

**Supplementary Table 6.** Comparison of diabetes self-management questionnaire scores between the intervention and control groups

Variable	Intervention (n=20)	Control (n=19)	Between groups	Within groups (from baseline)	
				Intervention	Control
DCP-SSS					
Baseline	25.10±8.96	25.10±8.41	0.956	-	-
Change from baseline					
Week 12	4.45±8.28	1.78±9.84	0.301	0.024	0.362
Week 16	6.05±9.48	2.46±4.54	0.416	0.002	0.050
DSMB-O					
Baseline	12.39±4.59	16.78±5.14	0.112	-	-
Change from baseline					
Week 12	3.11±3.78	2.46±4.54	0.681	0.002	0.030
Week 16	3.29±5.01	2.44±4.30	0.609	0.002	0.013
DSES					
Baseline	43.35±16.97	47.58±17.30	0.461	-	-
Change from baseline					
Week 12	-3.20±15.10	0.61±21.69	0.141	0.380	0.917
Week 16	-2.21±16.03	1.78±9.84	0.139	0.592	0.652

Values are presented as mean ± standard deviation.

DCP-SSS, Diabetes Care Profile-Social Support Scale; DSMB-O, Diabetes Self-Management Behaviors for Older Koreans; DSES, Diabetes Self-Efficacy Scale.