

Table 3 Responses of the type 2 diabetes patients to the extension questions on the Arabic version of the Summary of Diabetes Self-care Activities questionnaire

Which of the following has your health-care team advised you to do?	Yes		No	
	No.	%	No.	%
Follow a low-fat eating plan	189	91	19	9
Follow a complex carbohydrate diet	154	73	55	27
Reduce calories you eat to lose weight	138	66	71	34
Eat lots of food high in dietary fibre	150	71	59	29
Received advice about my diet	204	98	5	2
Get low level exercise (such as walking) on a daily basis	182	87	27	13
Exercise for at least 20 min at least 3 times a week	81	39	128	61
Fit exercise into your daily routine	89	43	120	57
Received advice about exercise	202	97	7	3
Test your blood sugar using a machine to read the results	199	95	9	5
Test your urine for sugar	91	44	11	56
Received advice about blood sugar testing	201	97	7	3