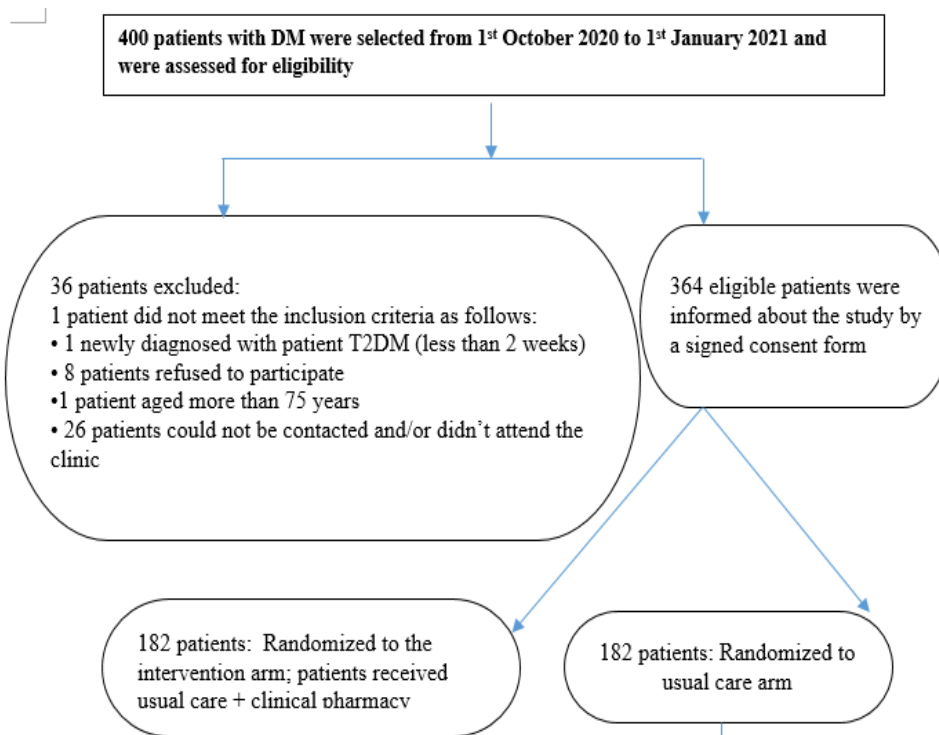


Baseline characteristics

76.4% of the participants (n=278) were females, and they consisted 80.8 % (n=147) of the interventional group and 72% (n=131) of the control group. The mean age of the interventional group was 54.5 (± 10) years, while the mean (\pm SD) age of the control group was 56 (± 9.8) years. the median (Interquartile range, IQR) duration since DM diagnosis for the total participants was 8 (4-14) years. 31.9% (n=58) of the interventional group had diabetes for 6-10 years, compared to 26.4 % (n=48) of the control group. In addition, 26.4% of the interventional group had diabetes for 1-5 years compared with 25.3% of the control group

Participant flow (PRISMA flow diagram)



Adverse events

No adverse effects have been found

Outcome measures

In summary, KAP, medication adherence, and treatment satisfaction between the interventional and control groups differed significantly at the end of the study. However, the intervention did not significantly affect patients' quality of life. FBG, 2hrs PPG, HbA1c levels, and lipid profile were improved significantly at the end of the study. There is no statistically significant difference in renal function between the control and interventional group at baseline and at the end of the study.