Supplementary Table S7

General instruction

The instructor used the session-specific checklist to document delivery of the predefined educational content. Items were marked as completed, not completed, or not applicable, as appropriate.

Session1

	Prespecified educational component	Completed	Not completed	Notes
1	T2DM definition and basic pathophysiology	□	□	
2	Importance of glycemic management	□	□	
3	HbA1c and its role in diabetes monitoring	□	□	
4	General treatment options	□	□	
5	Role of nutrition in diabetes management	□	□	
6	Role of physical activity	□	□	
7	Role of medication and glucose monitoring	□	□	
8	Educational handout provided	□	□	

Session2

	Prespecified educational component	Completed	Not completed	Notes
1	Healthy eating principles	□	□	
2	Food groups	□	□	
3	Portion sizes	□	□	
4	Meal planning	□	□	
5	Food and beverage selection	□	□	
6	Carbohydrate-containing foods	□	□	
7	Practical dietary examples	□	□	
8	Educational handout provided	□	□	

Session3

	Prespecified educational component	Completed	Not completed	Notes
1	Role of physical activity in diabetes management	□	□	
2	Aerobic activity	□	□	
3	Muscle-strengthening activity	□	□	
4	Reduction of sedentary time	□	□	
5	General safety considerations	□	□	
6	Integration of activity into daily routines	□	□	
7	Practical examples discussed	□	□	
8	Educational handout provided	□	□	

Session4

	Prespecified educational component	Completed	Not completed	Notes
1	Common diabetes medication categories	□	□	
2	Taking medication as prescribed	□	□	

3	Medication timing	□	□	
4	Principles of insulin use	□	□	
5	Insulin storage	□	□	
6	Avoiding self-directed treatment changes	□	□	
7	Review of participants' prescribed medication routines	□	□	
8	Educational handout provided	□	□	

Session5

	Prespecified educational component	Completed	Not completed	Notes
1	Purpose of blood glucose monitoring	□	□	
2	Monitoring according to individual treatment plans	□	□	
3	Glucose meter use	□	□	
4	Measurement procedures	□	□	
5	Recording measurements	□	□	
6	General interpretation of recorded values	□	□	
7	Recognition of hypo-/hyperglycemia	□	□	
8	Educational handout provided	□	□	

Session 6

No.	Prespecified educational component	Completed	Not completed	Notes
1	Hypoglycemia	□	□	
2	Hyperglycemia	□	□	
3	Warning signs and initial actions	□	□	
4	Prevention of chronic complications	□	□	
5	Foot care	□	□	
6	Routine medical follow-up	□	□	
7	Recommended complication screening	□	□	
8	Educational handout provided	□	□	

Session 7

No.	Prespecified educational component	Completed	Not completed	Notes
1	Review of daily diabetes self-management	□	□	
2	Coordination of meals and medication	□	□	
3	Coordination of physical activity with daily routines	□	□	

4	Planning glucose monitoring	□	□	
5	Diabetes management during travel	□	□	
6	Management during changes in daily schedules	□	□	
7	Diabetes management during acute illness	□	□	
8	Educational handout provided	□	□	

Session 8

No.	Prespecified educational component	Completed	Not completed	Notes
1	Review of diabetes knowledge	□	□	
2	Review of nutrition	□	□	
3	Review of physical activity	□	□	
4	Review of medication and insulin management	□	□	
5	Review of glucose monitoring	□	□	
6	Review of complication prevention	□	□	
7	Review of self-management plan	□	□	
8	Final educational material provided	□	□	