

Supplementary File 1; Scoring assumptions of scales

Scale name/Reference	Score	Assumptions
Barthel Index scoring (Mahoney and Barthel, 1965)	0-20	Physical dependence
	20-60	Severe dependence
	61-90	Moderate dependence
	91-99	Slight dependence
	100	Physical Independence
The Lawton instrumental activities of daily living scale (Graf, 2009)	0	Physical dependence
	8	Physical independence
Clinical frailty scale (Research, 2004-2010)	1	Very fit
	2	Well
	3	Managing well
	4	Vulnerable
	5	Mildly frail
	6	Moderately frail
	7	Severely frail
	8	Very severely frail
	9	Terminally ill
Iowa pain thermometer scale and its scoring (pain, 2007)	0	No pain
	1	Mild pain
	2	Moderate pain
	3	Severe pain
	4	Extreme pain
	5	pain as bad as it could be
	6	most intense pain imaginable.
Geriatric depression scale (Atif et al., 2017)	<5	Normal
	5-8	Mild depression
	9-11	Moderate depression
	12-15	Severe depression
Mini nutritional assessment short form scale (Rubenstein et al., 2001)	12-14	Normal
	8-11	Risk of malnutrition
	0-7	Malnutrition
Montral cognitive assessment (Atif et al., 2017)	≤ 26	MCI
	≥ 26	Normal
Self-care inventory revised scale (Khagram et al., 2013).	0	Lowest self-care
	100	Highest self-care

References

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Supplementary File 2: Predictors of impaired glycemic control; Simple logistic regression analysis

In simple logistic regression analysis, the factors which were significantly associated with high HbA1c level were; female gender (OR 1.93; 95% CI 1.26, 3.96), years of education (OR 0.91; 95 % CI 0.87, 0.96), economic dependence (OR 1.58; 95% CI 1.02, 2.41), presence of diabetes complications (OR 2.96; 95% CI 1.82, 4.79), number of diabetes complications (OR 1.92; 95% CI 1.35, 2.73), not prescribed with insulin (OR 0.59; 95% CI 0.38, 0.91), not prescribed with OHA (OR 2.53; 95% CI 1.65, 3.89), not prescribed with combination therapy (OR 0.31; 95% CI 0.14, 0.72), number of diabetes complications (OR 1.92; 95% CI 1.35, 2.73), duration of insulin therapy (OR 1.06; 95% CI 1.00, 1.12), going through frequent attacks of hypoglycemia (OR 0.32; 95% CI 0.19, 0.53), falling (OR 0.23; 95% CI 0.14, 0.36), being depressed (OR 5.45; 95% CI 3.45, 8.62), having MCI (OR 5.05; 95% CI 3.20, 7.96), ADL dependence (OR 2.58; 95% CI 1.33, 4.99),

IADL dependence (OR 2.07; 95% CI 1.32, 3.25), being frail (OR 2.61; 95% CI 1.31, 5.18), being malnourished (OR 2.05; 95% CI 1.18, 3.59), feeling pain (OR 2.43; 95% CI 1.01, 5.89) and showing poor diabetes self-care (OR 0.96; 95% CI 0.95, 0.97). Table 4.4 describes the univariate OR, 95% CI and p-values, beta and standard error in detail.

Table S2. Predictors of impaired glycemc levels: Simple logistic regression analysis.

Variables	Coding	B	S.E	p-value	OR (95% CI)
Female					
No	0				1
Yes	1	0.662	0.217	.002	1.93 (1.26, 3.96)
*Age	-	-0.019	0.020	.346	0.98 (0.94, 1.02)
*Years of education	-	-0.092	0.026	<.0005	0.91 (0.87, 0.96)
Single					
No	0				1
Yes	1	0.043	0.238	.856	1.04 (0.65, 1.66)
Economic dependence					
No	0				1
Yes	1	0.459	0.215	.033	1.58 (1.02, 2.41)
Living solitary					
No	0				1
Yes	1	0.301	0.532	.572	1.35 (0.48, 3.83)
Comorbidities present					
No	0				1
Yes	1	-0.123	0.305	.686	0.88 (0.49, 1.61)
*Number of comorbidities	-	0.043	0.183	.814	1.04 (0.73, 1.49)
Diabetes complications present					
No	0				1
Yes	1	1.084	0.246	<.0005	2.96 (1.82, 4.79)
*Number of diabetes complications	-	0.651	0.180	<.0005	1.92 (1.35, 2.73)
*Duration of diabetes	-	0.029	0.017	.095	1.03(0.99,1.06)
Abnormal BMI/Weight					
No	0				1
Yes	1	-0.125	0.227	.583	0.88 (0.57, 1.38)
Not on insulin					
No	0				1
Yes	1	-0.533	0.222	.016	0.59 (0.38, 0.91)
Not on OHA					
No	0				1
Yes	1	0.930	0.219	<.0005	2.53 (1.65, 3.89)
Not on combination of insulin and OHA					
No	0				1
Yes	1	-1.162	0.423	.006	0.31 (0.14, 0.72)
*Duration of insulin therapy	-	0.056	0.028	.043	1.06 (1.00, 1.12)

Attacks of hypoglycemia					
No	0				1
Yes	1	-1.132	0.251	<.0005	0.32 (0.19, 0.53)
Falling					
No	0				1
Yes	1	-1.485	0.232	<.0005	0.23 (0.14, 0.36)
Depression					
No	0				1
Yes	1	1.696	0.234	<.0005	5.45 (3.45, 8.62)
MCI					
No	0				1
Yes	1	1.620	0.232	<.0005	5.05 (3.20, 7.96)
ADL dependence					
No	0				1
Yes	1	0.947	0.337	.005	2.58 (1.33, 4.99)
IADL dependence					
No	0				1
Yes	1	0.729	0.229	.001	2.07 (1.32, 3.25)
Frailty					
No	0				1
Yes	1	0.959	0.350	.006	2.61 (1.31, 5.18)
Malnutrition					
No	0				1
Yes	1	0.720	0.284	.011	2.05 (1.18, 3.59)
Pain					
No	0				1
Yes	1	0.889	0.451	.049	2.43 (1.01, 5.89)
*Self-care	-	-0.045	0.006	<.0005	0.96 (0.95, 0.97)

BMI= Body mass index, HbA1c= Glycated hemoglobin, OHA= Oral hypoglycemic agents, PF= Physical function, ADL= Activities of daily living, IADL= Instrumental activities of daily living, * continuous variable.