

Appendix 1

Pearson's correlation coefficients

	Self-Stigma [†]	Self-Esteem [‡]	Self-Efficacy [§]	PHQ-9	PAM-13 [¶]	HbA1c (%)	Age (years)	Sex	BMI (kg/m ²)
Self-Stigma [†]	1	-.408**	-.373**	.388**	-.351**	.168*	-.094	-.134	.043
Self-Esteem [‡]	-.408**	1	.588**	-.448**	.418**	-.242**	.183**	.163*	-.147*
Self-Efficacy [§]	-.373**	.588**	1	-.418**	.343**	-.100	.164*	.096	-.075
PHQ-9	.388**	-.448**	-.418**	1	-.301**	.207**	-.078	-.170*	.135
PAM-13 [¶]	-.351**	.418**	.343**	-.301**	1	-.208**	.168*	-.108	-.245**
HbA1c (%)	.168*	-.242**	-.100	.207**	-.208**	1	-.314**	-.154*	.252**
Age (years)	-.094	.183**	.164*	-.078	.168*	-.314**	1	.008	-.474**
Sex	-.134	.163*	.096	-.170*	-.108	-.154*	.008	1	-.061
BMI (kg/m ²)	.043	-.147*	-.075	.135	-.245**	.252**	-.474**	-.061	1

** Correlation is significant at the 0.01 level (2-tailed). * Correlation is significant at the 0.05 level (2-tailed).

[†]The Japanese version of the scale (SSS-J). [‡]The Rosenberg Self-Esteem Scale. [§]The General Self-Efficacy

Scale. ^{||}The Patient Health Questionnaire (PHQ-9). [¶]The Patient Activation Measure (PAM-13).