

Supplementary materials for:

Zhong X, Wang Z, Fisher EB, Tanasugarn C. Peer Support for Diabetes Management in Primary Care and Community Settings in Anhui Province, China. *Ann Fam Med*. 2015;13:(Suppl 1)S50-S58. doi: 10.1370/afm.1799.

Supplemental Appendix 1. Means (SD) of Participants on Study Variables in PLSP Intervention and Control Conditions at Baseline

Variable	PLSP (n = 365)	Control (n = 361)	<i>p</i> Values for Comparisons		
			PLSP vs Control	Communities 1, 2 and 3	Interaction: Intervention X Community
Age	63.00 (9.42)	63.52 (8.78)	.431	.854	.007
Education	1.86 (.92)	1.72 (.88)	.029	.119	.056
Income	2.11 (.81)	1.84 (.72)	.000	.006	.000
Knowledge	5.48 (2.67)	7.20 (2.60)	.000	.000	.000
Attitudes	29.79 (5.63)	29.24 (4.93)	.076	.000	.009
Self-efficacy	34.79 (4.73)	33.99 (5.45)	.015	.000	.000
Social support	30.57 (6.93)	29.01 (5.92)	.001	.000	.157
Diet	19.29 (2.29)	19.04 (2.14)	.116	.000	.190
Physical activity	9.32 (3.37)	9.00 (2.53)	.099	.000	.000
Glucose monitoring	4.02 (1.67)	4.58 (1.54)	.000	.004	.000
Medication adherence	4.19 (1.60)	4.35 (1.56)	.161	.078	.070
BMI (kg/m ²)	24.13 (3.25)	24.09 (3.25)	.945	.000	.103
SBP	135.72 (14.29)	133.61 (15.29)	.055	.001	.000
DBP	83.19 (8.83)	80.92 (9.56)	.001	.000	.000
Fasting glucose (mmol/L)	8.07 (3.76)	6.70 (1.72)	.000	.000	.261
Fasting glucose (mg/dl) ^a	145.41	120.72			
2-Hour post-prand glucose (mmol/L)	11.75 (3.98)	10.48 (2.32)	.000	.002	.007
2-Hour post-prand glucose (mg/dl) ^a	211.71	188.83			

Education: 1 = primary school, 2 = completed junior high school, 3 = completed high school/vocational/technical secondary school, 4 = completed junior college, bachelor degree or above

Income: during previous year, average monthly income of your family: 1 = under ¥ 999, 2 = ¥ 1000 - ¥ 1999, 3 = ¥ 2000-¥ 4999, 4 = more than ¥ 5000, 5 = “don’t know” recoded as sample mean.

Description of Self-Report Measures

Knowledge: Total of 12 items, 4 – glucose; 3 – diabetic complications; 2 – diet; and 3 –insulin. Correct responses received one point and incorrect answers or “don’t know/unsure” received zero. Possible range of knowledge scores was 0 to 12. High scores indicate greater knowledge.

Attitudes toward self-management 9 items scored 1 to 5 (‘Strongly disagree,’ ... ‘Strongly Agree’) with range of 9-45. High scores indicate more positive attitudes.

Self efficacy for self management 9 items scored 1 to 5 (‘Strongly disagree,’ ... ‘Strongly Agree’) with range of 9-45. High scores indicate greater self efficacy.

Perceived social support for self management 9 items scored 1 to 5 (‘Never,’ ... ‘Always’) with range of 9-45. High scores indicate greater perceived support.

Self-management: 9 items, scored 1 to 5 resulting in subscores for: diet – 4 items, maximum score = 20, physical activity – 2 items, maximum score = 10, glucose monitoring – 2 items, maximum = 10, medication adherence – 1 item, maximum = 5.³⁰ High scores indicate greater self management practices.

^aGlucose levels in mg/dl are conversions from means expressed as mmol/L

P Values are for comparisons within GLM analyses of variables by intervention (PLSP vs control), community (communities 1 through 3), and the interaction of intervention by communities. scales are defined at bottom of table.

Supplemental Appendix 2. Means (SD) of Participants on Baseline Study Variables Comparing those Completing and Not Completing Follow-Up

Variable	PLSP		Control		All		p Levels		
	Not Completing (n = 108)	Completing (n = 135)	Not Completing (n = 149)	Completing (n = 94)	Not Completing (n = 257)	Completing (n = 229)	Completion Status: Completing vs Not Completing	Interaction: Completion Status by Condition	PLSP Only: Completing vs Not Completing
Age	62.81 (9.70)	64.30 (8.46)	62.85 (9.05)	63.62 (9.20)	62.84 (9.31)	64.02 (8.76)	.179	.665	.203
Education	1.71 (.89)	1.96 (1.01)	1.68 (.91)	1.72 (.84)	1.69 (.90)	1.86 (.95)	.082	.229	.044
Income	1.96 (.74)	2.12 (.87)	1.95 (.80)	1.84 (.75)	1.95 (.77)	2.00 (.84)	.738	.077	.142
Knowledge	5.30 (2.58)	6.36 (2.62)	8.06 (2.27)	7.88 (2.04)	6.90 (2.76)	6.98 (2.51)	.047	.005	.001
Attitudes	29.14 (4.26)	31.10 (6.15)	30.29 (3.68)	30.33 (6.71)	29.81 (3.96)	30.78 (6.38)	.039	.048	.005
Self-efficacy	34.47 (5.11)	34.74 (4.51)	35.30 (5.89)	34.79 (4.52)	34.95 (5.58)	34.76 (4.50)	.799	.410	.632
Social support	31.50 (7.70)	31.25 (7.15)	29.98 (4.53)	30.76 (7.59)	30.62 (6.10)	31.05 (7.32)	.669	.407	.870
Diet	18.72 (2.09)	18.96 (1.96)	18.79 (1.68)	18.79 (2.17)	18.76 (1.86)	18.89 (2.05)	.504	.488	.402
Physical activity	9.37 (3.69)	10.13 (2.84)	9.21 (2.98)	9.21 (2.14)	9.28 (3.29)	9.75 (2.61)	.171	.170	.081
Glucose monitoring	3.99 (1.64)	4.06 (1.67)	5.23 (1.40)	4.01 (1.56)	4.71 (1.62)	4.04 (1.62)	.000	.000	.749
Medication adherence	4.36 (1.54)	3.98 (1.66)	4.46 (1.45)	3.83 (1.93)	4.42 (1.49)	3.92 (1.77)	.001	.396	.107
BMI (kg/m ²)	22.76 (3.28)	24.03 (2.95)	24.01 (3.47)	23.32 (2.92)	23.49 (3.45)	23.74 (2.95)	.328	.001	.000
SBP	134.76 (14.89)	135.95 (14.88)	132.55 (16.69)	130.44 (11.80)	133.48 (15.96)	133.69 (13.94)	.739	.232	.906
DBP	81.81 (9.61)	82.39 (8.67)	80.56 (10.50)	79.04 (8.67)	81.09 (10.13)	81.02 (8.81)	.589	.230	.368
Fasting glucose (mmol/L)	7.49 (2.57)	7.66 (2.12)	6.46 (1.64)	6.31 (1.61)	6.87 (2.12)	7.11 (2.04)	.943	.376	.470

Fastin g glucos e (mg/dl) ^a	134.96	138.02	116.40	113.69	123.79	128.11			
2- Hour post- prand glucos e (mmol /L)	11.37 (4.31)	11.56 (3.77)	10.62 (2.64)	10.37 (2.05)	10.83 (3.21)	11.07 (3.23)	.932	.499	.755
2- Hour post- prand glucos e (mg/dl) ^a	204.87	208.29	191.35	186.85	195.14	199.46			
<p><i>P</i> Values are for Comparisons within glm analyses of variables by completion status (completing, not completing), the interaction of completion status and condition (PLSP, control) and, within the PLSP condition, completion status. Scales are defined in Supplemental Table 1.</p> <p>^aGlucose levels in mg/dl are conversions from means expressed as mmol/L.</p>									