

Article

A Culturally Sensitive and Theory-Based Intervention on Prevention and Management of Diabetes: A Cluster Randomized Control Trial

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Citation: Githinji, P.; Dawson, J. A.; Appiah, D.; Rethorst, C. D. Culturally Sensitive and Theory-Based Intervention on Prevention and Management of Diabetes: A Cluster Randomized Control Trial. *Nutrients* **2022**, *14*, 5126. <https://doi.org/10.3390/nu14235126>

Academic Editor: Carlos Vasconcelos

Received: 29 October 2022

Accepted: 30 November 2022

Published: 2 December 2022

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Supplementary Materials

Table S1. Changes in diabetes knowledge and health beliefs from baseline (T1) to post-intervention assessment (T2)

Variable	Baseline assessment (T1)		Postintervention assessment (T2) (1 week after baseline)		Δ_{T2-T1} (m \pm sd)		P-value [†] Between Groups over time
	Mean change \pm SD		Mean change \pm SD		IG	CG	
	IG	CG	IG	CG			
Diabetes Knowledge	1.43 \pm 0.68	1.36 \pm 0.61	2.80 \pm 0.55	1.31 \pm 0.59	1.37 \pm 0.55	-0.05 \pm 0.60	0.001
Perceived Susceptibility	2.37 \pm 1.06	2.21 \pm 1.02	3.03 \pm 0.53	2.27 \pm 0.95	0.66 \pm 0.53	-0.06 \pm 0.99	0.01
Perceived Seriousness	2.91 \pm 0.83	3.13 \pm 0.72	2.53 \pm 0.39	3.03 \pm 0.79	-0.38 \pm 0.61	-0.10 \pm 0.76	0.06
Perceived Benefits	3.63 \pm 0.94	3.48 \pm 0.95	4.30 \pm 0.91	3.41 \pm 0.89	0.67 \pm 0.93	-0.07 \pm 0.92	0.01
Perceived Barriers	2.58 \pm 0.92	2.67 \pm 0.92	2.54 \pm 0.32	2.64 \pm 0.81	-0.04 \pm 0.62	-0.03 \pm 0.87	0.88
Self-efficacy – Nutrition	3.12 \pm 0.74	3.09 \pm 0.76	3.82 \pm 0.62	3.08 \pm 0.68	0.70 \pm 0.68	-0.01 \pm 0.72	0.04
Self-efficacy - Physical activity	2.98 \pm 0.82	2.92 \pm 0.83	3.03 \pm 0.82	2.89 \pm 0.79	0.05 \pm 0.82	-0.03 \pm 0.81	0.63
Self-efficacy - Alcohol (n=76)	3.08 \pm 0.81	3.04 \pm 0.87	3.49 \pm 0.29	2.99 \pm 0.82	0.41 \pm 0.55	-0.05 \pm 0.85	0.05
Self-efficacy - Smoking (n=30)	2.71 \pm 1.02	2.33 \pm 0.88	2.85 \pm 0.32	2.89 \pm 1.01	0.14 \pm 0.67	0.56 \pm 0.99	0.37

Note: Δ_{T2-T1} : change score from T1 to T2 assessment, calculated by subtracting score at T1 from score at T2; IG: intervention group; CG: control group.

[†] Adjusted for cluster differences in age, and BMI

Table S2. Changes in diabetes knowledge and health beliefs from post-intervention (T2) to follow-up assessment (T3)

Variables	Post-intervention assessment (T2)		Follow-up assessment (T3)		Δ_{T3-T2} (m \pm sd)		P-value [†] Between Groups over time
	Mean change \pm SD		Mean change \pm SD		IG	CG	
	IG	CG	IG	CG			
Diabetes Knowledge	2.80 \pm 0.55	1.31 \pm 0.59	2.87 \pm 0.43	1.40 \pm 0.69	0.07 \pm 0.49	0.09 \pm 0.64	0.001
Perceived Susceptibility	3.03 \pm 0.53	2.27 \pm 0.95	3.22 \pm 1.11	2.34 \pm 0.90	0.19 \pm 0.82	0.07 \pm 0.93	0.01
Perceived Seriousness	2.53 \pm 0.39	3.03 \pm 0.79	2.51 \pm 0.97	2.99 \pm 0.78	-0.02 \pm 0.68	-0.04 \pm 0.79	0.06
Perceived Benefits	4.30 \pm 0.91	3.41 \pm 0.89	3.64 \pm 0.89	3.43 \pm 0.85	-0.66 \pm 0.90	0.02 \pm 0.87	0.01
Perceived Barriers	2.54 \pm 0.32	2.64 \pm 0.81	2.45 \pm 0.94	2.68 \pm 0.75	-0.09 \pm 0.63	0.04 \pm 0.78	0.85
Self-efficacy – Nutrition	3.82 \pm 0.62	3.08 \pm 0.68	3.86 \pm 0.72	3.06 \pm 0.68	0.04 \pm 0.67	-0.02 \pm 0.68	0.01
Self-efficacy - Physical activity	3.03 \pm 0.82	2.89 \pm 0.79	3.05 \pm 0.81	2.87 \pm 0.77	0.02 \pm 0.82	-0.02 \pm 0.78	0.72
Self-efficacy - Alcohol (n=76)	3.49 \pm 0.29	2.99 \pm 0.82	3.48 \pm 0.81	2.86 \pm 0.83	-0.01 \pm 0.55	-0.13 \pm 0.83	0.03
Self-efficacy - Smoking (n=30)	2.85 \pm 0.32	2.89 \pm 1.01	2.71 \pm 1.02	2.89 \pm 1.02	-0.14 \pm 0.67	0.00 \pm 1.02	0.14

Note: Δ_{T3-T2} : change score from T2 to T3 assessment, calculated by subtracting score at T2 from score at T3; IG: intervention group; CG: control group.

[†] Adjusted for cluster differences in age, and BMI