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Box 1 Extracts from the interview topic guides

| | |
|---------------------------------|--|
| Interviews with patients | <p>Integrating self-care into routine daily activities Impact of diagnosis and changes to their routine Living with diabetes type 2 Barriers and facilitators to practicing self-care of diabetes e.g. cultural or religious aspects of their lives Explore patients experience of attending clinic and the consultations with HCPs.</p> |
| Interviews with HCPS | <p>Experiences of managing patients with type 2 diabetes What type of support is provided to help patients self-manage their diabetes and how effective this is Describe their role in supporting patients in the clinic and satisfaction with outcomes of the role Perceptions of the barriers and facilitators to the success of patients' self-care Local and wider Ministry of Health involvement in guidance for self-care support provision</p> |

Table 1 Characteristics of patient participants

| Participants' ID | Age (mean: 48) | Gender | Marital status | Level of Education | Occupation | Duration since diagnosis (years) (mean: 7 years) |
|-------------------------|-----------------------|---------------|-----------------------|---------------------------|-------------------|---|
| PT 1 | 69 | Female | Married | Primary | Housewife | <10 |
| PT 2 | 62 | Male | Married | Secondary | Retiree | <10 |
| PT 3 | 41 | Male | Married | Higher | On sick leave | 8 |
| PT 4 | 46 | Female | Married | Secondary | Housewife | 7 |
| PT 5 | 53 | Male | Married | Higher | Civil servant | 9 |
| PT 6 | 37 | Female | Married | Higher | Civil servant | > 1 |
| PT 7 | 59 | Female | Married | Secondary | Housewife | 5 |
| PT 8 | 48 | Female | Married | Secondary | Housewife | <20 |
| PT 9 | 46 | Female | Married | Higher | Housewife | 5 |
| PT 10 | 28 | Male | Single | Secondary | Civil servant | >1 |
| PT 11 | 50 | Female | Married | Secondary | Housewife | <10 |
| PT 12 | 55 | Female | Married | Higher | Housewife | 5 |
| PT 13 | 50 | Male | Married | Higher | Civil servant | 7 |
| PT 14 | 56 | Female | Married | Secondary | Housewife | <10 |
| PT 15 | 54 | Male | Married | Higher | Civil servant | <10 |
| PT 16 | 43 | Male | Married | Higher | Teacher | >1 |
| PT 17 | 29 | Female | Married | Higher | Civil servant | >1 |
| PT 18 | 30 | Male | Married | Higher | Civil servant | >1 |

Table 2 Characteristics of HCP participants

| Participants' ID | Role | Years of working |
|-------------------------|----------------------------------|-------------------------|
| HCP 1 | General nurse | 8 |
| HCP 2 | Diabetes educator | 11 |
| HCP 3 | Health educator | >20 |
| HCP 4 | General nurse | 16 |
| HCP 5 | Diabetes educator | 18 |
| HCP 6 | Diabetes educator | 11 |
| HCP 7 | Diabetes educator/Nurse manager | 18 |
| HCP 8 | Nurse manager | >20 |
| HCP 9 | Diabetes educator | 15 |
| HCP 10 | General nurse | 18 |
| HCP 11 | General nurse | 6 |
| HCP 12 | Nurse manager | >20 |
| HCP 13 | Medical officer | 4 |
| HCP 14 | Family medicine specialist | >20 |
| HCP 15 | Public health doctor (physician) | >20 |
| HCP 16 | Medical assistant | 17 |
| HCP 17 | Pharmacist | 13 |
| HCP 18 | Dietician | 15 |
| HCP 19 | Nutritionist | 10 |