

Table 2. Measurements and time points

Concept (questionnaires)	Intervention groups			Control group		
	t0	t1	t2	t0	t1	t2
Demographic variables	x			x		
Physical activity (PAM)	x	x	x	x	x	x
Quality of life (SF 36)	x	x	x	x	x	x
General Self-Efficacy (GSS)	x	x	x	x	x	x
Exercise Self-Efficacy (ESS)	x	x	x	x	x	x
Health status (DSC-R or CRQ-SAS)	x	x	x	x	x	x
Process evaluation		x				
PAM: Personal Activity Monitor DSC-R: Diabetes Symptom Checklist-revised CRQ-SAS: Chronic Respiratory Questionnaire-Self-Administered Standardised						
T0 - baseline T1 - after 4-6 months (end of intervention) T2 - after 9 months (post intervention)						