

Supplementary Table 1. Distribution of Self-Care Score of Diabetes Based on DSMQ

DSMQ	It applies to me very much. n (%) 3	It applies to me to a considerable degree. n (%) 2	It applies to me to some degree. n (%) 1	It does not apply to me. n (%) 0	Blood sugar me- asurement is not required as a part of my treatment. n (%)
1. I check my blood sugar levels with care and attention.	136 (34.0)	67 (16.8)	86 (21.4)	84 (21.0)	27 (6.8)
2. The food I choose to eat makes it easy to achieve optimal blood sugar levels.	132 (33.0)	136 (34.0)	110 (27.5)	22 (5.5)	—
3. I keep all doctors' appointments recommended for my diabetes treatment.	355 (88.7)	21 (5.3)	19 (4.7)	5 (1.3)	—
4. I take my diabetes medication (e. g. insulin, tablets) as prescribed.	339 (84.7)	29 (7.3)	14 (3.5)	12 (3.0)	6 (1.5)
5. Occasionally, I eat lots of sweets or other foods rich in carbohydrates.	36 (9.0)	84 (21.0)	185 (46.2)	95 (23.8)	—
6. I record my blood sugar levels regularly (or analyze the value chart with my blood glucose meter).	108 (27.0)	80 (20.0)	84 (21.0)	113 (28.2)	15 (3.8)
7. I tend to avoid diabetes-related doctor's appointments	30 (7.5)	16 (4.0)	24 (6.0)	330 (82.5)	—
8. I do regular physical activity to achieve optimal blood sugar levels.	112 (28.0)	73 (18.3)	131 (32.7)	84 (21.0)	—
9. I strictly follow the dietary recommendations given by my doctor or diabetes specialist.	158 (39.5)	103 (25.7)	112 (28.0)	27 (6.8)	—
10. I do not regularly check my blood sugar levels for reasonable blood glucose control	61 (15.3)	68 (17.0)	76 (19.0)	175 (43.7)	20 (5.0)
11. I avoid physical activity, although it would improve my diabetes.	39 (9.8)	64 (16.0)	106 (26.5)	191 (47.7)	—
12. I tend to forget to take or skip my diabetes medication (e. g. insulin, tablets)	28 (7.0)	25 (6.3)	48 (12.0)	295 (73.7)	4 (1.0)
13. Sometimes, I have real 'food binges' (not triggered by hypoglycemia).	41 (10.3)	67 (16.7)	124 (31.0)	168 (42.0)	—
14. Regarding diabetes care, I should see my medical practitioner(s) more often.	106 (26.4)	89 (22.3)	85 (21.3)	120 (30.0)	—
15. I tend to skip planned physical activity.	42 (10.5)	58 (14.5)	111 (27.7)	189 (47.3)	—
16. My diabetes self-care is poor.	36 (9.0)	68 (17.0)	82 (20.5)	214 (53.5)	—

Supplementary Table 2. Correlation of DSMQ Items with HbA1c Levels

	Correlation coefficient	P-value
I check my blood sugar levels with care and attention	0.023	0.654
The food I choose to eat makes it easy to achieve optimal blood sugar levels	-0.079	0.115
I keep all doctors' appointments recommended for my diabetes treatment	-0.069	0.170
I take my diabetes medication (e.g. insulin, tablets) as prescribed	-0.016	0.756
Occasionally, I eat lots of sweets or other foods rich in carbohydrates.	-0.036	0.471
I record my blood sugar levels regularly (or analyze the value chart with my blood glucose meter).	-0.007	0.889
I tend to avoid diabetes-related doctor's appointments	-0.043	0.392
I do regular physical activity to achieve optimal blood sugar levels	-0.042	0.397
I strictly follow the dietary recommendations given by my doctor or diabetes specialist	-0.118	0.018*
I do not regularly check my blood sugar levels for reasonable blood glucose control	0.018	0.720
I avoid physical activity, although it would improve my diabetes	-0.085	0.089
I tend to forget to take or skip my diabetes medication (e. g. insulin, tablets)	-0.038	0.453
Sometimes, I have real 'food binges' (not triggered by hypoglycemia)	-0.077	0.126
Regarding diabetes care, I should see my medical practitioner(s) more often	-0.048	0.343
I tend to skip planned physical activity	-0.091	0.071
My diabetes self-care is poor	-0.138	0.006*

*Indicates statistical significance (note: all were standardized on 0 to 3 scale. If participants responded to at least half of the scale items, we imputed missing items to complete the scale. Otherwise, the scale was considered missing; Cronbach alpha is 0.7, which is respectable reliability)