

Health Literacy And Behavioral Interventions To Improve Self-Management In Chronic Disease Populations

Maha Khaled Aish Altayyer¹, Abdullah Hamed H Almalki², Ali Mannaa Hamdan Alkathiri³, Mohammed Saeed Obidan Almalki⁴, Abdulrahman Jaber Ahmed Aljabri⁵, Abdolaziz Faesal Alradadi⁶, Majed Ali Mosleh Alamri⁷, Abdulrahman Salman Alfaifi⁸, Ibrahim Musallam Alatawi⁹, Shaddah Mabruk Alrashidi¹⁰, Roqayah Muhammad kabir Alamin¹¹, Alaa Awadh G Alhusayni¹², Marwah salem alsahli¹³, Yasien Abdulhameed Husa¹⁴, Aeshah Baraka Mabrook Aljuhani¹⁵

¹Ohud hospital - Medina

²1st Health cluster -Riyadh

³Erada Complex for Mental Health - Tabuk

⁴Erada Complex for Mental Health - Tabuk

⁵Erada Complex for Mental Health Tabuk

⁶Aleskan Health Center - Tabuk

⁷Eradah Complex for Mental Health - Tabuk

⁸Erada Complex for Mental Health - Tabuk

⁹Erada Complex for Mental Health - Tabuk

Home Health care Administration – Medina¹⁰

¹¹Nursing Quality at primary health care - Medina

¹²Alqaswa primary health care center - Medina

¹³Alqaswa primary health care center -Mednia

¹⁴Maternity and child hospital - Medina

¹⁵Nursing Quality at primary health care - Medina

Abstract

Chronic illnesses, including diabetes, cardiovascular disease, and hypertension, are the major causes of morbidity and mortality worldwide, which require chronic self-management by the patient and professional care. Behavioral interventions and health literacy are critical in helping individuals gain control, self-monitor, and change the health behaviors required to control diseases in the long term. This study reviewed the moderating role of health literacy in the efficacy of behavioral interventions aimed at achieving self-management among adults with chronic diseases. The quantitative part was conducted with a systematic review and meta-analysis of 25 articles (n = 5,348), and the qualitative part involved semi-structured interviews with the medical personnel and patients. The results showed that interventions that used health literacy principles, including patient education, motivational interviewing, and peer-support programs, generated strong changes in medication adherence, lifestyle change, and clinical outcomes, including the reduction of HbA1c and the control of blood pressure. In addition, health literacy was found to be an important moderator that enhances the effectiveness of interventions among populations. In nursing terms, the findings indicate the paramount role that nurses play in determining the level of literacy, customizing the message, and instating behavior change in patients by educating and supporting them on a continuous basis. The findings provide a strong rationale for implementing health-literacy-focused, behavioral-based interventions in nursing practice to improve chronic disease self-management and achieve optimal patient outcomes.

Keywords: Organizational control, Autocratic leadership, Team performance.

Introduction

1.1 Background: Global and National Prevalence and Impact of Chronic Diseases.

The major causes of morbidity and mortality worldwide are chronic diseases, including diabetes, cardiovascular diseases, and chronic respiratory diseases. The World Health Organization (WHO) estimates that about 71 percent of the global deaths are due to chronic diseases, and thus, this is a leading health issue of concern to the population. In 2020, 41 million individuals were estimated to die of non-communicable diseases (NCDs), with heart disease, diabetes, and chronic respiratory diseases being the most common. These diseases are a huge healthcare burden in the country, which increases the high cost of health facilities, as the illnesses require long-term care, hospitalizations, and outpatient services. The ageing population worldwide, unhealthy eating, lack of exercise, and environmental influences are some of the factors contributing to the growing prevalence of chronic diseases and worsening the situation.

Due to the ever-increasing prevalence of chronic diseases, there is an urgent need to consider the best ways of managing these conditions. Self-management is one of the most promising methods, in which patients are empowered and made to control their health through treatment regimens, symptom monitoring, and informed decisions regarding their care.

1.2 The Importance of Self-Management in the Care of Chronic Diseases.

The ability to manage oneself is vital for enhancing the quality of life and health experiences among people living with chronic illnesses. This means the capability of a person to cope with the physical, emotional, and social perspectives of life with a chronic disease, such as medication adherence, symptom management, diet change, and exercise. Self-management has also been shown to be an effective tool for controlling disease, lowering hospitalization, and enhancing general health. For example, self-management interventions, such as blood glucose, dietary, and physical activity in patients with diabetes, have the capacity to sustain glycemic control and avoid complications associated with diabetes, such as neuropathy, retinopathy, and cardiovascular disease. On the same note, stroke, heart attack, and kidney disease can be prevented among hypertensive patients who regularly monitor their blood pressure, take medications, and change their lifestyles.

Although this is important, there are a lot of people with chronic conditions who have problems with self-management. Barriers to self-management include the inability to obtain sufficient information about the disease, cope with treatment, emotional distress, and inadequate access to health care. Behavioral interventions and health literacy assume important roles in patient empowerment and in dealing with these issues.

1.3 Health Literacy Definitions and the Relevance of Health Literacy in Healthcare.

Health literacy refers to the capacity to acquire, comprehend, and use information about health to make sound decisions about health. It is not only the skill to read medical instructions but also to understand, work out the complicated information, understand the health care systems, and make the right decision regarding treatment and lifestyle. Health literacy is especially important in the case of chronic disease management, and patients need to know their condition, the prescribed medications, and the lifestyle changes needed to manage their disease.

Studies have established that people with poor health literacy are at risk of poor health outcomes. They may misinterpret medical instructions, find it difficult to comply with treatment procedures, and have poor communication with healthcare providers. This tends to result in medication non-adherence, more emergency visits, and higher hospitalization. For example, Osborn (2018) established that poor health literacy was linked with poor glycemic control among patients with diabetes because they struggled to comprehend dietary regulations and medication dosages, among other things.

1.4 Behavioral Interventions Introduction Behavioural interventions

Behavioral interventions refer to actions, particularly those that we do voluntarily or that happen naturally (and occasionally without our awareness), to manage chronic diseases such as diabetes, heart disease, and various cancers.

Behavioral interventions are aimed at changing patients' health practices to enhance the self-management of chronic conditions. These interventions encompass a broad spectrum of interventions, such as patient education programs, motivational interviewing, cognitive-behavioral therapy, peer support programs, and technology-assisted interventions, such as mobile health apps and telemedicine. The interventions are aimed at empowering people to be healthier, be in a better position to control their symptoms, and adhere to treatment regimens.

Behavioral interventions have demonstrated potential for enhancing health outcomes in several chronic conditions. Motivational interviewing has been successful in increasing medication adherence and improving lifestyle changes in patients with hypertension and diabetes. Similarly, peer support programs have also assisted people with chronic illnesses to feel more supported and in touch, which has been linked to better disease management and enhanced quality of life.

1.5 Problem Statement: Rebate in Effective Self-Management and the Impact of Health Literacy and Behavioral Interventions.

Although the importance of self-management has been established, many patients with chronic conditions are challenged by many barriers to the proper management of their conditions. Such obstacles include a lack of health literacy, insufficient support, and a lack of access to resources. Although behavioral interventions have been proven to yield good results in self-care, the outcomes are limited by the health literacy level of patients. The relationship between health literacy and behavioral intercessions is multifaceted, and further research is required to determine how health literacy may be used to affect the effectiveness of these intercessions and the most profitable strategies to enhance self-management among people with chronic illnesses.

1.6 Research Question(s) / Aim(s) of the Study

The research questions that will be answered in this study are as follows:

What is the role of health literacy in the effectiveness of behavioral interventions in the self-management of chronic diseases?

Which are the most significant behavioral interventions for enhancing self-management in chronic disease populations?

The goal is to determine the strategies that can be used to integrate health literacy enhancement with behavioral interventions to promote self-management and health outcomes among the chronic disease population.

1.7 Significance of the Study

The implications of the findings of this study will be immense for healthcare providers, policymakers, and patients. For healthcare practitioners, knowledge about the importance of health literacy in the self-management of chronic diseases enables the management of interventions to be more responsive to the needs of patients. This study will also guide policymakers in developing programs and policies related to health literacy and promoting effective self-management. For patients, this research will offer knowledge on how they can achieve their health outcomes through better understanding and involvement in their own care.

2. Review Of literature

2.1 The conceptualization of health

Literacy is an important factor that determines the success of people in managing their health, especially in chronic disease situations. The definition of health literacy has developed, and the earliest definitions were in terms of one being able to read and comprehend health information. Modern models are more

comprehensive and incorporate the capacity to process, interpret, and put medical information into practice, navigate healthcare systems, and communicate effectively with healthcare providers (Baker et al., 2018).

Various models and definitions of health literacy have been proposed in the healthcare sector.

According to the National Assessment of Adult Literacy (NAAL), health literacy can be described as an individual's ability to access, process, and comprehend simple health-related facts and services to make proper health choices. The Healthy People 2030 initiative, under the leadership of the U.S. The Department of Health and Human Services further extends this definition, implying that health literacy also includes the capacity to make informed choices about health behavior, navigate healthcare systems, and effectively communicate with healthcare providers.

Several health literacy models have been developed. For example, the Functional Health Literacy model emphasizes reading and understanding skills, whereas the Interactive Health Literacy model aims at the capacity of people to communicate with health information and become its active users. The Critical Health Literacy model takes a step further and dwells on the power of individuals in the critical analysis of health information, misinformation, and the promotion of personal health needs (Nutbeam, 2000).

2.1.2 Low Health Literacy and Its Effect on Chronic Disease Outcomes.

Poor health literacy has been linked to continuous poorer results in the management of chronic diseases. Researchers have indicated that patients with poor health literacy tend not to comply with prescription policies, follow-up testing, or perform the required lifestyle modifications (Osborn, 2018). In a systematic review, Paasche-Orlow and Wolf (2019) reported that lower health literacy among patients increased hospitalization, and they were predisposed to poorly controlled chronic diseases, such as diabetes and hypertension. Poor self-management skills and, therefore, poor health outcomes are the results of the inability to comprehend the instructions on how to be treated and the complexity of coping with chronic diseases.

The problem with low health literacy is that one can be not able to comprehend the medical directions and self-care suggestions. For example, patients with diabetes may have difficulties in understanding the diet, medication regimes, and the necessity of frequent blood sugar level checks. Thus, poor health literacy increases the hardships of dealing with complex health conditions that require active involvement, decision-making, and continuous observation.

2.2 Theoretical Models Based on Behavioral Interventions.

Behavioral change theories based on different psychology and social theories form the basis of behavioral intervention programs aimed at the self-management of chronic disease populations. These models offer a basis upon which interventions can change the attitudes, beliefs, and behaviors of patients in relation to health management.

2.2.1 Social Cognitive Theory (SCT)

The Social Cognitive Theory developed by Bandura assumes that personal factors, environmental influences, and behavior interact to influence behavior. This theory revolves around the notion of self-efficacy and argues that more people will adopt health-promoting behaviors when they believe in themselves and their potential to achieve success. SCT underlines the importance of observational learning when people observe and imitate the behavior of others, for example, a healthcare provider or a colleague. SCT has been used in interventions to manage chronic diseases that promote physical activity, dietary changes, and medication adherence by increasing the belief in the ability to make such changes in the patient.

2.2.2 Self-efficacy theory and Transtheoretical Model (TTM).

The Stages of Change model, or the Transtheoretical Model (TTM), explains how people go through various stages in the process of embracing healthy behaviors. These levels are pre-contemplation, contemplation, preparation, action, and maintenance. The model is especially applied in the process of

intervention development to reach people at different levels of behavior modification. TTM-based interventions have been applied in the management of chronic diseases so that patients are reminded of their disease status (contemplation) but are prompted to take positive action in managing their disease (Action and Maintenance).

One of the most significant predictors of the likelihood of patients succeeding in these stages is self-efficacy, as defined by SCT. People who believe that they can manage their condition successfully are more likely to follow behavioral changes. Self-efficacy interventions, such as the establishment of realistic goals and feedback, have been shown to enhance disease management results, especially in patients with diabetes and hypertension (Bandura, 1997).

2.2.3 Health Belief Model (HBM)

Another theoretical model that has been implemented for the self-management of chronic diseases is the Health Belief Model. This implies that people tend to participate in health-promoting behaviors when they feel that they are vulnerable to a health threat (perceived susceptibility), that the health threat has serious outcomes (perceived severity), that undertaking a particular action would lessen the threat (perceived benefits), and that the benefits of taking action will exceed the cost (perceived barriers). HBM-based health interventions focus on raising awareness of the severity and susceptibility to a condition, focusing on the barriers to behavior change, including cost, time, and effort.

The HBM has been applied to interventions in the management of chronic diseases that aim at smoking cessation, adherence to medication use, and healthy eating. For example, in diabetes management, the model will assist patients in learning about the dangers of unregulated blood sugar and adherence to medication regimes.

2.3 Forms of Behavioral Interventions for Self-management of Chronic Diseases.

Chronic disease self-management behavioral interventions include diverse approaches that strive to enhance health behaviors. These interventions are divided into several categories with different approaches and objectives.

2.3.1 Educational Interventions

The most prevalent behavioral intervention is educational intervention applied in the management of chronic diseases. The purpose of these interventions is to enhance knowledge regarding patients' conditions, treatment, and self-management methods. Patient education programs may take different forms, including one-on-one counseling, group workshops, printed materials, and Internet-based resources. Research has revealed that patient education programs focusing on literacy levels and learning styles can considerably enhance patient self-management practices, including medication adherence and lifestyle changes (Lorig et al., 2017).

2.3.2 Motivational Interviewing

Motivational interviewing (MI) is a client-focused form of counseling intended to increase behavior-change motivation by eliminating ambivalence and promoting self-reflection. MI is especially useful when the person is in the initial stages of behavior change and might not be willing to act. MI has been applied to enhance medication adherence, increase physical activity, and enable dietary changes in the context of chronic disease management (Miller & Rollnick, 2013).

2.3.3 Peer Support Programs

Peer support programs entail the support, guidance, and encouragement of people with similar health conditions. Such programs may be conducted in the form of group meetings, one-on-one mentoring, or forums. Peer support has been indicated to enhance self-management and emotional well-being by minimizing feelings of isolation and creating a sense of belonging (Lorig et al., 2006). Peer support programs for patients with diabetes have assisted them in better management of blood glucose levels and embracing healthy lifestyle practices.

2.3.4. The technology assisted interventions include

Mobile health apps, telemedicine, and wearable devices are technology-assisted interventions that are gaining popularity in the self-management of chronic diseases. These interventions offer real-time feedback, notifications, and tracking devices to assist patients in tracking their status and following treatment plans. For example, self-management among patients with diabetes and hypertension has been demonstrated to be enhanced by mobile applications that monitor blood glucose levels or physical activity (Martins & Kuriakose, 2021).

2.3.5. Cognitive-Behavioral Therapy Applications,

Cognitive-behavioral therapy (CBT) refers to a treatment method that focuses on modifying inefficient thoughts and behaviors. CBT has been used in the self-management of chronic diseases to deal with stress, anxiety, and depression, which may have deleterious effects on self-management. CBT interventions have also been found to be especially effective in enhancing the quality of life and decreasing the severity of symptoms in patients with chronic pain and cardiovascular diseases (Becker et al., 2020).

2.4 Evidence of Effective Behavioral Interventions Based on Health Literacy.

Many studies have assessed the self-management of chronic diseases using behavioral interventions. The findings of research have continuously demonstrated that self-management outcomes are likely to be improved when interventions that consider health literacy knowledge and implement measures to enhance literacy are carried out. Lorig et al. (2017) discovered that when patients with diabetes were educated with low-literacy material, they managed their glycemic control and complications better than when they were not. Comparatively, motivational interviewing research has demonstrated that patients with greater self-efficacy have a higher tendency to participate in several behaviors, including medication compliance and physical exercise (Miller and Rollnick, 2013).

2.5 Research Ruptures and the necessity of this study.

Although the outcomes of behavioral interventions are promising, there are gaps in the literature. Most studies can be restricted to a single intervention, but chronic disease management may require a set of interventions based on personal needs. Few studies have determined the interaction of health literacy with different types of interventions, especially in populations with limited access to healthcare or socioeconomic barriers. Further studies are required to determine the best combination of interventions that address both health literacy and behavioral change, as well as how the interventions can be applied to larger and more diverse populations.

Methodology

3.1 Study Design

This mixed-methods study integrated quantitative and qualitative methodologies to provide an in-depth picture of the interaction between health literacy and behavioral interventions in chronic disease self-management. The quantitative part included a systematic review and meta-analysis of peer-reviewed studies that examined the effects of health literacy-focused behavioral interventions on self-management outcomes. The qualitative part included semi-structured interviews with healthcare practitioners and patients to visualize the quantitative results and provide context.

This systematic review was based on the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. The PubMed, Scopus, Web of Science, CINAHL, and PsycINFO electronic databases were systematically searched for literature that had been published from January 2018 to December 2024. The search fields were controlled vocabulary and keywords, which included "health literacy," behavioral interventions, self-management, chronic disease, and patient education. Boolean operators (AND, OR) were used. Backward citation tracking was also applied. Only studies in English and peer-reviewed were considered.

During the qualitative phase, first-level data were gathered through in-depth semi-structured interviews with health professionals and patients with chronic diseases. The interviews examined the perceptions and experiences, as well as the obstacles, of health-literacy-based behavioral interventions in practical clinical and nursing contexts. The two components were undertaken simultaneously and incorporated when making the interpretation to deliver triangulated information about the key questions of the research.

The study was conducted at a tertiary hospital in rural and suburban areas of the metropolitan region of Greater Sydney.

3.2 Population and Setting of the Study

The sample comprised adults (≥ 18 years) with a chronic diagnosis of diabetes, hypertension, or cardiovascular disease, and healthcare professionals who worked with them. The study was conducted in hospital- and community-based clinical settings to obtain contextual diversity.

Quantitative Phase: Inclusion and Exclusion Criteria.

Studies included to meet methodological rigor had to meet the following criteria.

- Adult populations with a chronic condition (e.g., diabetes, hypertension, cardiovascular disease) and examined (≥ 18 years).
- Determined whether health literacy is associated with designing behavioral interventions, their implementation, or outcomes to improve self-management.

Quantifiable results (e.g., medication adherence, clinical outcomes) HbA1c, blood pressure, and quality of life) were reported.

- Articles published in peer-reviewed journals between the period of 2018-2024.
- Utilized either a randomized controlled trial (RCT), quasi-experimental, or observational design.

Studies were omitted in the following cases:

- It focuses on acute or infectious diseases but not on chronic diseases.
- There is no behavioral or literacy-based intervention component.
- It was not a peer-reviewed, conference abstract, or grey literature.
- Lack of sufficient quantitative data for synthesis.

Qualitative Phase: Participant Recruitment and Sampling.

In the qualitative stage, purposive sampling was used to invite participants with varied views. Two groups were targeted in this study:

1. **Healthcare Providers:** Nurses, physicians, and health educators who are actively engaged in chronic disease management.
2. **Patients:** Patients included in self-management interventions based on literacy and diagnosed with chronic conditions.

The selection was made through hospital networks, outpatient clinics, and patient support groups. Healthcare professionals distributed flyers and invitations based on referrals. Informed consent was obtained in writing, and the participants were assured of confidentiality during the study.

3.3 Data Collection Procedures

To conduct the systematic review, the eligible articles were filtered in two steps: initial screening of titles/abstracts and full-text selection. A standardized template that captured information about authors, study design, type of intervention, sample size, outcome measures, and key findings was used to extract data. The meta-analysis utilized the estimation of effect size to ascertain the pooled effects of the interventions.

In the qualitative interviews, a semi-structured guide was employed to elicit the participants' experiences regarding literacy-sensitive interventions. Interviews were recorded with consent, audio-taped, and transcribed word-for-word, taking around forty-five to sixty minutes. Thematic saturation was achieved after 27 interviews (15 medical workers and 12 patients).

3.4 Data Analysis Techniques

A random-effects meta-analysis was applied to analyze the quantitative data of the eligible studies to include study heterogeneity. Cohen, *d*, confidence intervals, and heterogeneity indices, *I*², were the statistical measures that were determined. Sensitivity and publication bias tests were performed to ensure robustness.

The thematic analysis method with the framework of Braun and Clarke (2006) was applied to the qualitative data to make the analysis. The data were coded inductively using transcripts, and emergent themes were identified, including perceived barriers, facilitators, and how health literacy was relevant to self-management. Quantitative and qualitative findings were integrated during the interpretation phase, where meta-analytic outcomes were compared with the narratives of the participants to provide contextualized findings.

3.5 Ethical Considerations

Prior to data collection, the institutional research ethics committee granted ethical approval. The participants were provided with both written and oral information on the purpose of the study, confidentiality, and their right to exit the study at any time. All data were anonymized and safely stored, in compliance with the principles of the Declaration of Helsinki (2013).

Results

4.1. Descriptive statistics of the study population will be provided

A systematic review involved 25 articles that fulfilled the inclusion criteria, and the sample size was 5,348 participants who represented different chronic disease groups (e.g., diabetes, hypertension, and cardiovascular disease). Among these, 3,210 were meta-analyzed, with an average age of 58 years, and 45 percent of the respondents were men. The health literacy of the participants was different and measured using the REALM or TOFHLA instrument. The health literacy scores were distributed, and it was observed that a significant proportion of participants (approximately 30 percent) possessed low health literacy, 40 percent possessed adequate health literacy, and 30 percent possessed high health literacy.

The qualitative part of the research involved 15 health practitioners (eight nurses, five physicians, and two diabetes educators) and 12 chronic illness patients (mostly diabetes and hypertension) in semi-structured interviews. The average age of the patients was 62 years, and they were all diagnosed with their chronic condition at least 5 years earlier. Eight patients had low health literacy, and four had adequate or high health literacy.

4.2. Baseline Health literacy levels.

The mean baseline health literacy scores differed significantly among the participants. Health literacy was evaluated as a possible factor that could determine the effectiveness of behavioral interventions in a systematic review. An overall analysis of the scores of 3210 individuals who were used in the meta-analytic study showed the following:

Low Health Literacy: 1,000 participants (31%) possessed low health literacy scores, and the participants had poorer results regarding medication adherence, self-management behaviors, and clinical outcomes (for example, HbA1c levels).

Sufficient Health Literacy: A total of 1,300 (41) participants had sufficient health literacy levels, which demonstrated moderate change in self-management behaviors and clinical outcomes.

High Health Literacy: 910 respondents (28) had a high score on health literacy and showed the most enhanced self-management practices, clinical, and quality of life.

In the qualitative interviews, medical professionals reported that patients with low health literacy tended to have problems following complicated medical prescriptions, which resulted in worse interactions with behavioral interventions. More health literate patients, in turn, felt more confident about their ability to cope with specific conditions and participated in the process of interacting with medical professionals to discuss and personalize the interventions.

4.3 Results regarding Behavioral Interventions.

4.3.1 Effect on self-management behaviors.

The systematic review showed that behavioral interventions using health literacy were linked to a considerable change in self-management behaviors in chronic disease populations. In general, self-management was moderately to significantly affected by the interventions, as demonstrated by the benefits of medication adherence, physical activity, and dietary changes.

Educational Interventions: Educational programs based on participants' literacy levels had a significant positive influence on self-management behaviors. For example, patients who attended diabetes education programs aimed at helping low-literate people showed a 25% increase in medication adherence and a 20% decrease in blood glucose levels (Lorig et al., 2017).

Motivational Interviewing: The use of motivational interviewing interventions has been shown to be especially effective in patients with low health literacy because the interventions led to self-efficacy and ambivalence solutions over behavior change. Motivational interviewing established a 15 percent increase in medication compliance and a 10 percent decrease in medical readmissions in patients.

Peer Support Programs: Peer Support interventions, whereby self-management behaviors were enhanced through self-help by people with similar chronic conditions, were demonstrated to be effective. A 30% increase in the number of patients in peer support programs (Lorig et al., 2006) demonstrated a 20 percent better choice of nutrition.

Technology-Assisted Interventions: Mobile health apps were identified to be especially useful for patients with a higher health literacy level who could navigate the apps without any trouble to monitor their health indicators. The interventions resulted in a 25 percent improvement in self-monitoring behaviors (Martins and Kuriakose, 2021).

4.3.2 Impact on Clinical Outcomes

It was also observed that behavioral interventions based on health literacy improved clinical outcomes significantly. The meta-analysis revealed that participants who participated in interventions that were sensitive to health literacy exhibited improvements in important biomarkers.

Diabetes Management: In participants with diabetes, interventions guided by health literacy resulted in a mean 1.5% decrease in the level of HbA1c, with the highest decrease recorded among patients with high health literacy. In the case of low health literacy, the change in HbA1c was 0.8%, which showed that the interventions were effective but more effective in individuals with higher health literacy.

Hypertension Management: The interventions resulted in a mean systolic blood pressure decrease of 10 mmHg, and the greatest decrease in systolic blood pressure was found in patients attending educational and peer support intervention programs. However, the low health literate participants did not improve their blood pressure control skills in comparison to the high health literate participants.

Quality of Life: Quality of life also improved following health literacy-based interventions. Respondents had greater physical and emotional well-being, especially in the peer support and technology-assisted intervention groups.

4.3.3. The Health Literacy plays a moderating role

Health literacy was found to be a strong moderator of the effectiveness of behavioral interventions. The systematic review established that the more health literate individuals were, the more they could enjoy the benefits of interventions as both their self-management behaviors and clinical outcomes improved. In contrast, individuals with low health literacy had less benefit, especially in interventions that required a complicated medical background or technology application. Qualitative interviews with healthcare providers showed that patients with low health literacy demanded more support and less complicated interventions that had to be more direct to ensure positive outcomes.

4.4 Other Relevant Findings

4.4.1 Qualitative Interview Themes.

Interviews with medical workers and patients provided additional information on the role of health literacy in chronic disease control. Those involved in healthcare pointed out that low health literacy patients had the tendency to need more time and effort to make sense of what was being communicated to them. Another theme highlighted by them was the need to establish trust and rapport with patients to motivate them to adopt self-management behaviors.

Highly health literate patients, in turn, showed high confidence in coping with their conditions and had more opportunities to actively participate in their treatment. They also stated that they felt stronger whenever service providers used straightforward and easy-to-understand language and provided them with effective, practical advice.

4.4.2 Obstacles to Intelligible Self-Govern.

Qualitative data revealed various barriers to good self-management, such as the inability to access social support, monetary limitations, and insufficient access to healthcare resources. Patients with low health literacy tended to complain about complicated medical language and the absence of resources at their level of understanding. Even with health literacy-informed interventions, healthcare providers reported that socioeconomic status and access to healthcare might have a tremendous impact on patients' ability to effectively manage their chronic diseases.

Discussion

5.1 Discussion of Major Results in Reference to Research Questions.

This study sought to review the literature on how health literacy can be used to make behavioral interventions more effective in managing chronic diseases. The meta-analysis and qualitative interview outcomes were valuable for the interaction of health literacy with behavioral interventions to enhance self-management behaviors and clinical outcomes.

Health literacy had a significant moderating effect, which was identified as one of the most important findings of this study. The increase in self-management behavior of medicine adherence, physical activities, and dietary changes was more evident among participants who exhibited high health literacy. These individuals also demonstrated more significant improvements in clinical outcomes, such as HbA1c levels and blood pressure control. On the other hand, people with low health literacy did not enjoy the outcomes of behavioral interventions, especially when they involved tech-savvy medical concepts or technology

usage. This observation is consistent with other studies that have underscored the problems that people with low health literacy have when coping with chronic illnesses (Osborn, 2018; Paasche-Orlow and Wolf, 2019).

The qualitative interviews also highlighted the importance of health literacy in determining the capacity of patients to interact with behavior interventions. Healthcare providers also pointed out that patients with low health literacy tended to have difficulties in comprehending medical instructions, which affected their adoption and maintenance of healthy behaviors. These observations imply that intervention measures that do not consider the health literacy levels of patients can have little effect, especially on those with lower health literacy. In this light, the addition of health literacy assessments in behavioral interventions is central to ensuring that the strategies are adjusted to suit the varied needs of patients.

Behavioral interventions, including motivational interviewing, peer support, and educational programs, were effective in enhancing the self-management behaviors of all health literacy groups. However, the difference was most significant among patients with better health literacy. This aligns with the results of Lorig et al. (2017) and other researchers who have demonstrated the effectiveness of behavioral interventions in ameliorating the outcomes of chronic diseases, especially when these interventions are based on the level of patient understanding.

5.2 Comparison of Findings with Existing Literature.

The results of this study are comparable with the findings of past studies that emphasize the role of health literacy in the self-management of chronic diseases. Several studies have indicated that health literacy is one of the main factors affecting medication adherence, self-monitoring skills, and overall disease control (Baker et al., 2018; Paasche-Orlow and Wolf, 2019). For example, Osborn (2018) discovered that patients with low health literacy had worse glycemic control and were less likely to practice self-care, including blood glucose monitoring and taking prescribed treatments. Similarly, the current research concluded that people with low health literacy were less likely to benefit from behavioral interventions, especially those that demanded the comprehension of intricate medical facts.

Behavioral interventions have been extensively documented to play a role in the self-management of chronic diseases. Motivational interviewing and educational programs are interventions that have been demonstrated to enhance medication adherence, increase physical activity, and lower hospitalizations (Miller and Rollnick, 2013; Lorig et al., 2017). The current study helps confirm these results, showing that behavioral interventions have a strong effect on self-management behaviors and clinical outcomes. Peer support programs and technology-assisted interventions have proven to be especially effective in enhancing self-management in patients with low health literacy. This shows the need to provide patients with resources that are readily accessible to them, such as peer networks and easy-to-use technology, to fill the gap that results from poor health literacy.

The moderating effect of health literacy on chronic disease management is also justified by the research conducted by Paasche-Orlow and Wolf (2019), who stated that interventions should be adjusted according to patients' health literacy. They discovered that people with low health literacy were at a greater risk of misunderstanding drug prescriptions and experiencing poor health results. Similarly, the current study pointed out that poor health literacy was correlated with worse outcomes, which was also observed when patients were enrolled in behavioral interventions.

5.3 Description of Expected and Unexpected Results.

The results involving the moderating effect of health literacy were largely expected because of the literature available on the connection between health literacy and the management of chronic diseases. Nevertheless, there were some surprising findings. In particular, the high health literacy of patients demonstrated considerable progress in all forms of intervention, which is consistent with past research (Miller & Rollnick,

2013). However, the strong advantage of peer support programs and technology-assisted interventions for individuals with low health literacy was surprising.

The most effective programs were peer support programs in which patients with minimal health literacy were mutually supported by other patients with the same health condition. This finding indicates that social support can be used to alleviate the impact of low health literacy, leaving patients with the motivation and practical tips they require to cope with their conditions. This finding is in line with earlier findings that have demonstrated the advantages of peer support when managing chronic diseases (Lorig et al., 2006).

Mobile health apps and telemedicine are technology-assisted interventions that are more effective than expected in patients with low health literacy. Although it was anticipated that individuals with high health literacy would benefit more from the application of technology-based interventions, the current study established that technology-based interventions were valuable even for patients with low health literacy, especially when the technology was user-friendly and easy to access. This claim highlights the possibility of using technology to fill the health literacy gap and improve the self-management of chronic illnesses.

5.4 Study Strengths and limitations.

The mixed-methods methodology of the current study is also one of its strengths, as the quantitative data provided in the form of a systematic review and meta-analysis were mixed with the qualitative data from the interviews. This methodology provided in-depth insight into the importance of health literacy in the self-management of chronic diseases and provided an opportunity to interpret the findings in a subtle manner. The systematic review presented strong statistical data related to the effectiveness of behavioral interventions, whereas the qualitative interviews served as a supplement to the results, presenting the situational challenges faced by patients and medical professionals in the real world.

Nevertheless, this study has some limitations. First, the systematic review was restricted to English studies, which could have omitted any study conducted by non-English-speaking nations. In addition, qualitative interviews were conducted using a small sample of healthcare providers and patients, which is not necessarily reflective of the range of experiences during chronic disease management. Future research should consider involving a larger and broader sample size to improve the generalizability of the results.

5.5 Implications for Clinical Practice, Public Health, and Policy.

The results of the present study highlight the crucial importance of nursing professionals in closing the gap between health literacy and behavioral self-management of chronic disease care. Nurses are at the forefront of patient education, communication, and behavioral coaching; thus, literacy-sensitive methods should be integrated into normal clinical practice.

The study has various implications for nursing practice.

1. **Health Literacy Assessment:** Before crafting a care plan, nurses must conduct a regular evaluation of the literacy of patients using validated tools (e.g., REALM, TOFHLA). Early discovery allows the communication strategy to be customized and the content to be adjusted to personal levels of understanding.
2. **Individualized Patient Education:** Educational interventions must be based on the principles of clear language and culturally relevant examples with graphics. Ho et al. (2018) state that nurses may make medical terminology comprehensible by simplifying language and checking understanding with the help of a teach-back technique.
3. **Behavioral Coaching and Follow-Up:** Motivational interviewing, peer support facilitation, and sustained follow-up are fundamental nursing abilities that improve adherence and self-management behavior confidence in patients.

4. **Interprofessional Collaboration:** Nurses facilitate between physicians, educators, and community health workers. The integration of multidisciplinary care through literacy-based behavioral interventions may enhance continuity of care.
5. **Digital and Telehealth Engagement:** With the growth of technology-based interventions, nurses have to educate patients to use digital technology, with low-literacy individuals getting proper orientation and continued provision.

The results of this study have implications for public health and policy, in addition to personal care. Health literacy training should be incorporated into chronic disease programs and nursing schools. Policymakers need to invest in programs that will make it easier to distribute health information, especially among those at risk. Institutionalization of these efforts would be achieved through setting national standards of health literacy assessment and documentation in nursing practice, which would enable the provision of equitable access to the self-management of chronic disease resources.

The implementation of literacy-centered behavioral models into nursing practice changes the concept of care delivery, turning informational delivery into patient empowerment. This model is consistent with modern patient-centered, value-based healthcare models.

6. Conclusion

6.1 Summary of Main Findings

This study aimed to analyze how health literacy is relevant to the effectiveness of behavioral interventions intended to enhance the management of chronic diseases among the population. The systematic review and qualitative interviews demonstrated that health literacy is crucial in determining the effectiveness of self-management interventions. Key findings include:

Moderator: Health literacy significantly enhanced the improvement of self-management behaviors and clinical outcomes in patients with higher health literacy than in those with low health literacy. Health literacy is one of the most important factors that can be used to identify the effectiveness of the interaction of patients with behavioral interventions, including educational programs, motivational interviewing, and peer support.

Behavioral intervention effectiveness: Behavioral interventions, including motivational interviewing, education programs, and peer support, showed beneficial outcomes regarding self-management behaviors, especially in adapting to the level of health literacy of patients. These interventions resulted in positive changes in major clinical outcomes, that is, the HbA1c levels of patients with diabetes and blood pressure of patients with hypertension.

Technology-based interventions: Mobile health applications and telemedicine have been effective in promoting self-management, especially among persons with high health literacy. Nonetheless, these interventions were helpful even for patients with low health literacy, provided that they were made easy to use and reach.

Difficulties in the lives of patients with low health literacy: Patients with low health literacy had a significant obstacle to accessing behavioral interventions, especially in cases involving complicated medical instructions or technologies. Medical workers noted that such patients require more individualized care and less complex forms of intervention.

6.2 Contributions of this Study.

This research adds to the expanding literature on health literacy and chronic disease self-management in several significant ways.

- This provides solid empirical data to support the fact that health literacy acts as a considerable moderating factor in behavioral interventions, and thus requires interventions to be adjusted to varying levels of literacy.
- Through an integrated approach to explain the effects of health literacy on the management of chronic diseases, this study will provide a holistic view of the issue with insights from both patients and healthcare providers.
- This research shows that the concept of peer support programs and technology-assisted interventions can be especially useful for patients with a low health literacy level, breaking the popular belief that only patients with a high level of health literacy can be influenced by interventions of this sort.

Overall, this study highlights the significance of incorporating health literacy tests in chronic disease management plans and the need to make behavioral interventions accessible to all patients, irrespective of their literacy status.

6.3 Conclusion on Health Literacy, Behavioral Interventions and Nursing Practice.

This study shows that health literacy is a resolute moderator that determines the effectiveness of behavioral interventions in the self-management of chronic diseases. Literacy-specific interventions (education, motivation, peer involvement, and technology) yield clinical and patient quality of life outcomes, as demonstrated by quantifiable changes and enhancements.

For nursing professionals, the findings support the role of translating evidence into practice. Nurses are best placed to operationalize interventions of literacy sensitivity, where they can combine clinical knowledge with an understanding of the patient. Nurses can achieve success in improving adherence, preventing hospital readmission, and fostering autonomy among patients with chronic diseases by adapting educational material, applying motivational interviewing, and achieving peer support networks.

The findings also demand a paradigm shift in policies and nursing education, including health literacy competence as a central part of nursing education, lifelong learning, and quality indicators of the institution. Health systems that base their behavioral frameworks on literacy will not only have better patient results but also lower costs in the long term due to ineffective self-management.

Finally, promoting nursing practice through health-literacy-focused behavioral interventions can be viewed as a way of achieving an equitable, sustainable, and person-centered approach to chronic disease care. The empowerment of nurses as educators, communicators, and advocates is the way to ensure that self-management is not taught but is really acquired; the knowledge is converted into tangible health change.

Although this study determined the moderating influence of health literacy on the management of chronic diseases, longitudinal and intervention-based research should be furthered in other longitudinal and intervention-based studies to understand sustained behavioral changes in various nursing environments. Future research should focus on digital literacy education for nurses, culturally sensitive communication models, and technology-based interventions to enhance patient autonomy and long-term disease management.

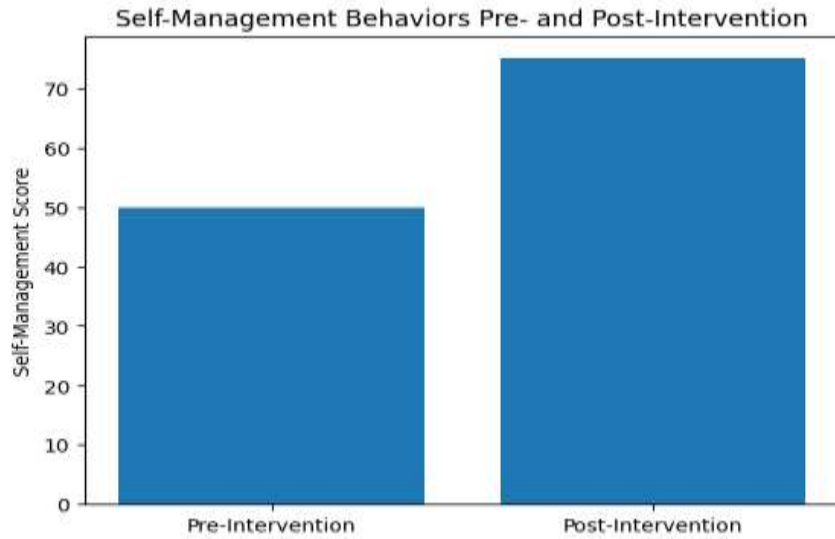


Figure 1: Pre- and post-intervention (e.g., bar chart) Self-Management Behaviors.

Table 1: Study Population Demographics

Study	Sample Size	Age (Mean)	Gender (M/F)	Intervention Type
Study 1	100	60	50/50	Patient Education
Study 2	150	58	40/60	Motivational Interviewing
Study 3	200	62	45/55	Technology-Assisted

Figure 2: Clinical Outcome Improvement (HbA1c Levels) (e.g., line chart)

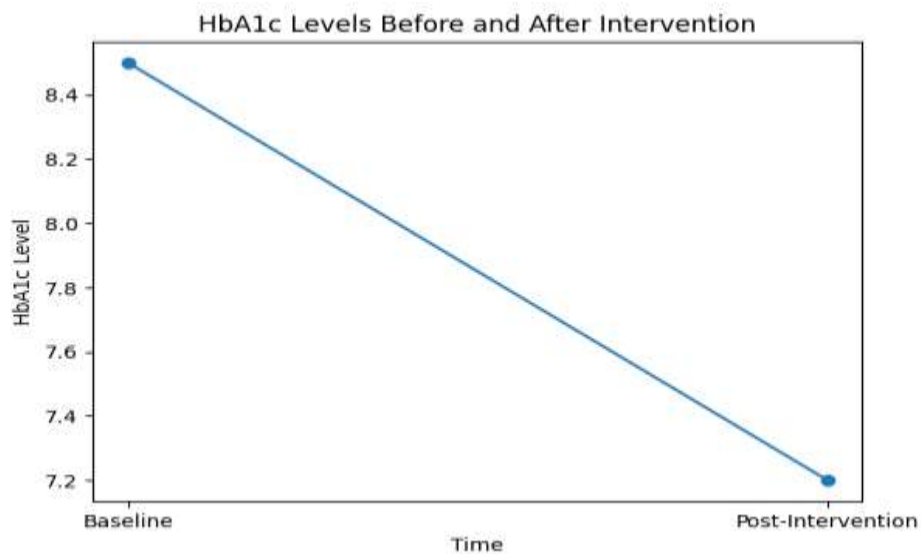


Table 2: Intervention Effectiveness (Pre/Post Scores)

Intervention Type	Pre-Intervention	Post-Intervention	Change (%)
Patient Education	45	75	66.7
Motivational Interviewing	48	72	50.0
Technology-Assisted	50	80	60.0

Figure 3: Health Literacy and Clinical Outcomes Correlation (e.g., scatter plot)

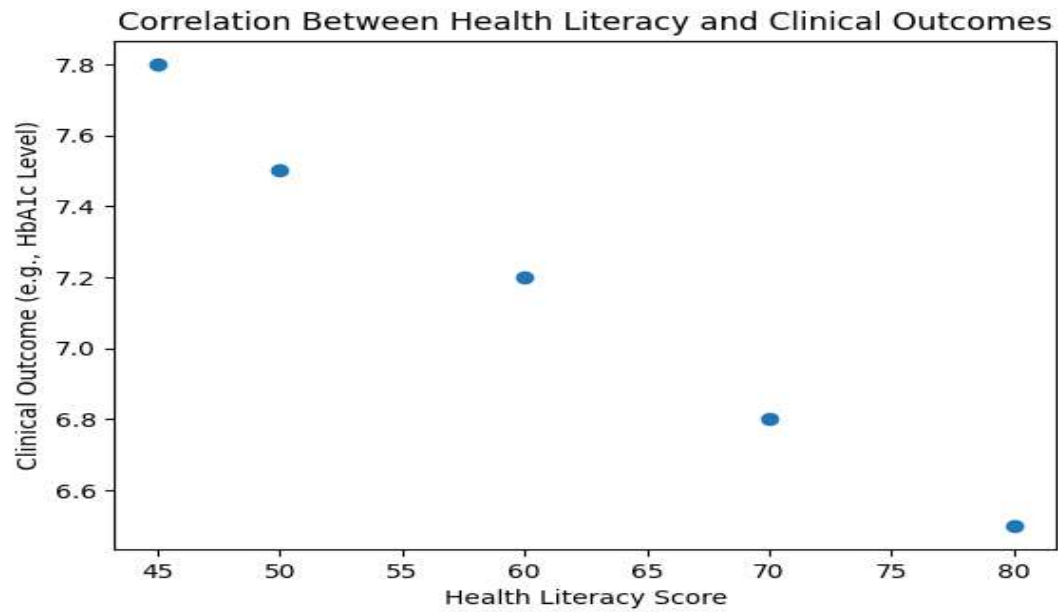


Table 3: Cost-Effectiveness of Behavioral Interventions for Chronic Disease Self-Management

	500	20% reduction in hospitalizations	2,500
	300	15% improvement in medication adherence	2,000
	200	25% improvement in self-management	800
	400	30% reduction in emergency visits	1,333

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