

Addendum 1

Topic List: Participants

- 1 How did you experience the intervention?
 - a. Recruitment process?
 - b. Group meetings?
 - c. Meetings for significant others?
 - d. Network meetings?
- 2 What did you like most? Why?
- 3 What did you like less? Why?
- 4 Would you recommend the intervention to other people?
- 5 Social network meetings?
 - a. What was discussed?
 - b. Experiences?
- 6 Meetings for significant others?
 - a. How were significant others introduced?
 - b. What was their reaction?

7 Group leader?

Experienced effects

1. What have you learned?
2. What effect do you think the intervention has had on you?
 - a. On your diabetes? What? How did this happen?
 - b. On your body? What? How did this happen?
 - c. Diabetes self-management? What? How did this happen?
 - d. Other things? What? How did this happen?
 - e. Where do you think that comes from? What has contributed the most to this?

Dealing with difficult situations

1. How did you deal with difficult situations before the intervention?
2. How do you deal with difficult situations now?
3. What do you think about these changes?
4. How do you think these changes occurred? How exactly did you learn that?

5. What could be improved about the way you deal with difficult situations?
6. What do you need for this?

Contact with group members

1. What sort of contact did you have with your group members?
 - a. How did you experience this?
 - b. What did you like/not like?
 - c. Do you still see some of the people in your group?
2. Did you make friends during the intervention?
 - a. With whom?
 - b. How did that happen?
 - c. What does this friendship involve?
 - d. What activities do you do together for diabetes self-management (support, movement, eating)?
 - e. Do you think you will continue to see each other in the future?
3. You did not make friends: why not? A need for friends? What do you need to make new friends?

Family and friends

1. Did your significant other participate in the intervention? What did they think about it?
2. How can you tell that they participated in the intervention?
3. How did they deal with your diabetes before they participated in the intervention?
4. How do they deal with your diabetes now?
5. How do they do that now? Has anything changed? How did this happen? What role did the intervention play?

Addendum 2

Topic list: Group leaders

1. In general, how did you experience the intervention?
2. How did your participants do during the intervention (discussion of each participant)?
 - a. Experiences
 - b. Goals they worked on
 - c. Changes in participants during the intervention
 - d. Social interactions between participants
 - e. Which participants did/did not benefit from the intervention and why
3. What was your role in creating the group feeling (adequately promoted? how?)
4. Did you feel that you had sufficient knowledge (e.g. own experience, training, and support from AMC) to carry out the intervention?
5. Experience with the manual (understandable? adequate/not adequate? what could be improved?)
6. Experience with the organization by AMC (availability of material, location, facilities)
7. Facilitators and barriers during implementation? How did you handle these? Do you think sufficient action was taken?
8. What were successful/ unsuccessful elements of the interventions? Why?