Table A1 - Questionnaire used for collection of demographic data of the participants (English).

| Question | Options | Male | Female | Diet only | Oral | Insulin only | Oral and insulin | Yes | No |
|----------|---------|------|--------|-----------|------|--------------|------------------|-----|----|
| Gender   |         | 0    | 1      | 0         | 1    | 0            | 1                |     |    |
| Age/years|         | ------ | years |           |      |              |                  |     |    |
| Nationality |       | Saudi | Non-Saudi |   |     |             |                  |     |    |
| Marital status | | Married | Not married | 0 | 1 | | | | |
| Job type: |         | Governmental | Non-governmental | Free business | Retired | Not working | | | |
|         |         | 0 | 1 | 2 | 3 | 4 | | | |
| Educational level: | Primary | Intermediate | Secondary | University | | | | | |
|         | 0 | 1 | 2 | 3 | | | | | |
| Duration of diabetes years: | | ------ | years | | | | | | |
| Type of treatment: | Diet only | Oral | Insulin only | Oral and insulin | | | | | |
|         | 0 | 1 | 2 | 3 | | | | | |
| Diabetes education: | Yes | No | | | | | | | |
|         | 0 | 1 | | | | | | | |
| Family | Yes | No | | | | | | | |
| history of diabetes mellitus: | 0 | 1 |
| اختر الإجابة التي تعتقد أنها صحيحة بوضع علامة (✓) في النفراغ (إجابة واحدة فقط لكل سؤال). |
| --- |
| **الجنس:** |
| ذكر | أنثى |
| 1 | 0 |
| **العمر بالسنوات:** |
| ------- |
| 2 |
| **الجنسية:** |
| سعودي | مقيم |
| 1 | 0 |
| **الحالة الاجتماعية:** |
| متزوج | غير متزوج |
| 1 | 0 |
| **القطاع:** |
| قطاع حكومي | قطاع خاص | اعمال خصوصية |
| 4 | 3 | 2 |
| **المستوى التعليمي:** |
| ابتدائي أو أقل | ثانوي | متوسط | جامعي |
| 3 | 2 | 1 | 0 |
| **مدة الإصابة بمرض السكري بالسنوات:** |
| ------- |
| 7 |
| **الطريقة التي تستعملها بالمعالجة:** |
| حبوب ونسولين فقط | حبوب حمية فقط | حبوب ونسولين فقط |
| 3 | 2 | 1 |
| هل يوجد من أفراد أسرتك مصاب بالسكري؟ |
| نعم | لا |
| 1 | 0 |
| هل سبق تثقيفك عن داء السكري؟ |
| نعم | لا |
| 1 | 0 |

**Table A2- Questionnaire used for collection of demographic data of the participants (Arabic).**
**Table A3-** The 14-item MDKT questionnaire, used for assessing patients’ general knowledge on diabetes, with correct answers marked with an asterisk (English).

| Michigan Diabetes Research and Training Center’s Revised Diabetes Knowledge Test | Choose the answer you think is correct by marking (✓) in the space (only one answer per question) |
|---|---|
| **1** | The diabetes diet is: |
| | the way most people eat | a healthy diet for most people | too high in carbohydrate for most people | too high in protein for most people |
| 0 | 1* | 2 | 3 |
| **2** | Which of the following is highest in carbohydrate? |
| | Baked chicken | Swiss cheese | Baked potato | Peanut butter |
| 0 | 1 | 2* | 3 |
| **3** | Which of the following is highest in fat? |
| | Low fat (2%) milk | Orange juice | Corn | Honey |
| 0* | 1 | 2 | 3 |
| **4** | Which of the following is a “free food”? |
| | Any unsweetened food | Any food that has “fat free” on the label | Any food that has “sugar free” on the label | Any food that has less than 20 calories per serving |
| 0 | 1 | 2 | 3* |
| **5** | A1C is a measure of your average blood glucose level for the past: |
| | day | week | 6-12 weeks | 6 months |
| 0 | 1 | 2* | 3 |
| **6** | Which is the best method for home glucose testing? |
| | Urine testing | Blood testing | Both are equally good |
| 0 | 1* | 2 |
| **7** | What effect does unsweetened fruit juice have on blood glucose? |
| | Lowers it | Raises it | Has no effect |
| 0 | 1* | 2 |
| **8** | Which should not be used to treat a low blood glucose? |
| | 3 hard candies | 1/2 cup orange juice | 1 cup diet soft drink | 1 cup skim milk |
| 0 | 1 | 2* | 3 |
| **9** | For a person in good control, what effect does exercise have on blood glucose? |
| | Lowers it | Raises it | Has no effect |
| 0* | 1 | 2 |
| **10** | What effect will an infection most likely have on blood glucose? |
| | Raises it | Lowers it | Has no effect |
| 0* | 1 | 2 |
| **11** | The best way to take care of your feet is to: |
| | look at and wash them each day | massage them with alcohol each day | soak them for one hour each day | buy shoes a size larger than usual |
| 0* | 1 | 2 | 3 |
| **12** | Eating foods lower in fat decreases your risk for: |
| | nerve disease | kidney disease | heart disease | eye disease |
| 0 | 1 | 2* | 3 |
| **13** | Numbness and tingling may be symptoms of: |
| | kidney disease | nerve disease | eye disease | liver disease |
| 0 | 1* | 2 | 3 |
| **14** | Which of the following is usually not associated with diabetes? |
| | vision problems | kidney problems | nerve problems | lung problems |
| 0 | 1 | 2 | 3* |