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)