

Additional file 3. Summary of behavioural goals, determinants addressed, and strategies used in the meetings for significant others of *PTWD*

<b>Behavioural goals</b>	<b>Main determinants addressed</b>	<b>Strategies (programme components)</b>
SOs know what diabetes is and how to optimally manage it (monitoring of blood glucose, medication adherence, diet, physical activity)	Knowledge	Interactive diabetes quiz Repetition of information
SOs believe that the DSM of the diabetic patient is a shared responsibility	Moral norms and outcome expectations	Positive role-model stories Shared positive experiences of other SOs (vicarious reinforcement) Group discussions
SOs regularly inquire how things are going with the management of diabetes (monitoring of blood glucose, medication adherence, diet, physical activity)	Social influences Perceived norms and social expectations	Role-model stories Letter of the week Rehearsal situations Group discussions
	Moral norms and outcome expectations	Positive role-model stories Shared positive experiences of other SOs (vicarious reinforcement) Group discussions
	Self-efficacy and (communication) skills	Letter of the week Rehearsal situations

<p>If the DSM is going well, the SO gives compliments to the diabetic patient</p> <p>If the diabetic patient is experiencing difficulties with his/her DSM, the SO gives positive feedback</p>	Outcome expectations	<p>Positive role-model stories</p> <p>Shared positive experiences from group members (vicarious reinforcement)</p> <p>Group discussions</p>
	Self-efficacy and (communication) skills	<p>Letter of the week</p> <p>Rehearsal situations</p>
	Perceived norms and social expectations	<p>Role-model stories</p> <p>Letter of the week</p> <p>Rehearsal situations</p> <p>Group discussions</p>

DSM: diabetes self-management

SO: significant other