

Supplementary material. Detailed information about behavioral and psychological scales used in the study

Name of the scale	What the scale evaluates	How to answer	Number of items	How to calculate the score	What higher score indicates
J-SDSCA ^{16, 17}	Self-management practices (specific diet, exercise, foot care)	The number of days from 0 to 7 on which they performed the self-management practices over the last seven days	3 items in specific diet, 2 items in exercise, 5 items in foot care	The score of each subscale was calculated by summing items in each subscale	Greater self-management practice
	Smoking	Whether or not they had smoked in the last seven days	1 item	N/A	N/A
Self-Efficacy Scale for Diabetes Self-care ¹⁸	Self-efficacy mainly about healthy diet, living with diabetes, and minimizing the risk of complications related to diabetes	Four-point Likert scale of (1) “not true” to (4) “completely true”	8 items	The total score is computed by summing all of the items	Higher self-efficacy
Problem Areas in Diabetes Scale ¹⁹⁻²¹	Diabetes-related emotional distress	Five-point Likert scale ranging from (1) “no problem” to (5) “serious problem”	20 items	The total score is computed by summing all of the items	Greater emotional distress

J-SDSCA, Japanese-translated Summary of Diabetes Self-Care Activities Measure.