Supplemental material

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Supplementary Table 1 Factors Associated with DRD Among Type 2 Diabetes Mellitus Patients Attending Hospitals in Southeast Ethiopia, 2023 (n = 856)

Variables	Diabetes Distress		COR with 95% CI	AOR with 95% CI
	Yes	No		
Age				
18-40	84(35.7%)	151(64.3%)	0.19(0.11,0.29)	1.35(0.55,3.31)
41-60	280(56.8%)	213(43.2%)	0.42(0.27,0.65)	1.95(0.88,4.31)
>=61	97(75.8%)	31(24.2%)	1	
Marital Status				
Married	331(51.5%)	312(48.5%)	0.29(0.15,0.58)	1.76(0.59,5.24)
Single	26(34.7%)	49(65.3%)	0.15(0.06,0.33)	2.16(0.58,7.96)
Divorced	64(73.6%)	23(26.4%)	0.77(0.34,1.74)	0.81(0.25,2.61)
Others	40(78.4%)	11(21.6%)	1	
Residence				
Rural	191(70.5%)	80(29.5%)	2.79(2.05,3.79)	0.753(0.38,1.48)
Urban	270(46.2%)	315(53.8%)	1	
Educational Status				
No formal education	181(80.8%)	43(19.2%)	9.54(4.77,19.07)	0.844(0.23,3.17)
Primary (1-8)	141(55.5%)	113(44.5%)	2.83(1.47,5.45)	0.565(0.18,1.82)
Secondary (9-12)	98(38.7%)	155(61.3%)	1.43(0.74,2.77)	0.511(0.16,1.59)
Diploma	26(34.2%)	50(65.8%)	1.18(0.55,2.55)	1.609(0.61,4.25)
Degree and above	15(30.6%)	34(69.4%)	1	
Occupation/emplo yment				
Farmer	93(70.5%)	39(29.5%)	4.27(2.56,7.15)	1.66(0.57,4.86)
Merchant	320(54.2%)	270(45.8%)	2.12(1.44,3.13)	1.74(0.73,4.15)
Governmental	48(35.8%)	86(64.2%)	1	
Duration with diabetes				
<5	327(46.5%)	376(53.5%)	0.12(0.08,0.2)	0.63(0.29,1.39)

>5	134(87.6%)	19(12.4%)	1	
Other co-morbidities				
Present	252(84.3%)	47(15.7%)	8.93(6.26,12.74)	3.94(2.01,7.73) **
Absent	209(37.5%)	348(62.5%)	1	1
Treatment regiment				
Insulin or combination	174(64.2%)	97(35.8%)	1.86(1.39,2.51)	0.63(0.37,1.07)
Oral	287(49.1%)	298(50.9%)	1	
Hypoglycemia Event in the last 3 months				
Yes	156(66.4%)	79(33.6%)	2.05(1.49,2.79)	0.678(0.39,1.16)
No	305(49.1%)	316(50.9%)	1	
Education related to DM				
No	272(75.3%)	89(24.7%)	4.95(3.67,6.68)	1.588(0.99,2.55)
Yes	189(38.2%)	306(61.8%)	1	
Routine physical activity				
No	365(72.9%)	136(27.1%)	7.24(5.33,9.83)	2.22(1.36,3.63) **
Yes	96(27.0%)	259(73.0%)	1	1
Social support				
Poor	334(81.1%)	78(18.9%)	17.13(6.77,43.32)	4.41(1.62,12.03) *
Moderate	121(29.2%)	293(70.8%)	1.65(0.66,4.14)	1.31(0.49,3.52)
Strong	6(20.0%)	24(80.0%)	1	1
Taking alcohol				
Yes	101(83.5%)	20(16.5%)	5.26(3.19,8.68)	1.28(0.59,2.75)
No	360(49.0%)	375(51.0%)	1	
Smoking Status				
Yes	33(84.6%)	6(15.4%)	4.99(2.07,12.06)	1.31(0.33,5.18)

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No	428(52.4%)	389(47.6%)	1	
Diabetes-related complications				
Present	119(88.1%)	16(11.9%)	8.24(4.79,14.17)	0.87(0.36,2.08)
Absent	342(47.4%)	379(52.6%)	1	
Glycemic Control				
Uncontrolled (≥130 mg/dl)	363(84.2%)	98(23.1%)	17.81(12.63,25.11)	2.36(1.35,4.12) *
Controlled (<130 mg/dl)	68(15.8%)	327(76.9%)	1	1
BMI (kg/m2)				
Normal	284(44.0%)	361(56.0%)	0.02(0.00,0.01)	0.16(0.02,1.42)
Overweight	135(80.4%)	33(19.6%)	0.09(0.01,0.73)	0.29(0.03,2.62)
Obesity	42(97.7%)	1(2.3%)	1	1

Note: AOR adjusted odds ratio, BMI = weight (kg)/height (m)2, CI confidence interval, COR crude odds ratio, * Variables significant with p-value≤0.005, ** Variables significant with p-value≤0.001.

Covariates adjusted for in the fully adjusted models: Age, marital status, residence, educational status, occupation/employment, duration with diabetes, other co-morbidities, treatment regiment, hypoglycemia Event in the last 3 months, education related to DM, routine physical activity, social support, taking alcohol, smoking status, diabetes-related complications, glycemic control, and BMI (kg/m2)