

Additional file 4. Summary of behavioural goals, determinants addressed, and strategies used in the social network meetings of *PTWD*

Behavioural goals	Determinants addressed	Strategies (programme components)
SO and diabetic patient together identify the diabetic patient's obstacles for DSM (monitoring of blood glucose, medication adherence, diet, physical activity)	Awareness of barriers	Exchange of experiences and thoughts on DSM Discussion of the diabetic patient's personal action plan
SO and diabetic patient together make a plan to overcome these obstacles	Problem-solving skills	Group discussion Participatory problem-solving Guided feedback from group leader
SO and diabetic patient execute the plan they made together	Collective self-efficacy	Homework assignment followed by feedback
SO and diabetic patient evaluate the plan and make adjustments if necessary	Collective self-efficacy	Giving each other positive feedback Guided feedback from group leader
	Problem-solving skills	Group discussion Participatory problem-solving Guided feedback from group leader

DSM: diabetes self-management

SO: significant other