

Appendix 3

Functional, interactive and critical relationship to the 8 themes of disease management

Themes	Functional	Interactive	Critical
Physical activity	I walk or move every day because I've been told to be active for diabetes	I am physically active because it improves my diabetes	I am physically active whenever possible, in relation to the life I have in hand (not only because of my diabetes). Being active is really good for me
Food	When I buy food and cook, I do try to respect the recommendations I received (from the doctor, the dietician...)	I understand that food should be balanced and diversified: I adjust my diet as best I can according to the situations of everyday life	Eating a balanced diet does not mean you have to deprive yourself. With the disease, I learned to buy and cook differently, while taking into account the cost, tastes, desires and availability of food
Treatment	I try to follow the treatment prescribed to me as best I can	I follow my treatment as best I can because I realize that it is useful	I know the role of each treatment and I adjust it according to the type of life I have, so as to achieve as good a balance as possible
Follow-up	I keep up with my diabetes on a daily basis and show my results to my doctor regularly	I test when I can and discuss my diabetes care with my doctor (or other provider).	Once I understood diabetes and its evolution, I can live a normal life, while having regular tests to avoid complications.
Social support and network	I try not to bother anyone with my illness	I realize that I am not alone and that I can count on others	I just live like everyone else and I nearly forget that I have diabetes
Relation to health care providers	I do whatever my doctor (or other provider) tells me	I have discussions with my doctor (or other) about diabetes because I want to understand what is going on	I know my diabetes and visit health care providers only when needed.
Access to knowledge	I stick to what my doctor says about my diabetes	Whenever I come across something about diabetes, I look	I don't listen to anything: I know where the sources are and I stick to that

		at it and try to get something out of it	
Knowledge	Diabetes is something that's wrong: it's not up to me or what I do	Diabetes is one or more things that need to be monitored independently of each other, but which I can do something about (e.g. diet and/or physical activity, etc.).	Diabetes is a set of interacting elements (the body, the organs, the environment, etc.) that puts me at risk of complications if I don't pay attention, but that I can also stabilise (or improve) if I monitor all these elements at the same time, taking into account the life I lead