**Supplementary Material**

**Supplemental File 1: Full search strategy**

**PsycInfo search strategy** (yielded 816 results):

PsycInfo was searched in June 2015 using the following search strategy:

1. ("neuromuscular disorder\*" OR "neuromuscular\*" OR "muscular dystrophy" OR "myasthenia Gravis" OR "Charcot-Marie-Tooth" OR "amyotrophic lateral sclerosis" OR "motor neuron disease" OR "spinal muscular atrophy" OR "post polio syndrome"): in any field
2. AND (psychosocial OR psychological OR social OR "Social Support" OR "Support Group\*" OR psychoeducation OR "peer support" OR counsel#ing OR "psychological therap\*" OR psychotherapy OR psychodynamic OR "cognitive behavio#r\*" OR cognitive OR behavio#r\* OR CBT OR "self manag\*" OR "self care" OR mindfulness OR "acceptance and commitment therapy" OR tele\*): in any field
3. AND (“quality of life” OR "well being" OR "well-being" OR "wellbeing" OR "life satisfaction" OR "mental health" OR "psychological stress" OR anxiety OR depression OR pain OR fatigue OR "social participation" OR "positive psychology" OR "psychological adjustment"): in any field

**Medline search strategy** (yielded 1859 results):

Medline was searched in June 2015 using the following search strategy:

1. ("neuromuscular disorder\*" OR "neuromuscular\*" OR "muscular dystrophy" OR "myasthenia Gravis" OR "Charcot-Marie-Tooth" OR "amyotrophic lateral sclerosis" OR "motor neuron disease" OR "spinal muscular atrophy" OR "post polio syndrome"): in any field
2. AND (psychosocial OR psychological OR social OR "Social Support" OR "Support Group\*" OR psychoeducation OR "peer support" OR counsel#ing OR "psychological therap\*" OR psychotherapy OR psychodynamic OR "cognitive behavio#r\*" OR cognitive OR behavio#r\* OR CBT OR "self manag\*" OR "self care" OR mindfulness OR "acceptance and commitment therapy" OR tele\*): in any field
3. AND (“quality of life” OR "well being" OR "well-being" OR "wellbeing" OR "life satisfaction" OR "mental health" OR "psychological stress" OR anxiety OR depression OR pain OR fatigue OR "social participation" OR "positive psychology" OR "psychological adjustment"): in any field

**PsycArticles search strategy** (yielded 21 results):

PsycArticles was searched in June 2015 using the following search strategy:

1. ("neuromuscular disorder\*" OR "neuromuscular\*" OR "muscular dystrophy" OR "myasthenia Gravis" OR "Charcot-Marie-Tooth" OR "amyotrophic lateral sclerosis" OR "motor neuron disease" OR "spinal muscular atrophy" OR "post polio syndrome"): in any field
2. AND (psychosocial OR psychological OR social OR "Social Support" OR "Support Group\*" OR psychoeducation OR "peer support" OR counsel#ing OR "psychological therap\*" OR psychotherapy OR psychodynamic OR "cognitive behavio#r\*" OR cognitive OR behavio#r\* OR CBT OR "self manag\*" OR "self care" OR mindfulness OR "acceptance and commitment therapy" OR tele\*): in any field
3. AND (“quality of life” OR "well being" OR "well-being" OR "wellbeing" OR "life satisfaction" OR "mental health" OR "psychological stress" OR anxiety OR depression OR pain OR fatigue OR "social participation" OR "positive psychology" OR "psychological adjustment"): in any field

**CINAHL search strategy** (yielded 704 results):

CINAHL was searched in June 2015 using the following search strategy:

1. ("neuromuscular disorder\*" OR "neuromuscular\*" OR "muscular dystrophy" OR "myasthenia Gravis" OR "Charcot-Marie-Tooth" OR "amyotrophic lateral sclerosis" OR "motor neuron disease" OR "spinal muscular atrophy" OR "post polio syndrome"): in any field
2. AND (psychosocial OR psychological OR social OR "Social Support" OR "Support Group\*" OR psychoeducation OR "peer support" OR counsel#ing OR "psychological therap\*" OR psychotherapy OR psychodynamic OR "cognitive behavio#r\*" OR cognitive OR behavio#r\* OR CBT OR "self manag\*" OR "self care" OR mindfulness OR "acceptance and commitment therapy" OR tele\*): in any field
3. AND (“quality of life” OR "well being" OR "well-being" OR "wellbeing" OR "life satisfaction" OR "mental health" OR "psychological stress" OR anxiety OR depression OR pain OR fatigue OR "social participation" OR "positive psychology" OR "psychological adjustment"): in any field

**AMED search strategy** (yielded 130 results):

AMED was searched in June 2015 using the following search strategy:

1. ("neuromuscular disorder\*" OR "neuromuscular\*" OR "muscular dystrophy" OR "myasthenia Gravis" OR "Charcot-Marie-Tooth" OR "amyotrophic lateral sclerosis" OR "motor neuron disease" OR "spinal muscular atrophy" OR "post polio syndrome"): in any field
2. AND (psychosocial OR psychological OR social OR "Social Support" OR "Support Group\*" OR psychoeducation OR "peer support" OR counsel#ing OR "psychological therap\*" OR psychotherapy OR psychodynamic OR "cognitive behavio#r\*" OR cognitive OR behavio#r\* OR CBT OR "self manag\*" OR "self care" OR mindfulness OR "acceptance and commitment therapy" OR tele\*): in any field
3. AND (“quality of life” OR "well being" OR "well-being" OR "wellbeing" OR "life satisfaction" OR "mental health" OR "psychological stress" OR anxiety OR depression OR pain OR fatigue OR "social participation" OR "positive psychology" OR "psychological adjustment"): in any field

**Web of Science search strategy** (yielded 344 results):

Web of Science was searched in June 2015 using the following search strategy:

1. ("Neuromuscular Disorder\*" OR Neuromuscular\* OR "Muscular Dystrophy" OR "Myasthenia Gravis" OR "CHARCOT-MARIE-TOOTH" OR "amyotrophic lateral sclerosis" OR "motor neuron disease" OR "spinal muscular atrophy" OR "post polio syndrome"): in topic and title
2. AND (psychosocial OR psychological OR social OR "Social Support" OR "Support Group\*" OR psychoeducation OR "peer support" OR Counse$ling OR "psychological therap\*" OR Psychotherapy OR psychodynamic OR Cognitive Behavio$r\* OR Cognitive OR Behavio$r\* OR CBT OR "Self Manag\*" OR "self care" OR mindfulness OR "Acceptance and Commitment Therapy" OR Tele\*): in topic and title
3. AND ("Well Being" OR "Well-being" OR "Wellbeing" OR "Life Satisfaction" OR "Mental Health" OR "Quality of Life" OR "psychological stress" OR Anxiety OR depression OR pain OR fatigue OR "social participation" OR "positive psychology" OR "Psychological adjustment"): in topic and title
4. AND Database excluded: Medline

**The Cochrane Register of Controlled Trials (CENTRAL) search strategy** (yielded 81 results):

The Cochrane Register of Controlled Trials was searched in June 2015 using the following search strategy:

1. ("Neuromuscular Disorder\*" OR "Neuromuscular\*" OR "Muscular Dystrophy" OR "Myasthenia Gravis" OR "CHARCOT-MARIE-TOOTH" OR "amyotrophic lateral sclerosis" OR "motor neuron disease" OR "spinal muscular atrophy" OR "post polio syndrome"): in title, abstract and keywords
2. AND (psychosocial OR psychological OR social OR "Social Support" OR "Support Group\*" OR psychoeducation OR "peer support" OR Counsel\*ing OR "psychological therap\*" OR Psychotherapy OR psychodynamic OR "Cognitive Behavio\*r\*" OR Cognitive OR Behavio\*r\* OR CBT OR "Self Manag\*" OR "self care" OR mindfulness OR "Acceptance and Commitment Therapy" OR Tele\*): in title, abstract and keywords
3. AND ("Well Being" OR "Well-being" OR Wellbeing OR "Life Satisfaction" OR "Mental Health" OR "Quality of Life" OR "psychological stress" OR Anxiety OR depression OR pain OR fatigue OR "social participation" OR "positive psychology" OR "Psychological adjustment"): in title, abstract and keywords

**Open Grey Search strategy** (yielded 15 results):

Open Grey was searched in June 2015 using the following search strategy:

1. ("Neuromuscular Disorder\*" OR "Neuromuscular\*" OR "Muscular Dystrophy" OR "Myasthenia Gravis" OR "CHARCOT-MARIE-TOOTH" OR "amyotrophic lateral sclerosis" OR "motor neuron disease" OR "spinal muscular atrophy" OR "post polio syndrome")
2. AND (psychosocial OR psychological OR social OR "Social Support" OR "Support Group\*" OR psychoeducation OR "peer support" OR "Counseling" OR "counselling" OR "psychological therap\*" OR Psychotherapy OR psychodynamic OR "Cognitive Behavior\*" OR "Cognitive Behaviour\*" OR "Cognitive" OR "Behavior\*" OR "Behaviour\*" OR CBT OR "Self Manag\*" OR "self care" OR mindfulness OR "Acceptance and Commitment Therapy" OR Tele\*)
3. AND ("Well Being" OR "Well-being" OR "Wellbeing" OR "Life Satisfaction" OR "Mental Health" OR "Quality of Life" OR "psychological stress" OR Anxiety OR depression OR pain OR fatigue OR "social participation" OR "positive psychology" OR "Psychological adjustment")

**Conference Abstracts Index** search strategy (yielded 160 results):

Conference Abstracts Index was searched in June 2015 using the following search strategy:

1. (Neuromuscular Disorder\* OR "Neuromuscular\*" OR "Muscular Dystrophy" OR "Myasthenia Gravis" OR "CHARCOT-MARIE-TOOTH" OR "amyotrophic lateral sclerosis" OR "motor neuron disease" OR "spinal muscular atrophy" OR "post polio syndrome")
2. AND (psychosocial OR psychological OR social OR "Social Support" OR "Support Group\*" OR psychoeducation OR "peer support" OR "Counseling" OR counselling OR "psychological therap\*" OR Psychotherapy OR psychodynamic OR "Cognitive Behaviour\*" OR "cognitive behavior\*" OR "Cognitive" OR "Behaviour\*" OR "Behavior\*" OR CBT OR "Self Manag\*" OR "self care" OR mindfulness OR "Acceptance and Commitment Therapy" OR Tele\*)
3. AND (Well Being OR "Well-being" OR "Wellbeing" OR "Life Satisfaction" OR "Mental Health" OR "Quality of Life" OR "psychological stress" OR Anxiety OR depression OR pain OR fatigue OR "social participation" OR "positive psychology" OR "Psychological adjustment")