Participant Flow

Enrollment

Assessed for eligibility (n=200)

Excluded (n=40)
- ♦ Not meeting inclusion criteria (n=22)
- ♦ Declined to participate (n=10)
- ♦ Other reasons (n=8)

Randomized (n=160)

Allocation

Allocated to intervention (n=80)
- ♦ Received allocated intervention (n=80)
- ♦ Did not receive allocated intervention (n=0)

Allocated to intervention (n=80)
- ♦ Received allocated usual care (n=80)
- ♦ Did not receive allocated usual care (n=0)

Follow-Up

Lost to follow-up (give reasons) (n=10)
Moved from catchment area (n=2)
Participated in <50% of intervention sessions (n=6)
Discontinued intervention (give reasons) (n=2)

Lost to follow-up (give reasons) (n=10)
Discontinued study (give reasons) (n=5)
Referral to advanced care (n=3)
Suffered stroke (n=2)

Analysis

Analysed (n=70)
- ♦ Excluded from analysis (give reasons) (n=0)

Analysed (n=70)
- ♦ Excluded from analysis (give reasons) (n=0)

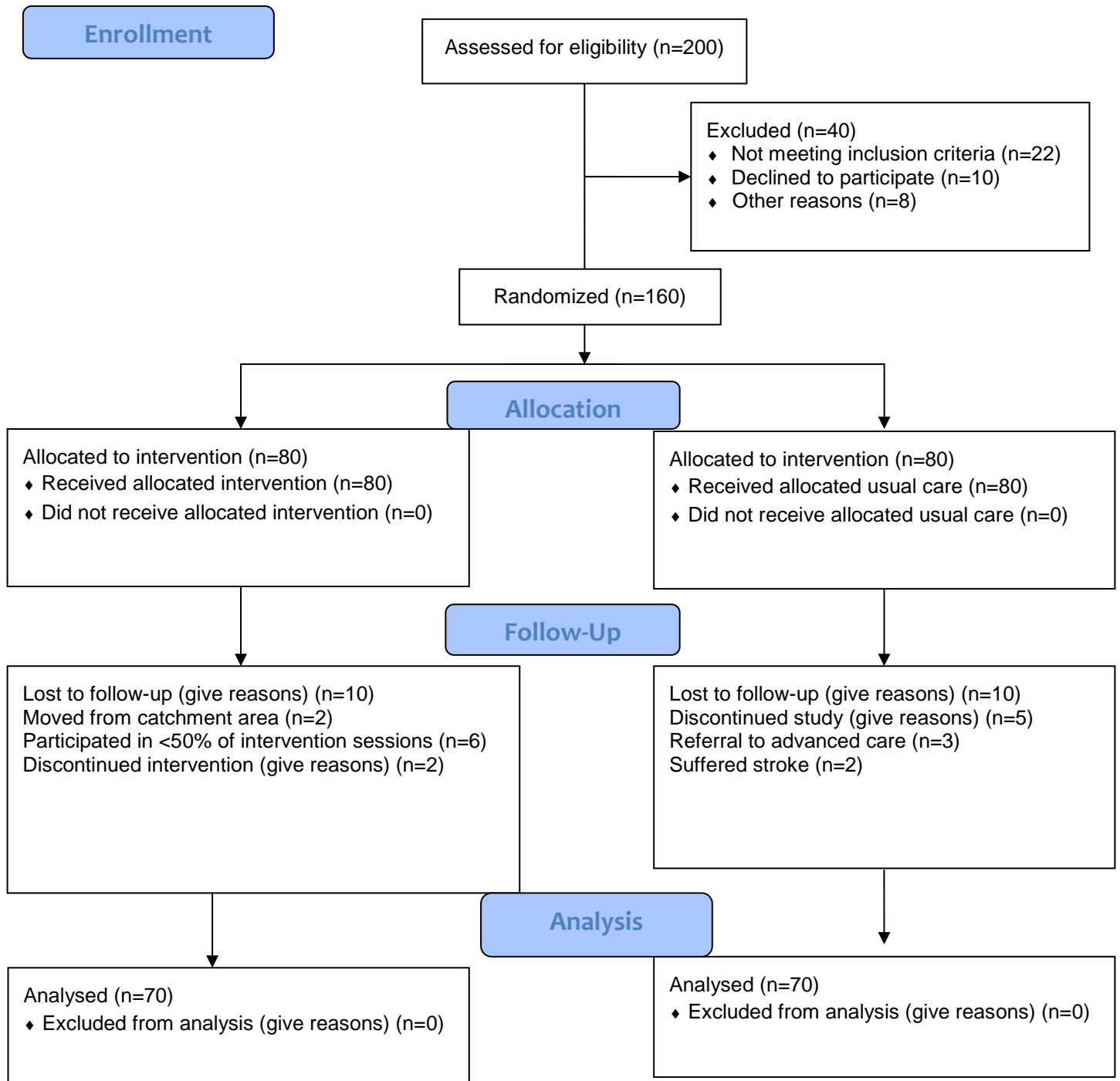**Baseline Characteristics**

Table 1. Demographic and clinical characteristics among adults with type 2 diabetes
N=140

		Experimental n=70, n(%)		Control group N=70, n(%)	
Variables	Categories	F	P	F	P
Gender	Male	46	65.71	41	58.57
	Female	24	34.29	29	41.43
Age (years)	30-39 years	6	8.57	11	15.71
	40-49 years	18	25.71	23	32.86
	50-59 years	29	41.43	16	22.86
	>60 years	17	24.29	20	28.57
Education	No schooling	11	15.71	17	24.29
	Primary / High school	32	45.71	34	48.57
	Bachelors/ Master degree	27	38.57	19	27.14
Duration diabetes	< 4 years	15	21.43	19	27.14
	5 to 10 years	25	35.71	17	24.29
	10 to 15 years	19	27.14	23	32.86
	>15 years	11	15.71	11	15.71
Diabetes education	No	40	57.14	46	65.71
	Yes	30	42.86	24	34.29
Medication	Insulin and OHA	22	31.43	19	27.14
	Oral hypoglycemic	48	68.57	51	72.86

Outcome Measures

Table 2. Clinical parameters among adults with type 2 diabetes   N=140

Variables	Categories	Experimental n=70		Control group N=70	
		F	P	F	P
Body mass index (kg/m2)	< 18.5 kg/m2	14	20.00	13	18.57
	18.5-24.9 kg/m2	18	25.71	20	28.57
	>25 kg/m2	27	38.57	22	31.43
	>30 kg/m2	11	15.71	15	21.43
Blood pressure (mm Hg)	<119/80 mm Hg	9	12.86	11	15.71
	120-139/80-89 mm Hg	34	48.57	27	38.57
	140-159/90-99 mmHg	18	25.71	22	31.43
	>160/100 mm Hg	9	12.86	10	14.29
Fasting blood glucose (mmol/L)	<7.2 mmol/L	14	20.00	5	7.14
	>7.2 mmol/L	56	80.00	65	92.86
HbA1c (%)	$\leq$7%	12	17.14	10	14.29
	7.01-7.99%	29	41.43	20	28.57
	$\geq$8%	29	41.43	40	57.14

Adverse Events

There were no adverse events associated with this trial.