

Additional file 2. Details of the diabetes self-management programme at the primary care practice

Programme providers	Two family physicians One chiropodist Two nurses One pharmacist One laboratory technician	One dentist Two physiotherapists Two expert participants One medical coordinator
Programme modalities	Eight weekly workshops of 90 minutes, led by two different healthcare providers of the team. Each participant had an individual conversation with a team member before the beginning and after the programme end, to fix the participation objective(s).	
Self-management programme content	<ol style="list-style-type: none"> 1) Analysis of diabetes representation among participants 2) Pharmacological treatments for diabetes 3) Self-management of foot care 4) Balanced diet 5) Importance of the carbohydrates in the diet 6) Place of physical activity in daily life 7) Eye care for people with diabetes 8) Supplies and equipment, such as needles and injectors, for diabetes treatment 	
Self-management programme promotion	<ol style="list-style-type: none"> 1) By the healthcare providers during consultations 2) With posters in the primary care practice 	