

Search strategies

Medline (Ovid)

Search on 19.11.2018, 1470 references, Update from 2018 to Current on 20.08.2020: 541 references

Nr.	Searches
1.	exp Diabetes Mellitus/
2.	Diabetes.tw
3.	or/1-2
4.	Africa.tw
5.	Exp Africa/
6.	Algeria\$.tw or exp Algeria/
7.	Angol\$.tw or exp Angola/
8.	Benin\$.tw or exp Benin/
9.	Botswan\$.tw or exp Botswana/
10.	Burkina Faso.tw or exp Burkina Faso/
11.	Burund\$.tw or exp Burundi/
12.	Cameroon\$.tw or exp Cameroon/
13.	Cape Verde.tw or exp Cape Verde/
14.	Central African Republic\$.tw or exp Central African Republic/
15.	Chad\$.tw or exp Chad/
16.	Comoros\$.tw or exp Comoros/
17.	Cote d'Ivoire.tw or exp Cote d'Ivoire/
18.	Democratic Republic of Congo.tw or exp Democratic Republic of Congo
19.	Djibout\$.tw or exp Djibouti/
20.	Egypt\$.tw or exp Egypt/
21.	Equatorial Guinea\$.tw or exp Equatorial Guinea/
22.	Eritrea\$.tw or exp Eritrea/
23.	Ethiop\$.tw or exp Ethiopia/
24.	Gabon\$.tw or exp Gabon/
25.	Gambia\$.tw or exp Gambia/
26.	Ghana\$.tw or exp Ghana/
27.	Guinea\$.tw or exp Guinea/
28.	Guinea-Bissau.tw or exp Guinea-Bissau/
29.	Kenya\$.tw or exp Kenya/
30.	Lesoth\$.tw or exp Lesotho/
31.	Liberia\$.tw or exp Liberia/
32.	Libya\$.tw or exp Libya/
33.	Madagascar\$.tw or exp Madagascar/
34.	Malawi\$.tw or exp Malawi/

Nr.	Searches
35.	Mali.tw or exp Mali/
36.	Mauritania\$.tw or exp Mauritania/
37.	Mauritius\$.tw or exp Mauritius/
38.	Morocc\$.tw or exp Morocco/
39.	Mozambique\$.tw or exp Mozambique/
40.	Namibia\$.tw or exp Namibia/
41.	Niger.tw or exp Niger/
42.	Nigeria\$.tw or exp Nigeria/
43.	Rwanda\$.tw or exp Rwanda/
44.	(Sao Tome and Principe).tw
45.	Senegal\$.tw or exp Senegal/
46.	Seychell\$.tw
47.	Sierra Leone.tw or exp Sierra Leone/
48.	Somalia\$.tw or exp Somalia/
49.	South Africa\$.tw or exp South Africa.de
50.	South Sudan.tw or exp South Sudan/
51.	Sudan\$.tw or exp Sudan/
52.	Swaziland\$.tw or exp Swaziland/
53.	Tanzania\$.tw or exp Tanzania/
54.	Togo\$.tw or exp Togo/
55.	Tunisia\$.tw or exp Tunisia/
56.	Uganda\$.tw or exp Uganda/
57.	Zambia\$.tw or exp Zambia/
58.	Zimbabwe\$.tw or exp Zimbabwe/
59.	Somaliland\$.tw or exp Somaliland/
60.	Sahrawi Arab Democratic Republic.tw.
61.	or/4-60
62.	randomized controlled trial.pt.
63.	controlled clinical trial.pt.
64.	(randomized or randomised or randomly).ti,ab
65.	placebo.ti,ab.
66.	trial.ti,ab.
67.	groups.ti,ab.
68.	or/62-67
69.	3 and 61 and 68
70.	exp animals/ not humans.sh.
71.	69 not 70
72.	71 not (comment or editorial).pt.

CENTRAL

Search on 14.01.2019, 439 trials, Update from 2018 to Current on 20.08.2020: 244 trials

1	Africa, explode all trees
2	Algeria* or Angol* or Benin* or Botswan*
3	(Burkina Faso) or Burund* or Cameroon* or (Cape Verde) or (Central African Republic)
4	Chad* or Comoros* or Cote d'Ivoire or Congo*
5	Djibout* or Egypt* or (Equatorial Guinea*) or Eritrea*
6	Ethiop* or Gabon* or Gambia* or Ghana* or Guinea* or Guinea-Bissau
7	Kenya* or Lesoth* or Liberia* or Libya* or Madagascar* or Malawi*
8	Mali* or Mauritania* or Mauritius* or Morocc* or Mozambique* or Namibia* or Niger*
9	Nigeria* or Rwanda* or (Sao Tome and Principe) or Senegal* or Seychell*
10	Sierra Leone or Somalia* or (South Africa) or (South Sudan*) or Sudan* or Swasiland
11	Tanzania* or Togo* or Tunisia* or Uganda* or Zambia* or Zimbabwe* or Somaliland or (Sahrawi Arab Democratic Republic)
12	#1 or #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9 or #10 or #11
13	MeSH descriptor Diabetes, this term only
14	MESH descriptor Diabetes mellitus, explode all trees
15	Diabetes near 3 gestation*
16	Latent autoimmune diabetes in adults
17	Prediabetes
18	Insulin resistan*
20	HBA1C
21	Diabet* near 3 (angiopath* or foot orfeet or retinopath*)
22	Diabet* near 3 (cardiomyopathy* or coma or ketoacido* or neuropath*)
23	#13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21
32	#12 and #23

CINAHL

Search on 20.08.2020: 19 results

(Africa\$ or Africa\$ or Algeria\$ or Angol\$ or Benin\$ or Botswan\$ or (Burkina Faso) or Burund\$ or Cameroon\$ or (Cape Verde) or (Central African Republic) or Chad\$ or Comoros\$ or Cote d'Ivoire or Congo\$ Djibout\$ or Egypt\$ or (Equatorial Guinea\$) or Eritrea\$

or Ethiop\$ or Gabon\$ or Gambia\$ or Ghana\$ or Guinea\$ or Guinea-Bissau or Kenya\$ or Lesoth\$ or Liberia\$ or Libya\$ or Madagascar\$ or Malawi\$ or Mali\$ or Mauritania\$ or Mauritius\$ or Morocco\$ or Mozambique\$ or Namibia\$ or Niger\$ or Nigeria\$ or Rwanda\$ or (Sao Tome and Principe) or Senegal\$ or Seychell\$ or Sierra Leone or Somalia\$ or (South Africa) or (South Sudan\$) or Sudan\$ or Swasiland or Tanzania\$ or Togo\$ or Tunisia\$ or Uganda\$ or Zambia\$ or Zimbabwe\$ or Somaliland or (Sahrawi Arab Democratic Republic))
in Abstract

AND

diabetes in Abstract

AND

randomized or rct or randomized in Abstract

AND

In English

AND

Peer-reviewed

And

Humans

International Clinical Trials Registry Platform

Search on 9.-10.10.2019, update on 25.08.2020 (registration January 2019 to 31.08.2020)

<http://apps.who.int/trialsearch/AdvSearch.aspx>

1. Africa or African in the Title and diabetes or diabetic or HbA1c in the condition,
Recruitment status: all: 90 records for 90 trials (9.10.2019)
2. diabetes or diabetic or HbA1c in the condition
Recruitment status: all
Countries of recruitment: Algeria or Angola or Benin or Botswana or Burkina Faso or Burundi or Cameroon or Central African Republic or Chad or Congo or Cite D'ivoire: 96 record for 63 trials
3. diabetes or diabetic or HbA1c in the condition
Recruitment status: all
Countries of recruitment: Democratic Republic of Congo or Djibouti or Egypt or Equatorial Guinea or Eritrea or Ethiopia: 292 records for 159 trials
4. diabetes or diabetic or HbA1c in the condition
Recruitment status: all
Countries of recruitment: Gabon or Gambia or Ghana or Guinea or Guinea-Bissau or Kenya or Lesotho or Liberia or Lybia: 22 records for 22 trials
5. diabetes or diabetic or HbA1c in the condition

- Recruitment status: all
Countries of recruitment: Madagascar or Malawi or Mali or Mauritania or Mauritius or Morocco or Mozambique: 96 records for 34 trials
6. diabetes or diabetic or HbA1c in the condition
Recruitment status: all
Countries of recruitment: Nigeria: 13 records for 13 trials
7. diabetes or diabetic or HbA1c in the condition
Recruitment status: all
Countries of recruitment: Namibia or Niger or Rwanda or (Sao Tome and Principe) or Senegal or Seychelles or Sierra Leone or Somalia or South Sudan or Sudan or Swaziland:
11 records for 11 trials
8. diabetes or diabetic or HbA1c in the condition
Recruitment status: all
Countries of recruitment: South Africa: 1528 records for 429 trials:
9. diabetes or diabetic or HbA1c in the condition
Recruitment status: all
Countries of recruitment: Togo or Tunisia or Uganda or Zambia or Zimbabwe: 129 records for 50 trials

African Journals Online

<https://www.ajol.info/index.php/index/search/search?query=%28diabetes+or+diabetic+or+hba1c%29+and+%28random+or+randomized+or+randomised%29&dateFromYear=2004&dateFromMonth=01&dateFromDay=1&dateToYear=2020&dateToMonth=10&dateToDay=14&autohors=>

Advanced search 14.10.2020

Titel: (diabetes or diabetic or hba1c) and (random or randomized or randomised)

30 results

African Index Medicus Database

http://indexmedicus.afro.who.int/aim/opac_css/index.php?lvl=search_result&get_query=4

Advanced search 14.10.2020

Titel, Expression booléenne: (diabetes or diabetic or hba1c) and (random or randomized or randomised)

122 results, no potentially eligible references

1 List of included and excluded studies

1.1 List of included studies

Abaza 2017

Abaza H, Marschollek M. SMS education for the promotion of diabetes self-management in low & middle income countries: a pilot randomized controlled trial in Egypt. *BMC public health*. 2017;17(1):962.

Abaza H, Marschollek M, Schulze M. SMS Education for the Promotion of Diabetes Self-Management in Low & Middle Income Countries: A Randomized Controlled Trial in Egypt. *Studies in Health Technology & Informatics*. 2017;245:1209.

Abdulrhman 2013

Abdulrhman MM, El-Hefnawy MH, Aly RH, Shatla RH, Mamdouh RM, Mahmoud DM, et al. Metabolic effects of honey in type 1 diabetes mellitus: a randomized crossover pilot study. *Journal of Medicinal Food*. 2013;16(1):66-72.

Adibe 2013

Adibe MO, Ukwe CV, Aguwa CN. The Impact of Pharmaceutical Care Intervention on the Quality of Life of Nigerian Patients Receiving Treatment for Type 2 Diabetes. *Value in Health Regional Issues*. 2013;2(2):240-7.

Adibe MO, Aguwa CN, Ukwe CV. Cost-Utility Analysis of Pharmaceutical Care Intervention Versus Usual Care in Management of Nigerian Patients with Type 2 Diabetes. *Value in Health Regional Issues*. 2013;2(2):189-98.

Adjei 2015

Adjei DN, Agyemang C, Dasah JB, Kuranchie P, Amoah AG. The effect of electronic reminders on risk management among diabetic patients in low resourced settings. *Journal of Diabetes & its Complications*. 2015;29(6):818-21.

Ali 2019

Ali S, Ghanem Y, Sharaki O, Hewedy W, al. e. The impact of different regimens of vitamin d3 on glucose homeostasis in type 2 diabetic patients. *Asian journal of pharmaceutical and clinical research*. 2019;12(12):21- 6.

Amendezo 2017

Amendezo E, Walker Timothy D, Karamuka V, Robinson B, Kavabushi P, Ntirenganya C, et al. Effects of a lifestyle education program on glycemic control among patients with diabetes at Kigali University Hospital, Rwanda: A randomized controlled trial. *Diabetes Research & Clinical Practice*. 2017;126:129-37.

Anderson 2001

Anderson RA, Roussel AM, Zouari N, Mahjoub S, Matheau JM, Kerkeni A. Potential antioxidant effects of zinc and chromium supplementation in people with type 2 diabetes mellitus. *Journal of the American College of Nutrition*. 2001;20(3):212-8.

Anyanwu 2016

Anyanwu AC, Fasanmade OA, Odeniyi IA, Iwuala S, Coker HB, Ohwovoriole AE. Effect of Vitamin D supplementation on glycemic control in Type 2 diabetes subjects in Lagos, Nigeria. *Indian Journal of Endocrinology and Metabolism*. 2016;20(2):189-94.

Ashoush 2016

Ashoush S, El-Said M, Fathi H, Abdelnaby M. Identification of metformin poor responders, requiring supplemental insulin, during randomization of metformin versus insulin for the control of gestational diabetes mellitus. *Journal of obstetrics and gynaecology research*. 2016;42(6):640- 7.

Asuako 2017

Asuako B, Moses MO, Eghan BA, Sarpong PA. Fasting plasma glucose and lipid profiles of diabetic patients improve with aerobic exercise training. *Ghana Medical Journal*. 2017;51(3):120-7.

Beyuo 2015

Beyuo T, Obed SA, Adjepong-Yamoah KK, Bugyei KA, Oppong SA, Marfoh K. Metformin versus Insulin in the Management of Pre-Gestational Diabetes Mellitus in Pregnancy and Gestational Diabetes Mellitus at the Korle Bu Teaching Hospital: A Randomized Clinical Trial. *PLoS ONE [Electronic Resource]*. 2015;10(5):e0125712.

Chraibi 2017

Chraibi A, Al-Herz S, Nguyen BD, Soeatmadji DW, Shinde A, Lakshmivenkataraman B, et al. An RCT Investigating Patient-Driven Versus Physician-Driven Titration of BIAsp 30 in Patients with Type 2 Diabetes Uncontrolled Using NPH Insulin. *Diabetes Therapy Research, Treatment and Education of Diabetes and Related Disorders*. 2017;8(4):767-80.

Debussche 2018

Debussche X, Besancon S, Balcou-Debussche M, Ferdynus C, Delisle H, Huiart L, et al. Structured peer-led diabetes self-management and support in a low-income country: The ST2EP randomised controlled trial in Mali. *PLoS ONE*. 2018;13(1):e0191262.

Distiller 2014

Distiller LA, Nortje H, Wellmann H, Amod A, Lombard L. A 24-week, prospective, randomized, open-label, treat-to-target pilot study of obese type 2 diabetes patients with severe insulin resistance to assess the addition of exenatide on the efficacy of U-500 regular insulin plus metformin. *Endocrine practice*. 2014;20(11):1143- 50.

El Gayar 2019

El Gayar MH, Aboromia MMM, Ibrahim NA, Abdel Hafiz MH. Effects of ginger powder supplementation on glycemic status and lipid profile in newly diagnosed obese patients with type 2 diabetes mellitus. *Obesity medicine*. 2019;14.

El-Haggag 2015

El-Haggag SM, Farrag WF, Kotkata FA. Effect of ketotifen in obese patients with type 2 diabetes mellitus. *Journal of Diabetes & its Complications*. 2015;29(3):427-32.

El-Makaky 2020

El-Makaky Y, Shalaby HK. The effects of non-surgical periodontal therapy on glycemic control in diabetic patients: a randomized controlled trial. *Oral diseases*. 2020;26:822-9.

El-Shamy 2018

El-Shamy FF, El-Kholy SS, Labib M, Kabel AM. Ameliorative potential of acupuncture on gestational diabetes mellitus: a randomized controlled trial. *Journal of complementary and integrative medicine*. 2018; 16(1).

El-Sheikh 2019

El-Sheikh HM, El-Haggag SM, Elbedewy TA. Comparative study to evaluate the effect of L-carnitine plus glimepiride versus glimepiride alone on insulin resistance in type 2 diabetic patients. *Diabetes and metabolic syndrome: clinical research and reviews*. 2019;13(1):167-73.

El- Sharkawy 2016

El- Sharkawy HM, Anees MM, Van Dyke TE. Propolis improves periodontal status and glycemic control in patients with type 2 diabetes mellitus and chronic periodontitis: a randomized clinical trial. *Journal of periodontology*. 2016;87(12):1418-26.

Elbarbary 2016

Elbarbary NS. Effectiveness of the low-glucose suspend feature of insulin pump during fasting during Ramadan in type 1 diabetes mellitus. *Diabetes/metabolism research and reviews*. 2016;32(6):623- 33.

Elbarbary 2018

Elbarbary NS, Ismail EAR, El-Naggag AR, Hamouda MH, El-Hamamsy M. The effect of 12 weeks carnosine supplementation on renal functional integrity and oxidative stress in pediatric patients with diabetic nephropathy: a randomized placebo-controlled trial. *Pediatric diabetes*. 2018;19(3):470- 7.

Elbarbary 2020

Elbarbary NS, Ismail EAR, Zaki MA, Darwish YW, Ibrahim MZ, El-Hamamsy M. Vitamin B complex supplementation as a homocysteine-lowering therapy for early stage diabetic nephropathy in pediatric patients with type 1 diabetes: A randomized controlled trial. *Clinical Nutrition*. 2020;39(1):49-56.

Embaby 2016

Embaby H, Elsayed E, Fawzy M. Insulin Sensitivity and Plasma Glucose Response to Aerobic Exercise in Pregnant Women at Risk for Gestational Diabetes Mellitus. *Ethiopian journal of health sciences*. 2016;26(5):409- 14.

Essien 2017

Essien O, Otu A, Umoh V, Enang O, Hicks JP, Walley J. Intensive Patient Education Improves Glycaemic Control in Diabetes Compared to Conventional Education: A Randomised Controlled Trial in a Nigerian Tertiary Care Hospital. *PLoS ONE* 2017;12(1):e0168835.

Fairall 2016

Fairall LR, Folb N, Timmerman V, Lombard C, Steyn K, Bachmann MO, et al. Educational Outreach with an Integrated Clinical Tool for Nurse-Led Non-communicable Chronic Disease Management in Primary Care in South Africa: a Pragmatic Cluster Randomised Controlled Trial. *Plos medicine*. 2016;13(11):e1002178.

Fayehun 2018

Fayehun AF, Olowookere OO, Ogunbode AM, Adetunji AA, Esan A. Walking prescription of 10 000 steps per day in patients with type 2 diabetes mellitus: a randomised trial in Nigerian general practice. *British Journal of General Practice*. 2018;68(667):e139-e45.

Ghoneim 2013

Ghoneim EM, Abd El Ghany AA. Behavior of intraocular pressure after intravitreal injection of triamcinolone acetonide among egyptians. *Ophthalmology and Therapy*. 2013;2(2):121-30.

Hailu 2018

Hailu FB, Hjortdahl P, Moen A. Nurse-Led Diabetes Self-Management Education Improves Clinical Parameters in Ethiopia. *Frontiers in Public Health*. 2018;6:302.

Ibrahim 2014

Ibrahim MI, Hamdy A, Shafik A, Taha S, Anwar M, Faris M. The role of adding metformin in insulin-resistant diabetic pregnant women: a randomized controlled trial. *Archives of Gynecology & Obstetrics*. 2014;289(5):959-65.

Krawinkel 2018

Krawinkel MB, Ludwig C, Swai ME, Yang RY, Chun KP, Habicht SD. Bitter melon reduces elevated fasting plasma glucose levels in an intervention study among prediabetics in Tanzania. *Journal of Ethnopharmacology*. 2018;216:1-7.

Labhardt 2011

Labhardt ND, Balo JR, Ndam M, Manga E, Stoll B. Improved retention rates with low-cost interventions in hypertension and diabetes management in a rural African environment of nurse-led care: a cluster-randomised trial. *Tropical Medicine & International Health*. 2011;16(10):1276-84.

Maharaj 2016

Maharaj SS, Nuhu JM. Rebound exercise: A beneficial adjuvant for sedentary non-insulin-dependent type 2 diabetic individuals in a rural environment. *Australian Journal of Rural Health*. 2016;24(2):123-9.

Malek 2015

Malek R, Ajili F, Assaad-Khalil SH, Shinde A, Chen JW, Van den Berg E. Similar glucose control with basal-bolus regimen of insulin detemir plus insulin aspart and thrice-daily biphasic insulin aspart 30 in insulin-naive patients with type 2 diabetes: Results of a 50-week randomized clinical trial of stepwise insulin intensification. *Diabetes & Metabolism*. 2015;41(3):223-30.

Marais 2018

Marais C, Hall DR, van Wyk L, Conradie M. Randomized cross-over trial comparing the diagnosis of gestational diabetes by oral glucose tolerance test and a designed breakfast glucose profile. *International Journal of Gynaecology & Obstetrics*. 2018;141(1):85-90.

Malipa 2013

Malipa M, Menon J. The relationship between compliance and quality of life among adolescents with diabetes mellitus type 1. *Medical Journal of Zambia*. 2013;40(3):93-103.

Mash 2014

Mash RJ, Rhode H, Zwarenstein M, Rollnick S, Lombard C, Steyn K, et al. Effectiveness of a group diabetes education programme in under-served communities in South Africa: a pragmatic cluster randomized controlled trial. *Diabetic Medicine*. 2014;31(8):987-93.

Mash R, Kroukamp R, Gaziano T, Levitt N. Cost-effectiveness of a diabetes group education program delivered by health promoters with a guiding style in underserved communities in Cape Town, South Africa. *Patient Education & Counseling*. 2015;98(5):622-6.

Matter 2020

Matter RM, Elbarbary NS, Ismail EAR, Darwish YW, Nada AS, Banoub VP. Zinc supplementation improves glucose homeostasis in patients with β^0 -thalassemia major complicated with diabetes mellitus: a randomized controlled trial. *Nutrition* 2020;73.

Mohamad 2009

Mohamad RH, Zekry ZK, Al-Mehdar HA, Salama O, El-Shaieb SE, El-Basmy AA, et al. Camel milk as an adjuvant therapy for the treatment of type 1 diabetes: verification of a traditional ethnomedical practice. *Journal of Medicinal Food*. 2009;12(2):461-5.

Moustafa 2019

Moustafa HAM, El Wakeel LM, Halawa MR, Sabri NA, El-Bahy AZ, Singab AN. Effect of *Nigella Sativa* oil versus metformin on glycemic control and biochemical parameters of newly diagnosed type 2 diabetes mellitus patients. *Endocrine*. 2019;65(2):286- 94.

Muchiri 2016

Muchiri JW, Gericke GJ, Rheeder P. Effect of a nutrition education programme on clinical status and dietary behaviours of adults with type 2 diabetes in a resource-limited setting in South Africa: a randomised controlled trial. *Public Health Nutrition*. 2016;19(1):142-55.

Muchiri JW, Gericke GJ, Rheeder P. Impact of nutrition education on diabetes knowledge and attitudes of adults with type 2 diabetes living in a resource-limited setting in South Africa: a randomised controlled trial. *Journal of Endocrinology, Metabolism and Diabetes of South Africa*. 2016;21(2):26-34.

Nteleki 2015

Nteleki B, Abrahamse H, Houeild NN. Conventional podiatric intervention and phototherapy in the treatment of diabetic ulcers. *Seminars in Vascular Surgery*. 2015;28(3-4):172-83.

Owolabi 2019

Owolabi EO, Goon DT, Ajayi AI. Efficacy, acceptability and feasibility of daily text-messaging in promoting glycaemic control and other clinical outcomes in a low-resource setting of South Africa: A randomised controlled trial. *PLoS ONE [Electronic Resource]*. 2019;14(11):e0224791.

Owolabi EO, Goon DT, Ajayi AI. Impact of mobile phone text messaging intervention on adherence among patients with diabetes in a rural setting: A randomized controlled trial. *Medicine*. 2020;99(12):1-8.

Ragheb 2020

Ragheb SR, El Wakeel LM, Nasr MS, Sabri NA. Impact of Rutin and Vitamin C combination on oxidative stress and glycemic control in patients with type 2 diabetes. *Clinical nutrition ESPEN*. 2020;35:128-35.

Rashad 2017

Rashad H, Metwally FM, Ezzat SM, Salama MM, Hasheesh A, Abdel Motaal A. Randomized double-blinded pilot clinical study of the antidiabetic activity of *Balanites aegyptiaca* and UPLC-ESI-MS/MS identification of its metabolites. *Pharmaceutical Biology*. 2017;55(1):1954-61.

RezkAllah 2019

RezkAllah SS, Takla MK. Effects of different dosages of interval training on glycemic control in people with prediabetes: a randomized controlled trial. *Diabetes spectrum*. 2019;32(2):125- 31.

Saeed 2013

Saeed AM. Combined vitrectomy and intravitreal injection versus combined laser and injection for treatment of intractable diffuse diabetic macular edema. *Clinical Ophthalmology*. 2013;7:283-97.

Salem 2010

Salem MA, Aboelasar MA, Elbarbary NS, Elhilaly RA, Refaat YM. Is exercise a therapeutic tool for improvement of cardiovascular risk factors in adolescents with type 1 diabetes mellitus? A randomised controlled trial. *Diabetology & metabolic syndrome*. 2010;2(1):47.

Sodipo 2017

Sodipo OO, Adedokun A, Olusola AA. Effect of self-monitoring of blood glucose on glycaemic outcome among type 2 diabetic patients. *South african family practice*. 2017;59(6):208- 13.

Somanah 2012

Somanah J, Aruoma OI, Gunness TK, Kowelssur S, Dambala V, Murad F, et al. Effects of a short term supplementation of a fermented papaya preparation on biomarkers of diabetes mellitus in a randomized Mauritian population. *Preventive Medicine*. 2012;54 Suppl:S90-7.

Steyn 2013

Steyn K, Lombard C, Gwebushe N, Fourie JM, Everett-Murphy K, Zwarenstein M, et al. Implementation of national guidelines, incorporated within structured diabetes and hypertension records at primary level care in Cape Town, South Africa: a randomised controlled trial. *Glob Health Action*. 2013;6:20796.

Takenga 2014

Takenga C, Berndt RD, Musongya O, Kitero J, Katoke R, Molo K, et al. An ICT-Based Diabetes Management System Tested for Health Care Delivery in the African Context. *International Journal of Telemedicine & Applications*. 2014;2014:437307.

Tawfik 2016

Tawfik MY, Mohamed RA. The impact of communicating cardiovascular risk in type 2 diabetics on patient risk perception, diabetes self-care, glycosylated hemoglobin, and cardiovascular risk. *Journal of public health*. 2016;24(2):153- 64.

Thuita 2020

Thuita AW, Kiage BN, Onyango AN, Makokha AO. Effect of a nutrition education programme on the metabolic syndrome in type 2 diabetes mellitus patients at a level 5 Hospital in Kenya: "a randomized controlled trial". *BMC Nutr*. 2020;6:30.

Tsobgny-Tsague 2018

Tsobgny-Tsague NF, Lontchi-Yimagou E, Nana ARN, Tankeu AT, Katte JC, Dehayem MY, et al. Effects of nonsurgical periodontal treatment on glycated haemoglobin on type 2 diabetes patients (PARODIA 1 study): a randomized controlled trial in a sub-Saharan Africa population. *BMC Oral Health*. 2018;18(1):28.

Utz 2018

Utz B, Assarag B, Smekens T, Ennassiri H, Lekhal T, El Ansari N, et al. Detection and initial management of gestational diabetes through primary health care services in Morocco: An effectiveness-implementation trial. *PloS one*. 2018;13(12):e0209322.

van der Hoogt 2017

van der Hoogt M, van Dyk JC, Dolman RC, Pieters M. Protein and fat meal content increase insulin requirement in children with type 1 diabetes - Role of duration of diabetes. *Journal of clinical and translational endocrinology*. 2017;10:15- 21.

van Rooijen 2004

van Rooijen AJ, Rheeder P, Eales CJ, Becker PJ. Effect of exercise versus relaxation on haemoglobin A1C in Black females with type 2 diabetes mellitus. *Qjm*. 2004;97(6):343-51.

Webb 2015

Webb EM, Rheeder P, Van Zyl DG. Diabetes care and complications in primary care in the Tshwane district of South Africa. *Primary care diabetes*. 2015;9(2):147-54.

Webb EM, Rheeder P, Roux P. Screening in Primary Care for Diabetic Retinopathy, Maculopathy and Visual Loss in South Africa. *Ophthalmologica*. 2016;235(3):141-9.

Webb EM, Rheeder P. A cluster-randomized trial to estimate the effect of mobile screening and treatment feedback on HbA1c and diabetes-related complications in Tshwane primary health care clinics, South Africa. *Primary care diabetes*. 2017;11(6):546-54.

Yakoot 2019

Yakoot M, Abdelatif M, Helmy S. Efficacy of a new local limb salvage treatment for limb-threatening diabetic foot wounds-a randomized controlled study. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*. 2019;12:1659.

Yan 2014

Yan H, Prista A, Ranadive SM, Damasceno A, Caupers P, Kanaley JA, et al. Effect of Aerobic Training on Glucose Control and Blood Pressure in T2DDM East African Males. *Isrn Endocrinology Print*. 2014;2014:864897.

1.2 List of excluded studies

1.2.1 Other design (28 references)

1. Abd El Hameed AA, Shreif HE, Mowafy HE. The role of continuing metformin therapy during pregnancy in the reduction of gestational diabetes and improving pregnancy outcomes in women with polycystic ovary syndrome. *Middle east fertility society journal*. 2011;16(3):204- 8.
2. Abdelaziz TS, Sadek KM. Effect of reducing medication regimen complexity on glycaemic control in patients with diabetes. *Romanian Journal of Internal Medicine*. 2019;57(1):23-9.
3. Agboola-Abu CF, Ohwovoriole AE, Akinlade KS. The effect of oral hypoglycaemic agents on dyslipidaemia in Nigerian patients with newly diagnosed non-insulin dependent diabetes mellitus--a prospective study. *West African Journal of Medicine*. 2000;19(2):126-31.
4. Assah FK, Atanga EN, Enoru S, Sobngwi E, Mbanya JC. Community-based peer support significantly improves metabolic control in people with Type 2 diabetes in Yaounde, Cameroon. *Diabetic Medicine*. 2015;32(7):886-9.
5. Bahramikia S, Yazdanparast R. Phytochemistry and medicinal properties of *Teucrium polium* L. (Lamiaceae). *Phytotherapy Research*. 2012;26(11):1581-93.
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