

Supplementary Table 2. Psychological outcomes at baseline and six months by study group

*ICC, intraclass correlations indicated with a ‘-’ were truncated at zero.

**Differences between groups were estimated by multilevel regression, adjusting for clustering and baseline covariates of age group

(less than 60 years/60 years or above), gender (male/female), chronic comorbidity category (diabetes only/diabetes plus other/s), time since diabetes diagnosis (<5 years/5-9 years/10-14 years/15 years or more), education level (primary school or less/secondary or high school/tertiary education) and residential address socioeconomic status (Developed areas/Developing areas/Less developed areas).

***Multiple imputation for missing dependant variable values produced the same results

Outcomes	Intervention group		Control group		ICC*	Available cases analysis	
	N	Mean ± SD	N	Mean ± SD		Adjusted difference between change scores (95% CI)**	P value
Psychological Distress							
Baseline	362	15.31 ± 6.85	328	14.97 ± 6.24			
Six months	322	15.68 ± 6.07	262	14.58 ± 5.67			
Mean change from baseline to six months (95% CI)		+0.33 (-0.46 to 1.11)		-0.26 (-1.17 to 0.65)	0.08	-0.24 (-2.05 to 1.57)	0.795
Diabetes Management Self Efficacy							
Baseline	366	159.32 ± 32.99	334	158.96 ± 34.85			
Six months	324	150.41 ± 32.63	264	162.91 ± 30.22			
Mean change from baseline to six months (95% CI)		-7.47 (-11.68 to -3.26)		+2.15 (-2.53 to 6.84)	0.19	-1.71 (-17.23 to 13.80)	0.829
Diabetes Self Care							
General Diet							
Baseline	368	5.37 ± 1.80	337	5.44 ± 1.85			
Six months	328	5.13 ± 1.59	265	5.74 ± 1.51			
Mean change from baseline to six months (95% CI)		-0.15 (-0.40 to 0.09)		+0.22 (-0.03 to 0.47)	0.11	-0.36 (-0.88 to 0.15)	0.169
Specific Diet							

Baseline	368	4.10 ± 1.51	337	4.37 ± 1.62		
Six months	328	4.10 ± 1.41	265	4.07 ± 1.34		
Mean change from baseline to six months (95% CI)		+0.01 (-0.21 to 0.22)		-0.29 (-0.54 to -0.04)	0.06	0.06 (-0.30 to 0.42) 0.754
Exercise						
Baseline	369	5.27 ± 2.07	337	5.01 ± 2.13		
Six months	327	4.83 ± 1.86	265	4.83 ± 2.07		
Mean change from baseline to six months (95% CI)		-0.39 (-0.66 to -0.13)		-0.33 (-0.64 to -0.01)	0.10	-0.14 (-0.76 to 0.48) 0.652
Blood Glucose Monitoring						
Baseline	366	1.46 ± 1.75	336	1.85 ± 1.83		
Six months	328	1.81 ± 1.53	265	2.07 ± 1.93		
Mean change from baseline to six months (95% CI)		+0.26 (0.03 to 0.48)		+0.22 (-0.06 to 0.51)	0.08	-0.07 (-0.63 to 0.49) 0.804
Foot Care						
Baseline	368	4.50 ± 2.79	337	4.46 ± 2.62		
Six months	328	4.15 ± 2.63	265	4.81 ± 2.63		
Mean change from baseline to six months (95% CI)		-0.21 (-0.58 to 0.17)		+0.27 (-0.13 to 0.67)	0.16	-0.30 (-1.12 to 0.51) 0.464
Quality of Life						
Physical Domain						
Baseline	368	62.62 ± 12.92	338	63.31 ± 13.99		
Six months	326	59.22 ± 13.71	264	63.41 ± 15.20		
Mean change from baseline to six months (95% CI)		-3.18 (-4.86 to -1.50)		-0.02 (-2.01 to 1.96)	0.09	-2.07 (-6.66 to 2.51) 0.375
Psychological Domain						
Baseline	368	68.87 ± 14.45	336	67.90 ± 16.18		

Six months	326	64.46 ± 14.62	264	69.02 ± 16.30		
Mean change from baseline to six months (95% CI)		-4.41 (-6.49 to -2.34)		+0.39 (-2.17 to 2.96)	0.11	-3.29 (-8.63 to 2.05) 0.227
Social Relationship Domain						
Baseline	368	64.18 ± 13.95	338	64.82 ± 14.23		
Six months	327	62.02 ± 13.55	264	66.65 ± 16.98		
Mean change from baseline to six months (95% CI)		-2.10 (-3.99 to -0.21)		+2.05 (-0.35 to 4.45)	0.08	-2.60 (-6.37 to 1.18) 0.177
Environment Domain						
Baseline	368	65.41 ± 14.53	338	63.72 ± 15.95		
Six months	327	64.03 ± 13.58	264	69.72 ± 15.49		
Mean change from baseline to six months (95% CI)		-1.03 (-3.06 to 1.00)		+5.30 (2.82 to 7.78)	0.14	-4.99 (-9.45 to -0.53) 0.028***