

**PERSONAL CHARACTERISTICS & EXPERIENCE**

**Personal Factors:**

**Biological:**

Age, gender, family history, diabetes duration, and Obesity

**Sociocultural:**

marital status, education, income, and region of residence

**Psychological:**

perceived health status (PHS)

**COGNITIVE-PERCEPTUAL FACTORS**

**Perceived activity barriers:**

vigorous activity barriers (VAB),  
House activity barriers (HAB), and  
physical activity barriers (PAB)

**Healthcare provider support:**

Health professional support for treatment (HPST),  
health professional support for lifestyle change (HPSL), and  
multiple health-care providers (MHP)

**Behavioral outcome**

Self-monitoring of blood glucose (SMBG)

