Supplementary Files DIAB-Q English version

For each question, please circle the one number that best represents you today.

Section I. This section asks you about your exercise habits in the past 7 days and your plans to be more physically active in the next 7 days. Exercise can include aerobic exercise, strength or resistance training, flexibility or stretching exercises, and activities of daily living (such as choosing to take the stairs instead of the elevator).

to take the s	tairs instead of	the elevator).					
1. How many	days have you	exercised in	the past 7 d	ays?			
0	1	2	3	4	5	6	7
day	s day	days	days	days	days	days	every day
•	to exercise in t	he next 7 day	s can be des	scribed as			
Very sti						Very strong	
desire I			Neutral			desire to	
to exer		_		_	_	exercise	
1	2	3	4	5	6	7	
3. I have mad	le specific plans	s to exercise i	n the next 7	' davs.			
Stron		Somewhat	Neither	Somewhat		Strongly	
disagr		disagree	agree nor disagree	agree	Agree	agree	
1	2	3	4	5	6	7	
4. When I thi	nk about taking	g care of my d	iabetes, for	me, to exerci	i se is		
Not at		,				Extremely	
valual			Neutral			valuable	
1	2	3	4	5	6	7	
Γ My family	friands or boo	lth care profe	esionals ovr	and make av	ausisa in H		•
Comple	friends, or hea	Somewhat	ssionais ext	Somewhat	ercise iii ti	Completely	
false	•	false	Neutral	true	True	true	
1	raise 2	3	4	5	6	7	
1	2	3	4	J	O	,	
6. It is mostly	up to me whe	ther or not I e	xercise in th	ne next 7 days	S.		
Stron	gly	Somewhat	Neither	Somewhat		Strongly	
disagr	ee Disagree	disagree	agree nor	agree	Agree	agree	

disagree

Section II. This section asks you about your diet in relation to your diabetes. For most people, a "diabetes diet" means eating a variety of healthy foods in sensible amounts and sticking to regular mealtimes.

7. Hc	ow many days 0	s have you f 1	ollowed you	r diabetes	diet in the pas 4	st 7 days? 5	6	7
	days	day	days	days	days	days	days	every day
	3.3.75	,	,.		3.3.73		,.	
8. M	y desire to fo l	llow my dia	betes diet ir	the next 7	days can be d	lescribed	as	
	Very strong						Very strong	
	desire NOT			Neutral			desire to	
	to follow my						follow my	
(diabetes diet 1	2	3	4	5	6	diabetes die 7	ι
	1	2	3	4	3	U	,	
9. I h	ave made spe	ecific plans	to follow my	diabetes d	iet in the nex	t 7 days.		
	Strongly		Somewhat	Neither	Somewhat		Strongly	
	disagree	Disagree	disagree	agree nor	agree	Agree	agree	
	4	2	2	disagree	F	6	7	
	1	2	3	4	5	6	7	
10. V	Vhen I think a	bout taking	g care of my	diabetes, fo	r me, to follo v	w my diak	etes diet is	
	Not at all	`		•	,	•	Extremely	
	valuable			Neutral			valuable	
	1	2	3	4	5	6	7	
11 N	Av family frie	ands or hea	olth care nrof	eccionals ex	spect me to fo	llow my d	diahetes diet	in the
	7 days.	ilius, or rico	iitii care proi	C331011a13 C7	epect me to re	movv my c	alabetes diet	iii tiic
	Completely		Somewhat		Somewhat		Completely	
	false	False	false	Neutral	true	True	true	
	1	2	3	4	5	6	7	

12. It is mostly up	12. It is mostly up to me whether or not I follow my diabetes diet in the next 7 days.							
Strongly		Somewhat	Neither	Somewhat		Strongly		
disagree	Disagree	disagree	agree nor disagree	agree	Agree	agree		
1	2	3	4	5	6	7		

Section III. This section asks you about your body weight and any plans you may have for losing some weight or for maintaining a healthy weight.

13. My desire to Very strong desire NOT to lose some		reight can be	e described a	as		Very strong desire to lose some
weight 1	2	3	4	5	6	weight 7
14. I have made s	specific plans	s to lose som Somewhat	•	Comowhat		Strongly
Strongly disagree	Disagree	disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1	2	3	4	5	6	7
15. When I think Not at all	about taking	g care of my		r me, to lose	some wei	Extremely
valuable 1	2	3	Neutral 4	5	6	valuable 7
16. My family, fri Completely		llth care prof Somewhat	essionals ex	spect me to lc Somewhat	se some v	weight. Completely
false	False	false	Neutral	true	True	true
1	2	3	4	5	6	7
17. It is mostly up	to me whe			_		
Strongly disagree	Disagree	Somewhat disagree	Neither agree nor	Somewhat agree	Agree	Strongly agree

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 $\ disagree$

Supplementary file 2. Correlations between items hypothesized to measure similar constructs

	Correlations with		Results of c	Results of correlation		
			Pearson correlation	P value		
DIAB-Q item	Instrument	Item	coefficient			
How many days have you exercised in the past 7 days (item 1)	SDSCA	On how many of the last SEVEN DAYS did you participate in at least 30 minutes of physical activity? ("Exercise" section)	0.84	<0.01		
	SDSCA	On how many of the last SEVEN DAYS did you participate in a specific exercise session (such as swimming, walking, biking) other than what you do around the house or as part of your work? ("Exercise" section)	0.80	<0.01		
I have made specific plans to exercise in the next 7 days (item 3)	MDQ	How confident are you in your ability to exercise regularly? (section 3, item 3)	0.62	<0.01		
How many days have you followed your diabetes diet in the past 7 days (item 7)	SDSCA	How many of the last SEVEN DAYS have you followed a healthful eating plan? ("Diet" section)	0.78	<0.01		
	SDSCA	On average, over the past month, how many DAYS PER WEEK have you followed your eating plan? ("Diet" section)	0.80	<0.01		
I have made specific plans to follow my diabetes diet in the next 7 days (item 9)	MDQ	How confident are you in your ability to follow your diet? (section 3, item 1)	0.60	<0.01		

DIAB-Q, Diabetes Intention, Attitude, and Behavior Questionnaire; SDSCA, Summary of

Diabetes Self-Care Activities; MDQ, Multidimensional Diabetes Questionnaire.

Supplementary file 3. Distribution-based estimates of MCIC

				MCIC			
	Mean ± SD	Mean ± SD change in					
	all patients, baseline	stable patients	ICC				
Item	(N = 1015)	(n = 529)	(n = 529)	1.0 SEM	0.5 SES	0.5 RS	
Subjective	66.9 ± 21.0	-1.6 ± 16.3	0.706	11.4	10.5	8.2	
Norm							
Attitude	76.4 ± 17.7	0.5 ± 10.9	0.806	7.8	8.9	5.5	
PBC	86.6 ± 14.2	-0.5 ± 11.7	0.630	8.6	7.1	5.9	
Intention	66.5 ± 19.0	1.0 ± 12.3	0.778	9.0	9.5	6.2	
Planning	58.2 ± 22.8	1.3 ± 12.8	0.833	9.3	11.4	6.4	
Behavior	51.3 ± 24.6	-0.6 ± 13.4	0.837	9.9	12.3	6.7	

MCIC, minimal clinically important change; SD, standard deviation; ICC, intra-class correlation coefficient; SEM, standard error of measurement; SES, standard effect size; RS, responsiveness statistic; PBC, Perceived Behavioral Control.