

SUPPLEMENTARY DATA

Please tell us a personal story about an experience that happened to you that had a significant impact on how you manage your diabetes. Perhaps you have shared or would like to share this story with other people with diabetes to help them better cope with their disease. Keep in mind, your story could capture either a positive experience or a negative one. A short summary of this story will be fine.

Some key things you may want to include in this story are:

- Who was a part of the story – just yourself, a family member, a friend, a doctor, a nurse, or a dietitian, etc.
- What happened – for example, a change in your health, a milestone in your life, a conversation with someone else, a change in your treatment, etc.
- Your emotions or feelings about the experience – be sure to include both positive and negative emotions if they apply.

[IF NOTHING TO SHARE, RESPONDENTS WERE ROUTED TO FOLLOWING QUESTION]

Now that you have completed this survey and answered all of the questions, could you please share with us:

1. The challenges you face in managing your diabetes;
2. Any successes you have encountered in managing your diabetes;
3. Your wishes for improvement in diabetes care that would make a difference in your life.

SUPPLEMENTARY DATA

Supplementary Table 1. Listing of all codes, with number of occurrences and sample quote.

Ref	Category	Primary code	Secondary code	Tertiary code	# coded refs	Illustrative quote	Profile of person with diabetes	
1	Challenges for people with diabetes	Being healthy in general			22	I have faced several ups and down in my health always	Woman with type 2 diabetes, insulin medicated, age 75, India, 15 years with diabetes	
2		Combination of diet and exercise			6	Following a diet with regular exercise to control the disease that I suffer from is very difficult	Woman with type 2 diabetes, non-medicated, age 48, Algeria, not sure how long has had diabetes but more than 12 months	
3		Complete lifestyle change			67	I have had a very hard time making these changes in my life. I would have preferred to stay in my comfort zone and not made these changes	Woman with type 2 diabetes, non-insulin medicated, age 59, Canada, 1 year with diabetes	
4		Complications of diabetes			529	I have big problems with kidney failure and go to dialysis 3-4 times a week	Man with type 2 diabetes, insulin medicated, age 59, Denmark, 30 years with diabetes	
5		Dependence on others			15	Not being able to go anywhere without someone along in case of low blood sugar	Woman with type 2 diabetes, insulin medicated, age 59, US, 15 years with diabetes	
6		Demands on time	Demands on time for medical appts and care			24	Finding time to test blood sugar has been a challenge	Woman with type 2 diabetes, non-insulin medicated, age 50, US, 6 years with diabetes
7			Schedule is obstacle to diabetes management			92	When I had a position as a security guard without set working hours, I was unable to eat three meals a day and take insulin properly, and ended up in the hospital	Man with type 2 diabetes, insulin medicated, age 40, Japan, 7 years with diabetes

SUPPLEMENTARY DATA

8		Diabetes gets in the way of marriage		8	Just thinking that I got diabetes upsets the balance of my blood sugar. It happened that I got engaged to a man I met since college, and his mother wanted her niece and so on to marry, and forgot me	Woman with type 2 diabetes, non-medicated, age 52, Algeria, 3 years with diabetes	
9		Environmental or climate challenges		7	My health condition is getting worse because of the living conditions, which increases negative influences on my illness	Man with type 1 diabetes, age 47, Algeria, 27 years with diabetes	
10		Financial challenges	Cannot afford eating healthier		44	Being on a very low budget has made it very difficult to eat the foods that are most healthy and to avoid staples that are not low in carbs such as pasta rice and potatoes	Woman with type 2 diabetes, insulin medicated, 58 years, US, 8 years with diabetes
11			Cannot afford medical care		30	The medical expenses would only increase and not decrease until the day I die	Woman with type 2 diabetes, insulin medicated, age 35, Japan, 2 years with diabetes
12			Cannot afford medication or test strips		163	Most of my current challenges are financial. Insulin is too expensive; test strips are too expensive; I can't test nearly as often as I'd like which scares me. Every low blood sugar episode triggers a pounding migraine. Being out of work I can't afford to see the doctor except when he threatens to cut off my prescriptions if I don't come in and then I make payments for months	Woman with type 2 diabetes, insulin medicated, age 57, US, 26 years with diabetes
13			Diabetes is a financial burden in general		45	I have had no successes in managing my diabetes because of the costs involved. I cannot afford most of it	Man with type 1 diabetes, age 57, Canada, 42 years with diabetes
14			Trouble finding work		33	I chose a job with conditions that wouldn't greatly impede my control of my blood sugar and tried to get a job there, but couldn't get an official job offer and became a part-time worker	Woman with type 1 diabetes, age 30, Japan, 26 years with diabetes
15			Following a diet	Control what he or she eats		82	The psychological challenge every day to not eat what I want.
16	Diet in general			222	A challenge is keeping the diet and balance of diabetes, which can be difficult.	Man with type 1 diabetes, age 35, Mexico, 13 years with diabetes	

SUPPLEMENTARY DATA

17			Eating less		26	If you eat a lot, it goes poorly for you because your sugar goes up a lot. Nobody is free. Sometimes you eat too much food, and when you go to check your diabetes, you have it at the upper limit	Man with type 2 diabetes, non-insulin medicated, age 67, Spain, 15 years with diabetes
18			Eating well or good nutrition is challenge		89	Difficulty with nutrition. My child and husband eat normal food, and I have to prepare their meals separately from mine	Woman with type 1 diabetes, age 43, Russia, 16 years with diabetes
19			Food is strict or restrictive		243	Diet – I Like to cook and eat, but not always what the doctor tells me to	Woman with type 2 diabetes, non-medicated, age 62, Poland, 2 years with diabetes
20			Holidays or special events		6	Even if I go somewhere as a guest, I have to be selective about the food. I can't eat everything, and this is difficult for the person acting as host who misunderstands it. It is thought that I don't like the food whereas I can't eat because I am sick	Woman with type 2 diabetes, non-medicated, age 38, Turkey, 3 years with diabetes
21			Not eating fried or fatty foods is a challenge		15	The hardest challenge to face is knowing that I cannot eat peanuts or potato chips as I was almost an addict to these foods. The word 'never' is hard to accept but so far I have managed to abide by that	Woman with type 2 diabetes, insulin medicated, age 64, Canada, 6 years with diabetes
22			Sweets are a challenge		123	Whenever I eat sweets my children do not talk to me	Man with type 2 diabetes, insulin medicated, age 63, India, 19 years with diabetes
23		Friend or family member with complications			94	This is not a story about me but of my father. Before we knew he was diabetic his personality started to change dramatically. This was prior to my diagnosis but the change in him was extremely frightening and that is all I could think about [when I] was diagnosed was that I was going to change like he did. That did not happen but I am always afraid that all the things that have happened to my dad since then will eventually happen to me	Woman with type 2 diabetes, non-insulin medicated, age 45, Canada, 15 years with diabetes

SUPPLEMENTARY DATA

24	Hyperglycemia	Due to stress		21	The fact that I always carry an insulin shot with me. When the great East Japan earthquake occurred, I left the injection at home and left without it. My house then got washed away by the tsunami and I did not get a shot for 2 days. There was also the issue with shelters, so I had to remain in a state of high blood glucose and I had a very hard time	Man with type 1 diabetes, age 30, Japan, 27 years with diabetes
25		From not following diet		26	Because I never checked my blood sugar and ate/drank when I wanted to, I ended up in the hospital because my blood sugar did not want to come down anymore, even with more insulin	Woman with type 1 diabetes, age 40, the Netherlands, 27 years with diabetes
26		Person with diabetes went to hospital because of high blood sugar		29	I would always eat without interruption, every minute my mouth was full, but one day I passed out and I thought I was going to die. I was cut off from myself and I didn't wake up until I was at the hospital	Woman with type 2 diabetes, insulin medicated, age 52, Algeria, 1 year with diabetes
27	Hypoglycemia	Cause of an accident or other scene		11	Driving with a very low sugar level: collision resulted and I was suspected to drive under the influence of alcohol. At the emergency unit they diagnosed me with hypoglycemia. Due to my health condition I was not brought to justice, but I needed to undergo examination so as to be able to extend my driving license	Man with type 1 diabetes, age 59, Poland, 30 years with diabetes
28		Due to exercise		14	One time I was exercising and my blood sugar went too low and I felt very ill for the next week or two	Man with type 2 diabetes, non-medicated, age 72, UK, 11 years with diabetes
29		Due to incorrect dosage or type of medication		6	I thought I didn't get enough insulin. I took another pen and injected myself with another dose. After that, I did my shopping at a supermarket and when coming out ... I started to feel a little dizzy, and I told myself I'm hypoglycemic ... I figured out that my pen worked after all, so I gave myself two doses instead of one	Man with type 2 diabetes, insulin medicated, age 69, France, 3 years with diabetes
30		Due to not eating enough or on time		18	The immediate drop in my blood sugar when I don't eat.	Man with type 2 diabetes, insulin medicated, age 63, Turkey, 15 years with diabetes

SUPPLEMENTARY DATA

31			Occurred in the middle of the night		17	One morning about 3:00, I awoke with my heart pounding and bathing in sweat ... only to find out my blood sugar level was 1.9. Although I called for help, my family slept through it. I ended up sitting in front of the fridge drinking OJ as my cat howled. It was as if he sensed my danger. After drinking for about 1 hour, my blood sugar level stabilized	Woman with type 2 diabetes, insulin medicated, age 60, Canada, 18 years with diabetes
32			Taken to hospital because of low blood sugar		41	During Christmas Eve last December I had to eat some chocolate candies with my daughter in order to make her happy. Later that night I had a severe hypoglycaemia which led me to be hospitalized. This event affected my daughter and I, both of us felt we were responsible for what happened	Man with type 2 diabetes, insulin medicated, age 41, France, 4 years with diabetes
33			Treated by friend, family, others		62	After a very severe hypo, involving me and a friend, and whereby my friend had to take care of me because I couldn't due to the hypo, something I never experienced before. I realized that I from then on must check my blood sugar, not only for myself, but also for those around me	Woman with type 1 diabetes, age 23, the Netherlands, 7 years with diabetes
34			Worry about hypoglycemia		43	I was living by myself and I had a hypoglycemic crisis. I was no longer able to understand anything; they told me I did not make sense when I talked and that I wasn't able to move, to sleep calmly, to recognize my children	Woman with type 2 diabetes, insulin medicated, age 70, Italy, 20 years with diabetes
35	Lack of access to medical system		Long waiting list to see doctors		31	I have to come to the clinic every month and have to wait in line	Woman with type 1 diabetes, age 64, Russia, 38 years with diabetes
36			Not enough doctors or specialists		28	At the moment where I live there are no doctors specializing in diabetes anymore, which is a big problem.	Woman with type 2 diabetes, non-insulin medicated, age 60, Poland, 4 years with diabetes
37	Lack of exercise		Does not like to exercise or lacks motivation		17	I also lack motivation when I do physical activity	Man with type 2 diabetes, non-insulin medicated, age 46, Italy, 1 year with diabetes

SUPPLEMENTARY DATA

38		General lack of exercise		85	It's difficult to exercise every day	Man with type 2 diabetes, insulin medicated, age 78, China, 10 years with diabetes
39		Lack of time or resources		20	When I went home from work, there were no appropriate places in the community to conduct physical activity	Man with type 2 diabetes, non-medicated, age 45, China, 5 years with diabetes
40		Physical complications prevent exercise		34	Due to my lower back pain (spinal canal stenosis), there was a period where walking was difficult. During this time, my blood sugar levels remained high, which wasn't good	Man with type 2 diabetes, non-insulin medicated, age 58, Japan, 15 years with diabetes
41	Lack of medical communication or quality attention			48	You find things on the internet that the doctor doesn't tell you because he doesn't know ... The internet said something that they didn't recognize and they don't know about the most advanced thing on the market when they are doctors that know about diabetes and I felt that I wasn't getting the most advanced treatment possible and a little abandoned in this sense	Woman with type 1 diabetes, age 29, Spain, 11 years with diabetes
42	Managing multiple conditions			86	Many other health problems which makes it difficult in managing proper diabetes control	Man with type 2 diabetes, insulin medicated, age 57, Canada, 12 years with diabetes
43	Medication Challenges	Alternative medication does not work		4	I did not see a doctor, started taking Neem leaves, powdered fenugreek etc. but I did not get any results. After that, I was forced to see a doctor	Man with type 2 diabetes, insulin medicated, age 59, India, 13 years with diabetes
44		Checking blood sugar is a challenge		33	We have to do it every day - take it in different spots b/c it hurts at the same spot. You get sore fingers. I don't know how they might improve it but that is how I feel	Woman with type 2 diabetes, insulin medicated, age 81, Canada, 51 years with diabetes
45		Forget to take or did not take medications		63	I forgot to take my medicine for 24 hours which was a disaster for me. I had unusual complications and this wasn't the first time, but it was definitely the worst	Woman with type 2 diabetes, insulin medicated, age 39, Algeria, not sure how long has had diabetes but more than 12 months

SUPPLEMENTARY DATA

46		Having to take oral medication		39	Have to take bad-tasting pills	Man with type 2 diabetes, non-insulin medicated, age 59, China, 4 years with diabetes
47		Lack of medication or supplies		50	I sometimes have a hard time finding diabetes medications	Woman with type 2 diabetes, non-insulin medicated, age 47, Turkey, 5 years with diabetes
48		Not sure which medication or dose to take or choose		10	Problems with selecting appropriate drugs and quantity when making a single purchase	Man with type 2 diabetes, insulin medicated, age 56, Poland, 8 years with diabetes
49		Side effects of medication		90	The sexual aspect disappears completely. You will have to alter your medication completely for that. You will have to weigh your options. What is more important, the sugar or sex	Woman with type 2 diabetes, non-insulin medicated, age 61, Netherlands, 2 years with diabetes
50		Taking insulin or insulin pump		206	It's hard to constantly have to take medicine and do injections. It encumbers daily life	Woman with type 2 diabetes, insulin medicated, age 62, Turkey, 32 years with diabetes
51		Timing of medication		19	When one's out, it's sometimes difficult to ensure the location and time of doing injections	Woman with type 1 diabetes, age 60, Japan, 33 years with diabetes
52	No cure for diabetes			12	Sometimes I get scared thinking about the future whether this disease will ever get cured or not	Woman with type 2 diabetes, insulin medicated, age 63, India, 6 years with diabetes
53	Not able to control glucose in general			206	My biggest challenge in managing my diabetes is to be able to keep my blood sugar at about 8 for a long-term test, which is a big challenge for the diabetes that I have	Woman with type 2 diabetes, insulin medicated, age 57, Denmark, 17 years with diabetes
54	Poor relationship with doctor			96	We get neither attention, nor understanding from doctors, one comes to see them for help and will end up leaving frustrated and with elevated blood pressure. They behave as if they were doing me a favor	Woman with type 2 diabetes, insulin medicated, age 64, Russia, 12 years with diabetes

SUPPLEMENTARY DATA

55	Psychological challenges	Aggression		13	When I woke up I couldn't eat what I felt like, I almost went crazy ... Afterward my way of thinking was changing, I fought with my husband and children. I said things to them that hurt them. I just wanted to disappear from the planet	Woman with type 1 diabetes, age 49, Mexico, 20 years with diabetes
56		Anxiety and Fear		84	It's that I fight it and confront it continually in spite of the suffering and anxiety	Man with type 2 diabetes, non-insulin medicated, age 62, Algeria, 5 years with diabetes
57		Depression		90	Conquering the depression that buries me more every day in bottomless well	Woman with type 2 diabetes, insulin medicated, age 43, Spain, 6 years with diabetes
58		Feeling restricted by diabetes in general		11	In summary, a daily fight; a forced marriage without the possibility of divorce	Woman with type 2 diabetes, insulin medicated, age 45, France, 5 years with diabetes
59		Guilt		4	I wish I had become more aware of it and taken better care of it sooner	Man with type 2 diabetes, non-medicated, age 75, Japan, 10 years with diabetes
60		Hard and difficult		84	Since it cannot yet be cured, you have to maintain an upbeat attitude, which is difficult. It feels like you're running through a tunnel without any exit in sight, and sometimes I really hate it	Woman with type 1 diabetes, age 30, Japan, 5 years with diabetes
61		Lack of support		80	My main challenge in managing diabetes is having to do it on my own. My husband enjoys bringing me treats but they are the worst things that he can bring me – chocolate, ice cream, desserts, etc. I have tried losing my temper and telling him he is killing me but I am not sure whether he understands. Help with diabetes should include the partner to ensure that both parties are aware of what is likely to happen	Woman with type 2 diabetes, non-insulin medicated, age 59, UK, 1 year with diabetes
62		Laziness or lack of motivation		29	It is a challenge to motivate myself to get out of bed in the mornings and face the day	Woman with type 2 diabetes, insulin medicated, age 39, UK, 9 years with diabetes

SUPPLEMENTARY DATA

63			Mentally hard to live with diabetes		44	You have to maintain an upbeat attitude, which is difficult. It feels like you're running through a tunnel without any exit in sight, and sometimes I really hate it	Woman with type 1 diabetes, age 30, Japan, 5 years with diabetes
64			Negative mood or hopeless		78	You are a slave to the disease	Woman with type 1 diabetes, age 63, Poland, 51 years with diabetes
65			Never accepted having diabetes		44	It's all up to me. I have good days and bad days. Most times I seem to not want to believe I am diabetic and just push it aside then I feel guilty and scared because I am not taking better care of myself. It's a never-ending circle	Woman with type 2 diabetes, non-insulin medicated, age 54, Canada, 5 years with diabetes
66			Public misunderstanding is difficult	Feeling discrimination at work	36	I was written up at work for arriving late. I was unable to drive due to low blood sugar and demoted into another position so my health problems wouldn't 'get in the way'	Woman with type 1 diabetes, age 31, US, 26 years with diabetes
				Not feeling 'normal'	4	To be a normal person according to others	Woman with type 2 diabetes, non-medicated, age 21, Algeria, 2 years with diabetes
				People don't understand diabetes	101	It's not understood by anyone, I mean they don't understand the seriousness of the disease	Woman with type 2 diabetes, non-insulin medicated, age 44, Italy, 6 years with diabetes
67			Self control		6	I still cannot manage my emotions today, my feelings, without going to the refrigerator or the cupboard	Woman with type 2 diabetes, non-medicated, age 46, France, 4 years with diabetes
68			Shame		14	This is not something to brag about/I hide it	Woman with type 2 diabetes, insulin medicated, age 62, Poland, 22 years
69			Stress		69	When my stress level increases, so does my blood sugar	Man with type 2 diabetes, insulin medicated, age 61, Japan, 21 years with diabetes
70			Worry about complications		71	If I make just one mistake I think my life is in danger and that worries me	Woman with type 1 diabetes, age 42, Germany, 15 years with diabetes

SUPPLEMENTARY DATA

71		Quality of life is low			12	My lifestyle rhythm is unstable	Man with type 2 diabetes, insulin medicated, age 57, Japan, 7 years with diabetes
72		Stop smoking or breaking other unhealthy habits			19	When I learned that I had this disease, as someone who likes to eat well, I had to know how to avoid alcohol, pastries and all delicacies	Man with type 2 diabetes, non-insulin medicated, age 65, France, 10 years with diabetes
73		Took a long time to diagnose			19	I went through a long and frustrating process before I was diagnosed with diabetes 1, as I didn't fit in the box in terms of my symptoms	Woman with type 2 diabetes, insulin medicated, age 41, Denmark, 6 years with diabetes
74		Trouble losing weight			232	The biggest problem regarding my diabetes is my weight. If I can maintain it (or lose some) then I'm good. This has a significant impact on my life	Woman with type 2 diabetes, non-medicated, age 46, the Netherlands, 1 year with diabetes
75		Vacation or holiday			3	Currently it is too complicated when you aren't at home	Man with type 2 diabetes, insulin medicated, age 80, France, 27 years with diabetes
76	People with diabetes –Advice i	Artificial sweeteners are helpful			5	There are some things now on the market for people with diabetes that we can eat and still feel like we have had something sugary	Woman with type 2 diabetes, non-medicated, age 74, US, 14 years with diabetes
77		Ask for help and talk about diabetes with others			46	They were websites so I was anonymous, but I was able to receive advice from message boards on control, pregnancy, and so on	Woman with type 1 diabetes, age 43, Japan, 20 years with diabetes
78		Be understanding of and listen to person with diabetes			2	It is a disease where you just need someone who knows the disease to be there and understand how difficult it is	Woman with type 2 diabetes, non-insulin medicated, age 53, US, 13 years with diabetes
79		Check blood sugar regularly			13	The story is that if you do not keep your sugar in check, there will be nothing sweet about it. I am talking from my own experience	Man with type 2 diabetes, non-medicated, age 38, Russia, 3 years with diabetes

SUPPLEMENTARY DATA

80		Control weight			6	Setting a goal to bring down one's weight and continuing to challenge oneself is important	Man with type 2 diabetes, non-insulin medicated, age 72, Japan, 22 years with diabetes
81		Diabetes means living healthy or happy			25	Do not stop living because of diabetes, but live better with diabetes	Woman with type 2 diabetes, insulin medicated, age 50, Canada, 8 years with diabetes
82		Do not underestimate complications			25	You can't neglect yourself for even a moment because diabetes is there to remind you that it's stronger than you are	Man with type 2 diabetes, insulin medicated, age 42, Spain, 6 years with diabetes
83		Explanations for having diabetes			95	I know that the diabetes I have is a consequence of my lifestyle, given that I was a police officer and I ate snacks at all hours. It was a great life, an eventful life, but now I have the bill to pay	Man with type 2 diabetes, non-insulin medicated, age 74, France, 14 years with diabetes
84		Follow doctor's orders			21	Listen to your healthcare provider, follow the medication prescribed and diabetes is very treatable with a minimum of disruption	Man with type 2 diabetes, insulin medicated, age 76, US, 14 years with diabetes
85		General education			28	People need to be educated! They need to know that the way they eat is killing them!	Woman with type 2 diabetes, insulin medicated, age 60, US, 23 years with diabetes
86		Go to doctor's appointments			32	Do not hesitate to contact your doctor, do not procrastinate	Woman with type 2 diabetes, non-medicated, age 60, Russia, 10 years with diabetes
87		Important to exercise			33	My blood sugar is no longer high as exercise benefits diabetes. I recommend it to everyone	Woman with type 2 diabetes non-medicated, age 44, China, 4 years with diabetes
88		Important to exercise and eat healthy			41	During the initial period of my illness I used to use OAD's [Oral Anti-Diabetics]. When I went to the hospital I saw those using insulin. The thing that I always noticed was doctors recommending diet and exercise to patients. I was inclined to move toward diet and exercise. The diabetes nurse and my endocrinologist supported me. In the end, I was freed of drugs. My blood sugar remains normal	Man with type 2 diabetes, non-medicated, age 48, Turkey, 2 years with diabetes

SUPPLEMENTARY DATA

89		Learn to cope with diabetes		46	The truth is that diabetes is like a stone that you have to set aside from your walk every day. When you believe that you have freed yourself from it, it reappears. When you control your diabetes, the stone gets smaller and easier to move, a minor problem	Man with type 1 diabetes, age 20, Spain, 1 year with diabetes
90	Manage diet	Do not be too strict with diet		3	You should neither starve yourself nor eat too much	Man with type 2 diabetes, insulin medicated, age 63, Turkey, 4 years with diabetes
91		Eat slowly or carefully		9	Be satisfied with smaller portions, it satisfies the taste and you eat by savouring slowly (the portions will be smaller and the control will be there)	Woman with type 2 diabetes, insulin medicated, age 50, Canada, 8 years with diabetes
92		More frequent small meals		11	The main thing about this disease is diet. The diet needs to have less food and more meals	Man with type 1 diabetes, age 50 China, 21 years with diabetes
93		Restrict diet		69	It has obviously affected my diet, as I can't eat anything sugary or high-cholesterol; I have to eat food that's bland. Eating bland food every day has affected my appetite, and has made me pretty upset	Woman with type 2 diabetes, non-medicated, age 56, China, 2 years with diabetes
94		Motivations for managing	Avoid complications		42	It's very important to know that it's a disease that seems like it's not dangerous but when you don't manage it well, I know people whose legs they've had to amputate. If you don't take care of it, it's like cancer
95	To be healthy for family			8	I challenge myself every day to be as strong as possible/maintain my responsibilities as a mother and wife in spite of the circumstances. I really want to get better to care for myself and my family	Woman with type 2 diabetes, insulin medicated, age 41, Algeria, 25 years with diabetes
96	Positive outlook			24	Diabetes patients shouldn't scare themselves. I think as long as they take care of themselves, this is not a big problem	Man with type 1 diabetes, age 45, China, 19 years with diabetes

SUPPLEMENTARY DATA

97			Problems with medical system		91	None of us understand what diabetes is. There are no information and prevention measures. Because of that, I was not diagnosed until I developed a severe form of diabetes, and therefore had to take high doses of medication. People need to be informed about the initial symptoms. The earlier the disease is diagnosed, the greater the chance of a full and fruitful life	Man with type 2 diabetes, insulin medicated, age 40, Russia, 5 years with diabetes
98			Seek alternative treatment		11	I heard other patients say that eating cherries would be helpful in lowering your blood sugar, and drinking pomegranate water would keep the blood sugar on a normal level	Man with type 2 diabetes, insulin medicated, age 65, China, 17 years with diabetes
99			Take medication appropriately		55	Take the medicine on time, inject on time, test your blood sugar and control the blood sugar, so that there are no complications	Man with type 2 diabetes, insulin medicated, age 44, China, 5 years with diabetes
100	People with diabetes – Diagnosis	Diabetes found during routine tests			79	After corrective broken neck surgery at "XXX" hospital in xxxx the nurse walked into my room and said in her quaint Russian accent, quote: "So you're the guy with diabetes eh"? You can't make this stuff up. That is the true story of how I found out I had type 2 diabetes	Man with type 2 diabetes, non-medicated, age 64, Canada, 4 years with diabetes
101		Diabetes was found before complications			7	In my experience, the early detection was very timely and thanks to this, I have been able to overcome the disease and not have a lot of consequences	Woman with type 2 diabetes, non-insulin medicated, age 62, Mexico, 5 years with diabetes
102		Diagnosis was challenging or emotional			192	The most hard-hitting and enduring story I can share with you is when I was first diagnosed. There were three people in this story: me, my mother and the consultant endocrinologist. Between those two I had my own will removed from me with respect to everything that I did from that point forward	Woman with type 1 diabetes, age 50, UK, 41 years with diabetes
103		Diagnosis should have been made earlier			22	I lived for a year without treatment or medical advice, and that worsened my health	Woman with type 2 diabetes, insulin medicated, age 63, Italy, 9 years with diabetes

SUPPLEMENTARY DATA

104	Doctor not competent at diagnosis			19	When they gave me the diagnosis, they didn't tell me immediately and they didn't explain my disease well to me nor the necessary cares	Woman with type 1 diabetes, age 28, Mexico, 3 years with diabetes
105	Found complications upon diagnosis			39	Got a clot in my heart and that's how diabetes was discovered	Man with type 2 diabetes, non-insulin medicated, age 65, Denmark, 11 years with diabetes
106	Found support upon diagnosis			34	What moved me was when my family quit eating certain foods because I had to. Finally, my diabetes was slowly but effectively controlled under the care and help of my family. Since then, I have more confidently faced the hardship that this disease has brought	Man with type 2 diabetes, insulin medicated, age 53, China, 4 years with diabetes
107	Hospitalized for diabetes			28	It took 2 years before they figured out I was diabetic and by then I couldn't walk anymore, that was when I was hospitalized and I got the verdict	Man with type 2 diabetes, insulin medicated, age 53, Canada, 3 years with diabetes
108	Lack of knowledge about diabetes			18	I have had no advice or programs offered to me at all. When diagnosed all I was told was to start a high fibre, low-fat, no sugar diet. I've had no information on what diabetes is, what [it] does to you and what complications may come from being a diabetic	Woman with type 2 diabetes, non-insulin medicated, age 45, UK, 10 years with diabetes
109	Pleased with treatment upon diagnosis			37	The first time I participated in a diabetes school was at a course that was given by a diabetes nurse for newly diagnosed diabetics. I learned so much there and in a positive way. Afterwards, I learned that not everyone is offered such courses, and I think that everyone should have that experience. It was super good	Woman with type 2 diabetes, insulin medicated, age 59, Denmark, 9 years with diabetes
110	Person with diabetes does not believe has diabetes			8	I know I have type 2 diabetes, which I denied for a long time: until I went to the doctor and he told me I did have diabetes; until my eyes became bad and I went to the optometrist and he sent me to the ophthalmologist who told me I had symptoms of someone with diabetes	Woman with type 2 diabetes, non-medicated, age 64, the Netherlands, 2 years with diabetes

SUPPLEMENTARY DATA

111		Person with diabetes had symptoms of diabetes			126	Before I was diagnosed, I didn't really pay attention to my diet and I seldom exercised. I often felt dizzy, urinated frequently, and lacked energy. When it turned out to be diabetes, I was very worried	Man with type 2 diabetes, insulin medicated, age 44, China, 3 years with diabetes
112	People with diabetes – Turning Points (Negative)	Had an accident, medical event or tragedy			5	My mother's death, which was a negative event that affected me a lot. Her death changed my diet and my blood sugar negatively	Woman with type 2 diabetes, non-insulin medicated, age 69, France, 12 years with diabetes
113		Lost job or could not work			3	When I was 45 they diagnosed diabetes ... I couldn't work as a train driver anymore. It entailed losing 50% of the income and changing the job. It affected my family in a negative way (budget) and lowered the standard of my life to a significant extent	Man with type 2 diabetes, insulin medicated, age 67, Poland, 22 years with diabetes
114	People with diabetes – Turning Points (Positive)	A medical incident affected a positive change	Complications turning point		31	I have had diabetes for a while now. I always ate well but never exercised until I had a heart attack caused by diabetes, smoking, drinking and being overweight. From then on I stopped smoking, drinking and I also lost weight. It was liberating. A sign that something had to change	Man with type 2 diabetes, non-insulin medicated, age 48, Germany, 8 years with diabetes
115			Diagnosis turning point		44	After 50 years of diabetes I have at least a few stories to tell. The first was when I was told I was a diabetic and if I did not start on injections there and then I would be dead in 3 days; sounds cruel but was the best sentence I have ever heard	Man with type 1 diabetes, age 65, UK, 51 years with diabetes
116			Episode of hyperglycemia		17	Because I had a fight with my daughter, my blood sugar level rose, which put me in the hospital. This made me realize that I shouldn't subject myself to pressure and anxiety because of my health	Woman with type 2 diabetes, insulin medicated, age 73, Algeria, 16 years with diabetes
117			Episode of hypoglycemia		29	Once I had a hypo and passed out. The people around me had no idea what was happening ... Since that time I carry a diabetic passport with me	Man with type 2 diabetes, insulin medicated, age 49, the Netherlands, 18 years with diabetes

SUPPLEMENTARY DATA

118			Gastric bypass		4	Just over 2 years ago I was 20 stone and I had a gastric bypass and lost the weight and I had a bad reaction after the operation. But now I've been feeling very good. Because of that I have been able to control my diabetes without the help of medicines or insulins. So my advice for people is to try and control their weight as it helps control the diabetes automatically	Woman with type 2 diabetes, non-medicated, age 63, UK, 17 years with diabetes
119			General sickness		8	Had a low sugar attack and thought I was going to die and my son was scared. I started to take things seriously after this occurred	Man with type 2 diabetes, non-insulin medicated, age 39, Canada, 2 years with diabetes
120			Going on insulin		10	After I was newly prescribed insulin to control my blood sugar I was very, very concerned about injecting myself – the imagined pain involved was uppermost on my mind. I sat in the bathroom alone with the syringe loaded with the insulin and tried to inject myself to only fail. After 45 minutes of almost success I closed my eyes and just did it. To my amazement IT DIDN'T HURT!!! That was about 25 years ago and I've never been intimidated by that syringe and vial again	Woman with type 2 diabetes, insulin medicated, age 69, US, 27 years with diabetes
121			Going on insulin pump		6	Significant thing is the introduction to me to the ability to have an insulin infusion pump and it also changed my life in a very positive way	Man with type 1 diabetes, age 67, UK, 43 years with diabetes
124			Pregnancy		2	Pregnancy, because that is the utmost motivation to take care of one's diabetes	Woman with type 1 diabetes, age 33, Denmark, 19 years with diabetes
125		Acceptance of diabetes			7	The main problem is that people don't accept the problem but according to me it is a life changing problem but they don't believe in accepting and keeping a healthy life	Woman with type 2 diabetes, insulin medicated, age 68, UK, 36 years with diabetes
127		Education or knowledge affected a positive change	Knowledge from diabetes educator or doctor		20	He referred me to the diabetes education center which helped me a great deal. It scared me into making changes in my lifestyle and to take better care of myself. The diabetes specialist is very knowledgeable and the dieticians are really friendly and have helped me change the way I eat	Man with type 2 diabetes, non-insulin medicated, age 40, Canada, 1 year with diabetes

SUPPLEMENTARY DATA

128			Reading or watching show about diabetes		5	I researched information about alternative medicine and about the five laws of Dr. Hammer. Today I live much better: I don't take almost any medicine and, more importantly, I almost never get sick (this year the flu lasted only one day)	Woman with type 2 diabetes, insulin medicated, age 44, Italy, 28 years with diabetes
130	People with diabetes – Wishes for	Other people affected a positive change	Finding a good doctor		5	When my doctor told me that I had diabetes, I changed my lifestyle as regards diet and exercise, went to a dietitian and started exercising and lost 40 kilos. The doctor's message made me stop a moment and change my life so that today I can take control of my illness and stand strong in relation to diet and exercise. It was the doctor that got me to stop	Woman with type 2 diabetes, non-medicated, age 56, Denmark, 3 years with diabetes
131			Others' complications or death		58	Hospitalized in pediatrics at 13 and a half years old, when my diabetes was discovered, one night I helped one of the nurses transport a baby on respiratory support, and later I saw the baby of people I knew die. That put my illness and the shots I had to do every day into perspective, so that my diabetes lives with me, I don't live with my diabetes	Man with type 1 diabetes, age 60, France, 47 years with diabetes
132			Others who live well with diabetes		4	When I was diagnosed with diabetes, I was very scared and thought that my life was over, I cried a lot and stressed out about it, but then, little by little, I began to read books and talk with other people with diabetes at school and realized that it was up to me only and pulled myself together, began to manage diabetes actively	Woman with type 2 diabetes, insulin medicated, age 62, Russia, 4 years with diabetes
133			Support of family member		10	My husband used to take good care of me and gradually I became self-sufficient. Now I have developed a habit of taking medicines and insulin injections	Woman with type 1 diabetes, age 53, India, 25 years with diabetes
134			Access to healthy foods			59	Clearer sugar levels in restaurants etc. would help
135	Cure or full recovery	Blood sugar to be normal		50	I wish I could improve the self-control of the sugar level	Woman with type 2 diabetes, non-insulin medicated, age 62, Italy, 7 years with diabetes	

SUPPLEMENTARY DATA

136			Cure		184	My biggest wish would be a cure for diabetes	Woman with type 1 diabetes, age 44, Denmark, 16 years with diabetes
137			Less often take insulin or medication		28	I hope in a radical treatment which does not force me to be monitored continuously every day	Man with type 2 diabetes, insulin medicated, age 48, Italy, 8 years with diabetes
138			Live without injections or medication		97	I watched the story and a few got rid of diabetes so no one has to worry about the needles anymore. That is a huge wish	Woman with type 2 diabetes, insulin medicated, age 56, Canada, 16 years with diabetes
139			Person with diabetes able to take correct medication		13	Not being reckless in overcoming diabetes by taking too much or too little medicine and toxic doses	Man with type 2 diabetes, insulin medicated, age 38, Algeria, 5 years with diabetes
140			Wants an improvement in condition		135	I want my disease to get better in order to avoid the worst	Woman with type 2 diabetes, non-insulin medicated, age 32, Algeria, 4 years with diabetes
141		Feel better to enjoy family			12	Wanting to continue living to enjoy my children. I don't want them to see me sick	Woman with type 2 diabetes, non-insulin medicated, age 35, Spain, 4 years with diabetes
142		Health system work better	Access to affordable healthcare professionals		46	Access to dieticians for free and weight loss treatment or maybe protein	Woman with type 2 diabetes, non-insulin medicated, age 51, Canada, 4 years with diabetes
143			Access to alternative therapy coverage		9	To make reaching and obtaining alternatives easier	Man with type 2 diabetes, non-insulin medicated, age 37, Turkey, 5 years with diabetes
144			Changes in government policy for diabetes		18	Serious approach of the authorities, not only declaration	Man with type 2 diabetes, insulin medicated, age 56, Poland, 8 years with diabetes
145			Identify diabetes early		28	People need to be informed about the initial symptoms. The earlier the disease is diagnosed, the greater the chance of a full and fruitful life	Man with type 2 diabetes, insulin medicated, age 40, Russia, 5 years with diabetes

SUPPLEMENTARY DATA

146			Improvement in healthcare in general		11	Making the healthcare system work better	Man with type 2 diabetes, non-medicated, age 59, Russia, 4 years with diabetes
147			More attentive and competent doctors		86	That one wasn't given a random doctor that perhaps didn't want to deal with diabetes or take it seriously, because it happens that they aren't all experts	Woman with type 2 diabetes, insulin medicated, age 62, Denmark, 21 years with diabetes
148		Increased public awareness			58	Improving everyone's awareness and education	Man with type 2 diabetes, non-medicated, age 60, Algeria, 9 years with diabetes
149		Less anxiety or worry			10	I wish I didn't have to have my guard up	Man with type 2 diabetes, non-medicated, age 55, Japan, 10 years with diabetes
150		Medication wishes for improvement	Better testing of blood sugar		43	I dream of not having to prick myself as often, for example not having to prick myself to check my blood sugar level and then also to prick myself for insulin (embarrassed to give oneself a shot in public)	Man with type 2 diabetes, insulin medicated, age 54, France, 5 years with diabetes
151			Medication and test strips affordable or free		134	I really want the medications I need to be provided at a reasonable price	Man with type 2 diabetes, insulin medicated, age 44, Algeria, 9 years with diabetes
152			More education about medication		13	Regarding the side effects of the medicine, I think that there ought to be better information, instead of the information on the labels that are pasted on the medicine	Man with type 2 diabetes, non-insulin medicated, age 67, Denmark, 6 years with diabetes
153			New medication or supplies for diabetes		229	There are occasions when it takes time to do my regular insulin injection without being noticed by others. I wish there was a medication for diabetes that could be taken without being noticed	Man with type 2 diabetes, insulin medicated, age 53, Japan, 10 years with diabetes
154			More time or resources to care for self			67	I want to be able to rescue myself by myself, by taking private awareness lessons

SUPPLEMENTARY DATA

155		New advances in science		117	More research to take diabetes out of the world	Woman with type 2 diabetes, insulin medicated, age 52, the Netherlands, 43 years with diabetes
156		Person with diabetes wants to learn to live with diabetes		47	To succeed at not letting diabetes be an obstacle for me	Woman with type 2 diabetes, non-medicated, age 21, Algeria, 2 years with diabetes
157		Person with diabetes wishes for motivation		10	I'd like a magic wand to make me eat better to lose weight and manage my diabetes	Woman with type 2 diabetes, non-insulin medicated, age 49, UK, 9 years with diabetes
158		Person with diabetes wishes habits and condition remain stable		109	To continue as I have until now with the good system I'm using to control my diabetes	Man with type 2 diabetes, insulin medicated, age 65, Mexico, 12 years with diabetes
159	Person with diabetes wishes to lose weight	General weight loss		153	The challenge to lose excess weight/the psychological challenge of eating everything I want. I really want to improve with the support of my relatives and healthcare	Man with type 2 diabetes, insulin medicated, age 59, Algeria, 12 years with diabetes
160		Person with diabetes wants to exercise more		134	My wish for the future is to be able to work out	Man with type 2 diabetes, non-insulin medicated, age 37, Canada, 2 years with diabetes
161		Wants to eat better		117	My wish is having better nutrition, to improve my quality of life	Man with type 1 diabetes, age 40, Mexico, 11 years with diabetes
162		Support or education about diabetes		147	Classes for diabetics should be taught to all diabetics because many do not understand the harmful long-term effects if they do not pay attention right away	Woman with type 2 diabetes, insulin medicated, age 50, Canada, 8 years with diabetes
163		Wishes to eat sweets and food they like		23	To be able to eat everything I want without fear	Woman with type 2 diabetes, non-medicated, age 63, Turkey, 18 years with diabetes

SUPPLEMENTARY DATA

164	Successes for People with diabetes	Able to have child			5	I was also able to go out accompanied at night and have children	Woman with type 1 diabetes, age 41, Spain, 34 years with diabetes	
165		Able to work and function			27	My success is waking up and working without any complication	Man with type 1 diabetes, age 40, Mexico, 11 years with diabetes	
166		Adequate support system	Caring and compassionate healthcare professionals			61	The doctor who introduced me to insulin injected himself first to show me how it was done and then asked me if I could do it for myself (how could I refuse such a selfless gesture?) at the age of 14 – this helped me better than anything	Woman with type 1 diabetes, 68 years, UK, 54 years with diabetes
167			Family members are supportive			274	My wife helps me a lot. She is the one who takes care of my diet, exercise and medicines	Man with type 1 diabetes, age 67, India, 39 years with diabetes
168			Friends and others are supportive			88	Family and real friends are great support	Woman with type 1 diabetes, age 52, the Netherlands, 33 years with diabetes
169			Other people with diabetes support the person with diabetes			77	My friend and a patient and I. After a little time they discovered I had diabetes. A friend went to look for me to tell me that he had a friend that had diabetes and that didn't want to acknowledge it. I went with him to his friend's house. I told him about my problem and I helped him face the disease. I felt really good because I'm useful even though I have diabetes	Man with type 2 diabetes, non-medicated, age 48, Mexico, 19 years with diabetes
170			Role models with diabetes are positive			20	Since my diagnosis another three of my siblings have been diagnosed as diabetic and they have all ended up on insulin. We formed our own diabetic group and help each other	Woman with type 2 diabetes, insulin medicated, age 57, Canada, 9 years with diabetes
171		Blood sugar under control	Blood sugar has improved			218	After many difficult teenage years with very high blood sugar, I succeeded in getting an average under 7 and therefore was allowed to become pregnant. Cleared a full pregnancy without blood sugar over 20 – a great victory for my husband and me	Woman with type 1 diabetes, age 24, Denmark, 18 years with diabetes

SUPPLEMENTARY DATA

172		No problems with diabetes		862	Everyone deals differently with diabetes, but some are really suffering from it and some don't have any adverse effects at all. I live as a normal human being. I have everything under control and bother no one with it.	Man with type 2 diabetes, insulin medicated, age 73, Netherlands, 8 years with diabetes	
173	Diabetes self-management practices	Checks blood sugar		60	I decided that I would always measure my blood sugar	Woman with type 1 diabetes, age 54, Denmark, 42 years with diabetes	
174		Combination of diet and exercise		260	I've been very happy to be part of an exercise and diet offer, held at the local health club. The group meets twice a week – early morning. We're different types of people with different kinds of problems – but we all fight to improve our form – which gives a good environment – and so nice to be together and do something in common. A common cause	Woman with type 2 diabetes, non-medicated, age 65, Denmark, 5 years with diabetes	
175		Exercise or movement is helpful		337	My eldest son recommended that I go a swimming pool, which I did. Little by little, I increased physical activity. I felt a surge of energy and strength, which helped my blood sugar level	Woman with type 2 diabetes, non-medicated, age 42, Russia, 2 years with diabetes	
176		Following diet is helpful	Avoid fried or fatty foods		17	I decided to do a lot of research and decided that I have to eliminate all fried and processed and fast foods. I have to home cook from scratch with fresh produce and meats	Woman with type 2 diabetes, non-insulin medicated, age 59, Canada, 1 year with diabetes
177			Eat breakfast		3	The day that a dietician explained to me that my way of eating breakfast had a lot of influence on my diabetes control. And as these changes made me feel much better, not just physically, my spirit also improved a lot	Man with type 2 diabetes, non-medicated, age 47, Spain, 10 years with diabetes
178			Eat fruit and vegetables		51	I keep to all the rules regarding a healthy diet, vegetables, so that is the only thing I need to do	Woman with type 2 diabetes, non-insulin medicated, age 78, Denmark, 6 years with diabetes
179			Eat healthy in general		501	I've taken care of myself, eating well and monitoring	Woman with type 2 diabetes, insulin medicated, age 52, Algeria, 1 year with diabetes

SUPPLEMENTARY DATA

180				Live without sweets, sugar or carbs	137	The more sugar you eat the more you want. It is too easy to have foods and junk food with sugar. Cutting back on sugar, salt and fat I can enjoy good food more	Woman with type 2 diabetes, non-medicated, age 49, Canada, 21 years with diabetes
181				Portion control	71	I was out to dinner with my boyfriend, he injects insulin, and he ordered tons of food, injected himself and ate – and I had ordered a children portion because I take medications and I have to watch what I eat. The wait staff looked at me and pitied me and said later that young man could have shared with you, that was too much for one person. I later talked to my doctor about it and he was happy that I didn't deviate from my diet and can handle such situations well without getting back into my old eating habits. Today you could eat a giant cake right next to me and it doesn't bother me the least bit – I stick to my unsweetened cake without whipped cream	Woman with type 2 diabetes, non-insulin medicated, age 54, Germany, 14 years with diabetes
182				Take vitamins	4	I have gone to a reflexologist and gone on herbs vitamins and minerals to promote better health in my body	Woman with type 2 diabetes, non-insulin medicated, age 59, Canada, 1 year with diabetes
183				Following recommendations of healthcare professional	147	My doctor gave me many examples to enlighten me. I wanted to get better, so I listened to him/her. Now I'm much better	Man with type 1 diabetes, age 60, China, 34 years with diabetes
184	General weight loss or maintenance				344	Well I was diagnosed in 1984, 310 pounds at the time, I was teaching at the time. I was on temp duty away from home, came back was on a strict diet lost 100 pounds	Man with type 2 diabetes, insulin medicated, age 69, Canada, 28 years with diabetes
185	Regular follow-up appointments				53	It's much easier and less worrisome once you have routine control and medical exams	Woman with type 2 diabetes, non-insulin medicated, age 62, Mexico, 5 years with diabetes
186	Fewer problems than in the past				7	I don't know if it counts as a success or not, but I have not been re-admitted to the hospital again	Woman with type 1 diabetes, age 60, Japan, 33 years with diabetes
187	Having healthcare professional to take care of diabetes				194	My endocrinologist helped me a lot. He made me see that it's not so serious to be diabetic and that by following the guidelines in daily life you can live without risk and healthily. I always think that there are worse things	Man with type 2 diabetes, insulin medicated, age 43, Spain, 10 years with diabetes

SUPPLEMENTARY DATA

188		Listen to body signals		23	Know my body and how it responds so I know what works and what does not	Woman with type 1 diabetes, age 49, Canada, 29 years with diabetes
189		Managing hypoglycemia		4	Instead of being afraid of it and try to prevent it [hypoglycemia] with eating, I started to think it's fine to just deal with it when it occurs and started to walk around with dextrose on me	Man with type 1, age 57, Japan, 48 years with diabetes
190		Medical advances have been made		21	As a success I consider that due to modern treatment methods	Woman with type 2 diabetes, insulin medicated, age 40, Germany, 2 years with diabetes
191		Medication helps	Alternative medication effective	78	Four years ago I was on six prescriptions for various problems including diabetes II. I dumped them all without consulting my doctor and went to the health food store and got herbal or homeopathic remedies for all my conditions. I am much better in all areas now than I was before dumping the medications	Woman with type 2 diabetes, non-medicated, age 77, Canada, 14 years with diabetes
192			Insulin controls blood sugar	194	After that came insulin. Since then I am doing much better mentally since I have my values perfectly under control thanks to sticking to testing diligently and administering insulin accordingly	Man with type 2 diabetes, insulin medicated, age 58, Germany, 8 years with diabetes
193			Pills control blood sugar	148	Recently, I have been allowing myself to have some forbidden food, so my blood sugar levels began to change again, and I take pills to keep it down	Man with type 2 diabetes, non-insulin medicated, age 71, Russia, 4 years with diabetes
194			Take medication regularly	202	From the day since I knew about diabetes, I have taken insulin injections regularly	Man with type 2 diabetes, non-insulin medicated, age 43, India, 4 years with diabetes
195		Motivated to avoid complications		323	Seeing that my sister died from this disease, as the disease was consuming her, this made me value my life and well, I have to take care of myself more	Woman with type 2 diabetes, insulin medicated, age 69, Mexico, 11 years with diabetes
196		Not taking or reducing medication for diabetes		101	Now after 3 years I've arrived at the point where I don't need any medications anymore	Man with type 2 diabetes, non-medicated, age 65, France, 3 years with diabetes

SUPPLEMENTARY DATA

197		Nothing stops me			33	Diabetes management is still very much in the background for me. So far I am my own manager. The doctor answers the questions I ask. Other than that I totally depend on myself	Man with type 2 diabetes, insulin medicated, age 60, Germany, 10 years with diabetes
198		Overall improved health			130	It took a huge scare to knock me to my senses about my diabetes ... I thought I was going to lose my leg to cellulitus ... I continued to eat healthy and I continued to lose so much weight I lost over 100 lbs!! ... I could move again and join in with the world such as walking, swimming, taking the subway without getting stuck in the turnstiles or having to stop because my body was in so much pain whilst trying to carry myself for a few more steps. I remember one day walking through the turnstile and thinking oh my god I am taking my new body for granted!	Woman with type 2 diabetes, non-medicated, age 46, Canada, 18 years with diabetes
199		Patient education and programs			161	For me, it's been positive. I have learned a lot in the camps for people that live with the disease	Woman with type 1 diabetes, age 24, Spain, 17 years with diabetes
200	Coping with diabetes	Positive outlook affects success	Acceptance of diabetes		33	I have diabetes two and that is old age diabetes and have accepted that it is because of my way of life. I have accepted it as it is and I have no emotional or other problems with it	Man with type 2 diabetes, non-insulin medicated, age 68, Netherlands, 8 years with diabetes
201			Daily routine		10	Having been able to integrate the treatment with my daily life is a success to me	Woman with type 1 diabetes, age 31, Italy, 5 years with diabetes
202			Gained appreciation for life or taught a positive lesson		13	I am much happier/healthier, I LIVE each day to the fullest and I knit/donate anonymously to charities – 52 items a year – one for each week of the year-just to silently say thank you for having another week of life	Woman with type 2 diabetes, non-medicated, age 61, Canada, 4 years with diabetes
203			Gained confidence		9	Acceptance enables me today to manage better, to have confidence in myself and to make progress. I don't really know what will be done tomorrow for my diabetes, what I do know is that I'm the one who will have to live with it!	Woman with type 2 diabetes, non-medicated, age 46, France, 4 years with diabetes

SUPPLEMENTARY DATA

204			General coping with diabetes	87	Every day that I wake up feeling good is a success	Woman with type 1 diabetes, age 49, Mexico, 22 years with diabetes
205			Live a somewhat normal life with diabetes	49	I resisted and didn't surrender to the disease, and now I live a normal life	Woman with type 2 diabetes, non-insulin medicated, age 26, Algeria, 8 years with diabetes
206			Managing or controlling health	75	Successes are represented by controlling this disease and living with it, not against it	Woman with type 1 diabetes, age 39, Algeria, 12 years with diabetes
207			Resilience or overcoming obstacles with diabetes	130	Getting on with life – living with diabetes and not suffering with diabetes – see me as a person and not my condition!	Woman with type 1 diabetes, age 40, UK, 23 years with diabetes
208			Happy or pleasant overall mood	115	My slogan is that I'm not a sad diabetic, but I'm a person who has diabetes. No need to feel sorry for myself	Man with type 2 diabetes, insulin medicated, age 64, the Netherlands, 10 years with diabetes
209			Hope in the future	17	I took some time to get used to changing my lifestyle habits, but it was worth it, because I see the future differently, and I pay even more attention in order to live longer with my loved ones	Man with type 2 diabetes, insulin medicated, age 67, France, 19 years with diabetes
210			Peaceful life	19	A calmer life since then. The worries of daily life don't affect me anymore. A return to the real values (friendship, love, nature ...)	Man with type 2 diabetes, insulin medicated, age 65, France, 20 years with diabetes
211			Trust in diabetes treatment and healthcare professional	17	It means a lot that I always have the same doctor at the appointment. I've never experienced that I haven't seen the doctor at the appointment. I think that the department at XX is a perfect example of how a doctor/treatment team can work together	Man with type 2 diabetes, insulin medicated, age 60, Denmark, 20 years with diabetes
212			Reliance on religion or spiritual practice	12	It makes me feel good. I have lived the life I can and now I am ready to leave when God decides. I know people who have become very sick because of diabetes, but God has preserved my life	Woman with type 2 diabetes, non-medicated, age 81, Mexico, 31 years with diabetes
213			Take responsibility for own health	36	The attending physician from when I was in the hospital told me that the true attending physician of a patient's diabetes is the patient himself, and that the doctor simply assists him. It's true that in dealing with diabetes for many years that through experience, one develops a sense of how to best deal with given symptoms and become able to deal with diabetes on an ad hoc basis	Man with type 2 diabetes, non-insulin medicated, age 43, Japan, 13 years with diabetes