. David Tucket of Cambridge University. An Expert patient is one with experience of his illness and the disease that he is affected with. |
| **EXPANSIVE LEARNING** | Expansive learning is defined by Engeström as follows: ‘Expansive learning is initiated when some individuals involved in a collective activity take the action of transforming an activity system through reconceptualization of the object and the motive of activity embracing a radically wider horizon of possibilities than in the previous mode of activity |
| **Healthcare Organizations** | **PERSONALIZED TREATMENT PLANS** | Set of prescriptions, requirements and clinical care actions that are necessary for a better taken care of of the person, personalized based on his clinical, assistive and social needs. |
| **SERVICE CO-DESIGN/CO-PRODUCTION OF SERVICES** | Prospective that focuses on the involvement of all the significant stakeholders in the definition, design, implementation and assessment of services. Namely, a process of co-production through the participation of the citizens in the realization of the provision of services of public utility, in order to guarantee the construction of a welfare characterized by high levels of quality, which is also democratic and qualifying. |
| **Society** | **SOCIAL MARKETING CAMPAIGNS** | Implementation of concepts and technologies of marketing and other disciplines to reach behavioral goals aimed at improving individual/collective well-being and to contribute in decreasing social inequalities, in the context of the policies of the community in question. |