

**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
<b>DCP-SSS</b>					
Baseline	25.10 ± 3.96	25.10 ± 3.41	0.956	-	-
Change from baseline					
Week 12	4.45 ± 3.28	1.78 ± 2.84	0.301	0.024	0.362
Week 16	6.05 ± 2.48	2.46 ± 3.54	0.416	0.002	0.050
<b>DSMB-O</b>					
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
<b>DSES</b>					
Baseline	43.35 ± 6.97	47.58 ± 7.30	0.461	-	-
Change from baseline					
Week 12	3.20 ± 5.10	0.61 ± 1.69	0.141	0.380	0.917
Week 16	2.21 ± 6.03	1.78 ± 2.84	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.