

Additional file 4: Meta-summary of studies

Main concepts	Nr.	Classified findings	Study sources	Frequent effect sizes	Codings
Being an observer of one's own life	#1	<i>Patients are noticing the changes of their situation</i>	13/20	65 %	38
	#2	<i>Patients are not being able to</i>	18/20	90 %	124
	#3	<i>Patients are being at the mercy of the situation</i>	15/20	75 %	44
	#4	<i>Patients are living through an existential crisis</i>	17/20	85 %	88
	#5	<i>Patients are anticipating future</i>	17/20	85 %	55
Yearning for a stable picture of reality	#6	<i>Patients are becoming aware of their own situation</i>	20/20	100 %	6
	#6.1	<i>Patients are realizing the misinterpretation of the situation</i>	18/20	90 %	139
	#6.2	<i>Patients are being aware of their own situation</i>	20/20	100 %	703
	#6.3	<i>Patients are being aware of their own improvements</i>	11/20	55 %	50
	#7	<i>Patients are differentiating their own emotions</i>	20/20	100 %	271
	#8	<i>Patients are perceiving various bodily sensations</i>	20/20	100 %	254
	#9	<i>Patients are trying to make sense</i>	14/20	70 %	46
Developing various situation-specific needs	#10	<i>Patients are having basic needs</i>	15/20	75 %	72
	#11	<i>Patients are striving for an understanding of their own health status</i>	13/20	65 %	36
	#12	<i>Patients are longing for personal integrity</i>	15/20	75 %	68
	#13	<i>Patients are longing for social interaction</i>	10/20	50 %	64
Finding ways to deal with the situation	#14	<i>Patients are having to cope internally alone</i>	19/20	95 %	3
	#14.1	<i>Patients are being confronted with their own perception</i>	19/20	95 %	129
	#14.2	<i>Patients are coping with their current situation</i>	15/20	75 %	33
	#15	<i>Patients are trying to satisfy their needs themselves</i>	20/20	100 %	206
	#16	<i>Patients are getting their needs fulfilled by others</i>	14/20	70 %	52
	#17	<i>Patients are evaluating strategies depending on the situation</i>	20/20	100 %	350
	#18	<i>Patients are drawing consequences from the situation</i>	20/20	100 %	227