

Appendix 1 Pearson's correlation coefficients for the association among patient activation (PAM-13), self-stigma, and sociodemographic and clinical variables (n = 209)

	Age (years)	BMI (kg/m ²)	Diabetes duration (months)	Number of Complications [†]	HbA1c (%)	Education (years)	Depression Symptoms [‡]	Self-Efficacy [§]	Self-Stigma	PAM-13
Age (years)	1.00	—	—	—	—	—	—	—	—	—
BMI (kg/m ²)	-.474**	1.00	—	—	—	—	—	—	—	—
Diabetes duration (months)	.420**	-.300**	1.00	—	—	—	—	—	—	—
Number of Complications [†]	.213**	-.092	.320**	1.00	—	—	—	—	—	—
HbA1c (%)	-.314**	.252**	-.073	.003	1.00	—	—	—	—	—
Education (years)	-.090	.129	-.207**	-.079	-.031	1.00	—	—	—	—
Depression Symptoms [‡]	-.078	.135	.071	.099	.207**	-.130	1.00	—	—	—
Self-Efficacy [§]	.164*	-.075	.049	-.026	-.100	.101	-.418**	1.00	—	—
Self-Stigma	-.094	.043	.125	.160*	.168*	-.098	.388**	-.373**	1.00	—
PAM-13	.168*	-.245**	-.040	-.087	-.208**	.096	-.301**	.343**	-.351**	1.00

PAM-13: The Patient Activation Measure; BMI: body mass index; HbA1c: glyated hemoglobin.

[†]The Diabetes Complications Index (DCI). [‡]The Patient Health Questionnaire (PHQ-9). [§]The General Self-efficacy Scale. ^{||}The Self-Stigma Scale (SSS-J).

* $p < .05$, ** $p < .01$.