

Appendix 1. Self-management education course

1. Initial education cycle

The initial cycle consists of 3 to 7 educational weekly or bi-weekly 2-hour group sessions for 4 to 10 patients:

Personalised assessment group session (120 minutes): patients work on their own clinical and biological factors that can influence health maintenance (blood glucose, blood pressure, lipids, weight, waist circumference, smoking), before looking at lifestyle measure effects and specific impacts of eventual changes. They then scrutinise the feasibility of action planning and implementation in real life, and goal-setting taking into account all individual, social, and contextual dimensions. At the end of this session, each learner can schedule 2 to 6 specific additional focused sessions, according his/her needs and goal-setting.

Two to 6 specific additional focused sessions of 90 to 120 minutes, spaced at intervals of 1 to 2 weeks (3 weeks maximum). These sessions are selected on the six following themes: self-monitoring and adaptation of treatment - physical activity - food and control of fat intake – understanding of diabetes and treatment – challenges of insulin therapy – prevention of foot lesions.

2. On-going SME support:

Personalised empowerment follow-up including group sessions of 90 to 120 minutes each, with three to ten patients at 16, 32, 48, 64, 80 and 96 weeks. Each session will be scheduled at the end of the previous session. Patients will work on the progress of their indicators as follows: medical (HbA1c levels, blood sugar, arterial pressure, lipids, waist circumference, smoking, treatments); health coping and goal setting (action(s) initially decided on, actual implementation, obstacles); cognitive (review of knowledge gained through the first session assessment session and additional sessions). The summary of the session comprises objectives for action(s) to be implemented and the scheduling of optional additional sessions to support practical implementation.