

Supplementary Table 1. Patients' Responses to Knowledge about Diabetes

		At baseline (%)			After intervention (%)		
		True	False	Don't know	True	False	Don't know
1	If diabetes is not controlled, you are likely to suffer from colds, tuberculosis & other diseases	54.4	39.2	6.4	89.0	8.1	2.1
2	If a diabetic patient suffers from colds or stress, his/her blood sugar levels are increased	67.0	28.2	4.8	93.0	5.3	1.7
3	Psychological strain is one of the causes of diabetes	70.3	25.5	4.2	92.3	5.6	2.0
4	Egg yolk is a good food source for diabetic patients	50.5	40.5	9.1	16.6	74.3	9.0
5	You can suffer numbness or sensory loss in hands & feet, or experience neuropathy symptoms such as diabetes complications	68.2	27.3	4.5	91.3	6.7	2.0
6	Elevated blood glucose levels over a long period of time can lead to visual disorders	79.1	18.1	2.8	94.5	4.5	1.0
7	It is better for diabetic patients to frequently take snacks rather than have three meals a day	41.6	53.1	5.3	15.6	80.3	4.1
8	My ideal weight is () kg	30.1	60.1	9.8	58.9	27.2	14.0
9	If you have cold sweats, palpitations, hunger, tiredness, trembling of hands, or headache after taking medication including insulin, you should take sugar as soon as possible	65.6	29.6	4.7	90.8	7.0	2.2
10	Normal fasting blood sugar level is () mg/dL	37.9	53.1	9.0	70.7	21.0	8.3

The correct answer for No. 4 and No. 7 is false and the correct answer for the others is true. Each correct answer corresponds to a score of 1, and "wrong answer" and "Don't know" correspond to 0.