SUPPLEMENTARY TABLES AND FIGURES

Comparison of self-care levels and barriers

1. Diet barrier and self-care levels

Table I: Comparison of mean diet barrier and self-care levels

Selfcare level	Diet Barrier Mean ± SD	Mean difference	95% CI		P value
			Lower	Upper	
Poor self-care (0-33)	31.97 ± 11.06				
Moderate self-care (34-67)	24.27 ± 12.93	7.70	4.75	10.65	<0.001
Good self-care (68-99)	19.43 ± 11.36	12.54	8.65	16.42	<0.001

The table shows that participants who had poor self-care levels had higher diet barrier scores, and those who had good self-care levels had lower diet barrier scores. This result indicates that diet barrier is associated with self-care levels with p-value <0.001***.
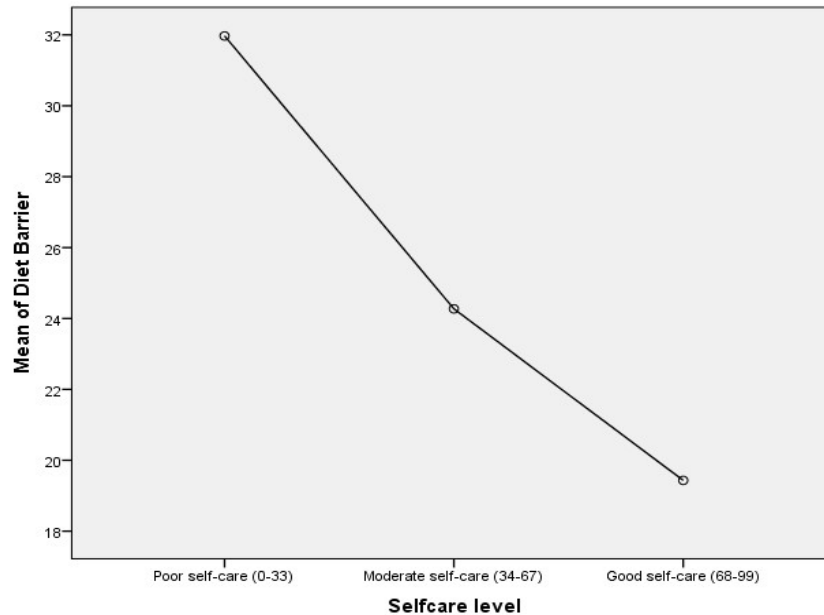

Figure I: Graph showing higher diet barrier scores for poor self-care and lower diet barrier scores for good self-care

2. Medication barrier and self-care levels

Table II: Comparison of mean medication barrier and self-care levels

Selfcare level	Medication Barrier Mean ± SD	Mean difference	95% CI		P value
			Lower	Upper	
Poor self-care (0-33)	35.49 ± 12.29				
Moderate self-care (34-67)	28.85 ± 14.48	6.64	3.39	9.90	<0.001
Good self-care (68-99)	22.55 ± 11.63	12.94	8.65	17.23	<0.001

The table shows that participants who had poor self-care levels had higher medication barrier scores, and those who had good self-care levels had lower medication barrier scores. This result indicates that medication barrier is associated with self-care levels with p-value <0.001***.
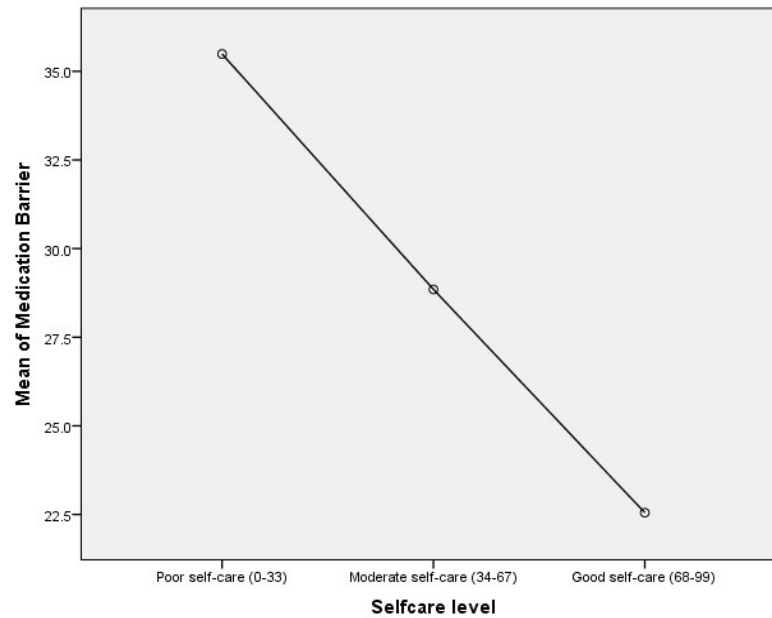

Figure II: Graph showing higher medication barrier scores for poor self-care and lower medication barrier scores for good self-care

3. Blood glucose monitoring barrier and self-care levels

Table III: Comparison of mean blood glucose monitoring barrier and self-care levels

Selfcare level	Blood Barrier Mean ± SD	Mean difference	95% CI		P value
			Lower	Upper	
Poor self-care (0-33)	36.34 ± 10.81				
Moderate self-care (34-67)	29.54 ± 13.67	6.80	3.78	9.82	<0.001
Good self-care (68-99)	24.23 ± 11.05	12.11	8.12	16.09	<0.001

The table shows that participants who had poor self-care levels had higher blood glucose monitoring barrier scores, and those who had good self-care levels had lower blood glucose monitoring barrier scores. This result indicates that blood glucose monitoring barrier is associated with self-care levels with p-value <0.001***.
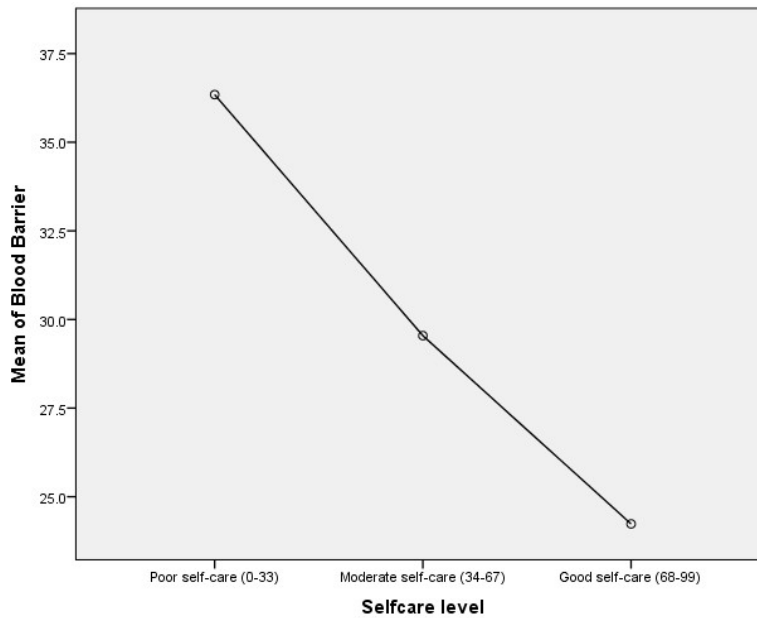

Figure III: Graph showing higher blood glucose monitoring barrier scores for poor self-care and lower blood glucose monitoring barrier scores for good self-care

4. Exercise barriers and self-care levels

Table IV: Comparison of mean exercise barrier and self-care levels

Selfcare level	Exercise Barrier Mean ± SD	Mean difference	95% CI		P value
			Lower	Upper	
Poor self-care (0-33)	29.25 ± 10.58				
Moderate self-care (34-67)	24.06 ± 12.91	5.19	2.34	8.03	<0.001
Good self-care (68-99)	16.92 ± 9.47	12.33	8.58	16.08	<0.001

The table shows that participants who had poor self-care levels had higher exercise barrier scores, and those who had good self-care levels had lower exercise barrier scores. This result indicates that exercise barrier is associated with self-care levels with p-value <0.001***.
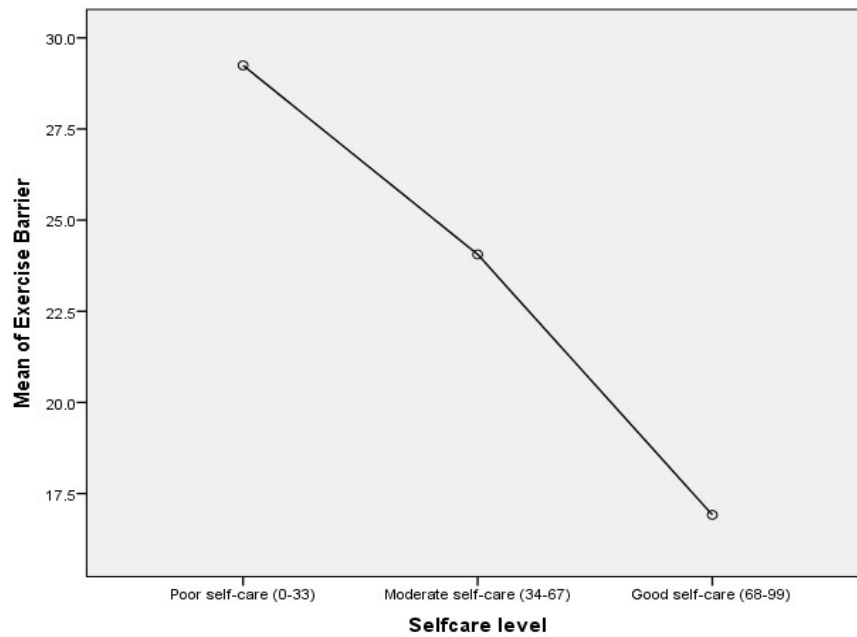

Figure IV: Graph showing higher exercise barrier scores for poor self-care and lower exercise barrier scores for good self-care

5. Foot-care barrier and self-care levels

Table V: Comparison of mean foot-care barrier and self-care levels

Selfcare level	Foot Barrier Mean ± SD	Mean difference	95% CI		P value
			Lower	Upper	
Poor self-care (0-33)	12.66 ± 10.26				
Moderate self-care (34-67)	11.35 ± 6.06	1.30	-0.67	3.28	0.194
Good self-care (68-99)	17.3 ± 9.46	4.64	-7.24	-2.04	<0.001

The table shows that participants who had good self-care levels had higher foot-care barrier scores. This result indicates that exercise barrier is associated with self-care levels with p-value <0.001***.
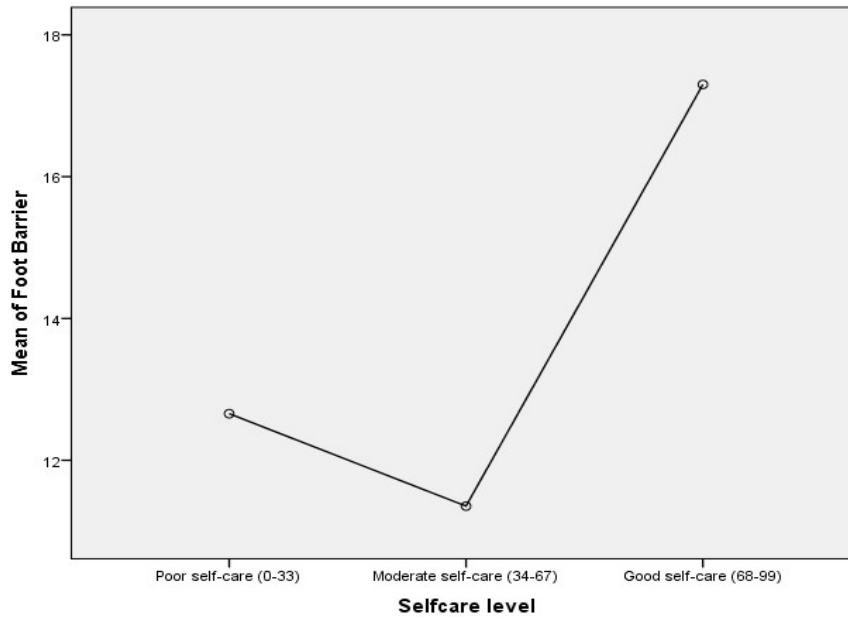

Figure V: Graph showing higher foot-care barrier scores for good self-care

6. Total barrier score and self-care levels

Table VI: Comparison of mean of total barrier score and self-care levels

Selfcare level	Total Barrier score Mean ± SD	Mean difference	95% CI		P value
			Lower	Upper	
Poor self-care (0-33)	145.71 ± 41.93				
Moderate self-care (34-67)	118.09 ± 51.25	27.62	16.05	39.19	<0.001
Good self-care (68-99)	100.43 ± 45.16	45.27	30.03	60.52	<0.001

The table shows that participants who had poor self-care levels had higher mean barrier scores, and those who had good self-care levels had lower mean barrier scores. This result indicates that barrier is associated with self-care levels with p-value <0.001***.
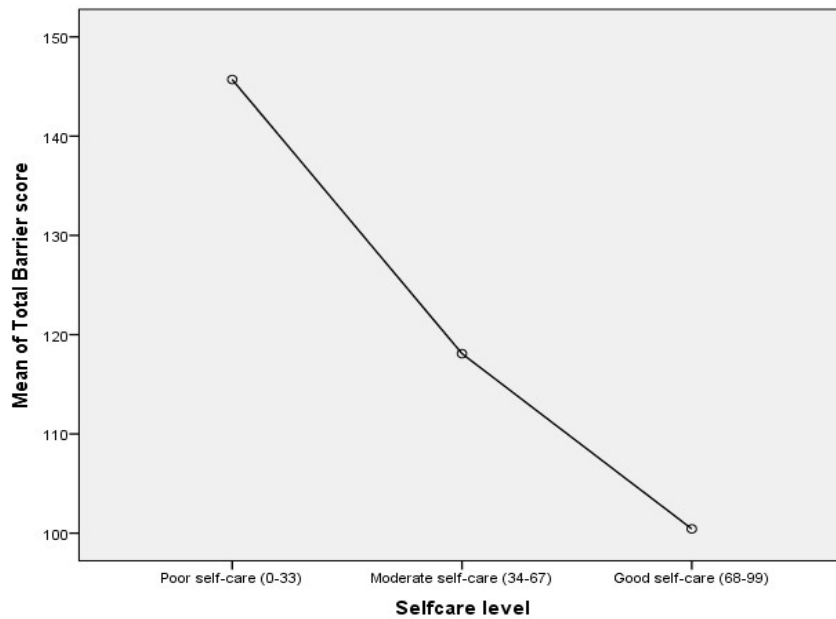

Figure VI: Graph showing higher total barrier scores for poor self-care and lower total barrier scores for good self-care