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**e-Appendix 1: Self-reported questionnaire items**

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Summary of Diabetes Self-Care Activities – Self-Monitoring of Blood Glucose:<sup>12</sup>

- 1 On how many of the last 7 days did you test your blood sugar?
- 2 On how many of the last 7 days did you test your blood sugar the number of times recommended by your health care provider?

Environmental Barriers to Adherence Scale – Self-Monitoring of Blood Glucose:<sup>13</sup>

- 1 To what extent does “finding the time at home” keep you from testing your blood sugar as you think you should?
  - 2 To what extent does “finding the time at work” keep you from testing your blood sugar as you think you should?
  - 3 To what extent does “finding a good place” keep you from testing your blood sugar as you think you should?
  - 4 To what extent does “the inconvenience (of carrying my materials)” keep you from testing your blood sugar as you think you should?
  - 5 To what extent does “problems with my health (trouble seeing, etc.)” keep you from testing your blood sugar as you think you should?
  - 6 To what extent does “forgetting to test” keep you from testing your blood sugar as you think you should?
  - 7 To what extent does “feeling sick” keep you from testing your blood sugar as you think you should?
  - 8 To what extent does “it’s too complicated” keep you from testing your blood sugar as you think you should?
  - 9 To what extent does “it’s too painful” keep you from testing your blood sugar as you think you should?
  - 10 To what extent does “being away from home (shopping, travelling, etc.)” keep you from testing your blood sugar as you think you should?
  - 11 To what extent do “changes in my schedule (sleeping late, working late, etc.)” keep you from testing your blood sugar as you think you should?
  - 12 To what extent does “the cost of supplies” keep you from testing your blood sugar as you think you should?
  - 13 To what extent do “special occasions (holidays, etc.)” keep you from testing your blood sugar as you think you should?
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