

**Table 2** Frequencies of positive responses and mean scores on self-care activity items of the Arabic version of the Summary of Diabetes Self-care Activities questionnaire of type 2 diabetes patients (*n* = 210)

Subscale/item	Binary outcomes			Item scores (days/week <sup>b</sup> )		Subscale scores (days/week <sup>b</sup> )	
	No. of days/week activity performed <sup>a</sup>	No.	%	Mean	SD	Mean	SD
<b><i>Diet</i></b>						3.60	1.70
Q1. Follow a healthful eating plan	≤ 2	61	29	3.48	2.13	-	-
Q2. Follow eating plan over the past month	≥ 3	149	71	3.58	2.14	-	-
<b><i>Exercise</i></b>						3.02	2.17
Q3. Participate in at least 30 min exercise	≤ 2	98	47	3.34	2.33	-	-
Q4. Participate in specific exercise session	≥ 3	109	52	2.63	2.32	-	-
<b><i>Blood sugar checks</i></b>						2.24	1.90
Q5. Test your blood sugar	≤ 4	179	85	2.43	2.04	-	-
Q6. Test your blood sugar as recommended	≥ 5	28	13	2.02	1.88	-	-
<b><i>Foot care</i></b>						3.49	2.37
Q7. Check your feet	≤ 2	87	41	3.72	2.60	-	-
Q8. Inspect the inside of your shoes	≥ 3	118	56	3.34	2.66	-	-
<b><i>Medication</i></b>	≤ 6	52	25			6.26	0.59
<b><i>Overall</i></b>	-	-	-	-	-	3.72	1.15

<sup>a</sup>Based on the American Diabetes Association 2008 guideline; <sup>b</sup>Scale range 0-7.

SD = standard deviation.