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).

1. How many days have you **exercised** in the past 7 days?

0	1	2	3	4	5	6	7
days	day	days	days	days	days	days	every day

2. My desire to **exercise** in the next 7 days can be described as…

Very strong desire NOT to exercise			Neutral			Very strong desire to exercise
1	2	3	4	5	6	7

3. I have made specific plans to **exercise** in the next 7 days.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1	2	3	4	5	6	7

4. When I think about taking care of my diabetes, for me, to **exercise** is…

Not at all valuable			Neutral			Extremely valuable
1	2	3	4	5	6	7

5. My family, friends, or health care professionals expect me to **exercise** in the next 7 days.

Completely false	False	Somewhat false	Neutral	Somewhat true	True	Completely true
1	2	3	4	5	6	7

6. It is mostly up to me whether or not I **exercise** in the next 7 days.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1	2	3	4	5	6	7

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. How many days have you **followed your diabetes diet** in the past 7 days?

0	1	2	3	4	5	6	7
days	day	days	days	days	days	days	every day

8. My desire to **follow my diabetes diet** in the next 7 days can be described as…

Very strong desire NOT to follow my diabetes diet			Neutral			Very strong desire to follow my diabetes diet
1	2	3	4	5	6	7

9. I have made specific plans to **follow my diabetes diet** in the next 7 days.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1	2	3	4	5	6	7

10. When I think about taking care of my diabetes, for me, to **follow my diabetes diet** is…

Not at all valuable			Neutral			Extremely valuable
1	2	3	4	5	6	7

11. My family, friends, or health care professionals expect me to **follow my diabetes diet** in the next 7 days.

Completely false	False	Somewhat false	Neutral	Somewhat true	True	Completely true
1	2	3	4	5	6	7

12. It is mostly up to me whether or not I **follow my diabetes diet** in the next 7 days.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly 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 **lose some weight** can be described as…

Very strong desire NOT to lose some weight			Neutral			Very strong desire to lose some weight
1	2	3	4	5	6	7

14. I have made specific plans to **lose some weight**.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1	2	3	4	5	6	7

15. When I think about taking care of my diabetes, for me, to **lose some weight** is…

Not at all valuable			Neutral			Extremely valuable
1	2	3	4	5	6	7

16. My family, friends, or health care professionals expect me to **lose some weight**.

Completely false	False	Somewhat false	Neutral	Somewhat true	True	Completely true
1	2	3	4	5	6	7

17. It is mostly up to me whether or not I **lose some weight**.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1	2	3	4	5	6	7

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

| DIAB-Q item | Correlations with | | Results of correlation | |
	Instrument	Item	Pearson correlation coefficient	*P* value
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

Item	Mean ± SD all patients, baseline (N = 1015)	Mean ± SD change in stable patients (n = 529)	ICC (n = 529)	MCIC		
				1.0 SEM	0.5 SES	0.5 RS
Subjective Norm	66.9 ± 21.0	−1.6 ± 16.3	0.706	11.4	10.5	8.2
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.