

**Analyzing the relationship between perceived self-efficacy in diabetes self-management
and demographic characteristics for a population who attended a clinical diabetes
education class in Fort Worth, Texas**

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*In memory of a wonderful mentor and friend, Ms. Teresa Pritchett,
and an exceptional advisor and professor, Dr. Gerald Springer.*

Abstract

Diabetes mellitus is a metabolic disease in which insulin production and efficacy is inhibited (American Diabetes Association). Managing diabetes comes in many forms, and each management style is individualized not only to the type of diabetes, but to each individual with the disease. This situation makes self-efficacy in diabetes management extremely apparent. Although there is much research regarding the effect of self-efficacy on diabetes self care and management, there is not much research on the effect of certain demographic variables on self-efficacy in diabetes management. The objective of this study was to explore the influence of demographic factors on perceived self-efficacy in managing diabetes, focusing on correlations and trends. The study was conducted by collecting survey data from patients who attended diabetes education classes at the Outpatient Diabetes and Nutrition Center at Texas Health Huguley Hospital in Fort Worth, Texas from June to October of 2024. The surveys contained questions regarding the patient's demographic characteristics (age, gender, type of diabetes, length of diagnosis, referral, and A1c), and perceived self-efficacy in specific areas of diabetes self-management. The results of this study found that certain demographic characteristics had a substantial impact on a patient's perceived self-efficacy in specific areas of diabetes self-management. These results indicate that self-efficacy is an important factor in diabetes management that should be emphasized in future diabetes interventions.

Introduction

Diabetes mellitus, a metabolic disease, inhibits insulin production and efficacy (American Diabetes Association). Many types of diabetes occur, including but not limited to type 1, type 2, prediabetes, and gestational. Diabetes management is individualized not only to the type of diabetes, but to each individual with the disease. This individualization makes diabetes extremely difficult to treat effectively, not just for medical professionals, but for the patient's everyday lifestyle. Furthermore, the effects of poorly managed diabetes can be detrimental.

Because diabetes mellitus is exceedingly dependent on patient self-management, self-confidence for the patient's individual skills becomes especially apparent. A study conducted by the Stanford Patient Education center found that people with diabetes make 180 health-related decisions per day (Digitale 2014). One study found that self-efficacy had a direct effect on diabetes self-care practice (Devarajoo 2017), and another study found that individuals with diabetes may benefit from self-efficacy-focused diabetes-related education (Jiang 2019). These studies show that an individual's perception of their personal diabetes management is crucial to understanding how to better manage the disease as a whole. Understanding how a person feels towards their diabetes management will help healthcare providers better approach individuals with diabetes for future interventions.

To understand self-efficacy's role in diabetes care, the definition of self-efficacy must be established. Self-efficacy, a term coined in 1977 by Robert Bandura, is defined as "... a person's particular set of beliefs that determine how well one can execute a plan of action in prospective situations (Bandura 1977)." Self-efficacy not only encompasses a person's confidence in their abilities and skills, but also the motivation and implementation of their personal set of beliefs. Perceived self-efficacy, a measurable psychometric property, refers to a person's belief in their

own abilities. One way to measure perceived self-efficacy is to gauge self-confidence in a particular area or areas (e.g. diabetes self-management skills) for a sample group of participants. In diabetes self-management, perceived self-efficacy can indicate whether or not a person feels confident in their own abilities to manage their diabetes.

Although much research has been done regarding the effect of self-efficacy on diabetes self-care and management, the effect of certain demographic variables on self-efficacy in diabetes management remains largely under-researched.

Objective

The objective of this study is to explore the influence of demographic factors on perceived self-efficacy in managing diabetes, focusing on correlations and trends.

Methods

Research Design

A cross-sectional study was conducted at the Outpatient Diabetes and Nutrition Center at Texas Health Huguley Hospital in Fort Worth, Texas. The sample consisted of 29 participants who attended a comprehensive diabetes education class provided by the Outpatient Diabetes and Nutrition Center. Sample participants were measured from the months of June, July, September, and October. Prior to the beginning of each class, individuals from each month were given two anonymous surveys containing questions regarding demographics and self-efficacy in diabetes self-management. The data for each month were collected from the center at the end of the given time period.

Survey Design

Two surveys were given to the sample population prior to the beginning of each comprehensive diabetes education class. All collected responses were anonymous for each survey.

The first survey contained six questions regarding the respondent's demographics: age, gender, type of diabetes, length of diagnosis, most recent A1c, and referral to the class. Because an aspect of perceived self-efficacy involves personal motivation, responses for what motivated the respondent to attend the class were also included in the survey. Categories for diabetes types and A1c were referenced from the American Diabetes Association (ADA). Categories for age, gender, and length of diagnosis were determined by the author (See Appendix A).

The second survey contained eight questions regarding the respondent's perceived self-efficacy in specific areas of personal diabetes self-management. The survey questions were presented on a Likert scale from 1 to 10, with 1 being not at all confident and 10 being totally confident. The survey is referenced from the online, public-use questionnaire, "Self-Efficacy for Diabetes," provided by the Stanford Patient Education Research Center (Department of Family and Community Medicine) (See Appendix A).

Data Analysis

The data collected from the surveys were organized in Excel and visualised using pie charts (See Appendix B). The data were organized and analyzed using SPSS to identify possible trends between the demographics and self-efficacy-focused variables described in each survey.

For descriptive statistics, the parameters for the self-efficacy-focused questions were adjusted to better represent the data. Data sets were represented as the following: responses 1-2 were "Not at all confident," responses 3-4 were "Somewhat not confident," responses 5-6 were

“Average,” responses 7-8 were “Somewhat confident,” and responses 9-10 were “Totally confident.”

For inferential statistics, the parameters for both demographics and self-efficacy-focused questions were adjusted to run the statistical tests effectively and to more accurately represent the data presented. Adjusted parameters were set based on the averages given by descriptive statistics and the sample size of the data in order to ensure the most accurate representation of the data. Figure 1 describes the representation of the data:

<u>Section:</u>	<u>Categories:</u>	<u>Number of Categories:</u>
1: Number (of participants)	29 Total Participants	29
2: Age	Under 65; 65 and Older	2
3: Gender	Male; Female	2
4: Type of Diabetes	Type 2; Other	2
5: Length of Diagnosis	Less than 2 years; 2 years and more	2
6: A1c	<6.4%; 6.5%-8.4%; 8.5%-10%	3
7: Referral	Endocrinologist/other referral; PCP referral; self-referral	3
8-15: Self Efficacy Questions	1-4: Somewhat to not at all confident 5-6: Average confidence 7-10: Somewhat to totally confident	3

Figure 1: Recoded parameters for the data set used for inferential statistics

Group statistics and independent samples t-tests were run for sections with two categories (Age, Gender, Type of Diabetes, and Length of Diagnosis) and the Analysis of Variance (ANOVA) tests were run for sections with three categories (A1c and Referral).

Results

T-test

	Table 1: Group Statistics					
Age	Group Statistics					
		Age	N	Mean	Std. Deviation	Std. Error Mean
	How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Under 65	12	2.0000	.85280	.24618
		Over 65	17	2.5294	.71743	.17400
	How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Under 65	12	1.9167	.90034	.25990
		Over 65	17	2.4706	.71743	.17400
	How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Under 65	12	1.8333	.83485	.24100
		Over 65	17	2.4118	.61835	.14997
	How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Under 65	12	2.5833	.79296	.22891
		Over 65	16	1.9375	.92871	.23218
Gender	No Significant Values					

Type of Diabetes	Group Statistics			
	Diabetes Type (American Diabetes Association)	N	Mean	Std. Deviation
	How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes? Other	4	1.5000	.57735
	Type 2	24	2.3750	.82423
	How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)? Other	4	1.5000	.57735
	Type 2	24	2.2917	.75060
Length of Diagnosis	No Significant Values			

	Table 2: Independent Samples Test			
Age	t-test for Equality of Means			
		df	Significance	
			One-Sided p	Two-Sided p
	How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day? Equal variances assumed	27	.041	.081
	Equal variances not assumed	21.113	.047	.094
	How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes? Equal variances assumed	27	.038	.076
	Equal variances not assumed	20.271	.046	.092
	How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)? Equal variances assumed	27	.020	.041
	Equal variances not assumed	19.190	.028	.056

	<table><tr><td rowspan="2">How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?</td><td>Equal variances assumed</td><td>26</td><td>.032</td><td>.064</td></tr><tr><td>Equal variances not assumed</td><td>25.491</td><td>.029</td><td>.058</td></tr></table>	How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Equal variances assumed	26	.032	.064	Equal variances not assumed	25.491	.029	.058																			
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Figure 2: Statistically significant values for the group statistics and independent samples t-tests.

An independent samples t-test was conducted to compare age groups for confidence in eating meals every 4-5 hours every day, including breakfast. There was a significant difference in the scores for participants 65 years of age and older ($M=2.5$, $SD=0.72$) and under 65 years of age ($M=2.0$, $SD=0.85$), as shown in Table 1: Group Statistics in Figure 2; $t(27)=-1.81$, $p=0.041$, as noted in Table 2: Independent Samples Test in Figure 2 (See also Appendix C, *T-Test Results*: Independent Samples Test: Levene's Test for Equality of Variances). These results suggest that age affects participants' confidence in eating meals 4-5 hours every day.

Specifically, individuals with diabetes who are 65 years of age and older were more confident than those under 65 years of age in eating meals every 4-5 hours.

An independent samples t-test was conducted to compare age groups for confidence in following one's diet when preparing or sharing food with those without diabetes. There was a significant difference in the scores for participants 65 years of age and older ($M=2.5$, $SD=0.72$) and under 65 years of age ($M=2.0$, $SD=0.90$), as shown in Table 1: Group Statistics in Figure 2; $t(27)=-1.84$, $p = 0.038$, as noted in Table 2: Independent Samples Test in Figure 2. These results suggest that age affects participants' confidence in following one's diet when preparing or sharing food with those without diabetes. Specifically, individuals with diabetes who are 65 years of age or older were more confident than those under 65 years of age in following one's diet when preparing or sharing food with those without diabetes.

An independent samples t-test was conducted to compare age groups for confidence in choosing the appropriate foods to eat when hungry (for example, snacks). There was a significant difference in the scores for participants 65 years of age and older ($M=2.4$, $SD=0.62$) and under 65 years of age ($M=1.8$, $SD=0.083$), as shown in Table 1: Group Statistics in Figure 2; $t(27)=-2.15$, $p = 0.041$, as noted in Table 2: Independent Samples Test in Figure 2. These results suggest that age affects participants' confidence in choosing the appropriate foods to eat when hungry. Specifically, individuals with diabetes who are 65 years of age and older were more confident than those under 65 years of age in choosing the appropriate foods to eat when hungry.

ANOVA

	A1c	Referral																																																		
Table 1: Descriptives	No Significant Values	Descriptives How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week? <table><thead><tr><th></th><th>N</th><th>Mean</th><th>Std. Deviation</th><th>Std. Error</th><th>95% Confidence ... Lower Bound</th></tr></thead><tbody><tr><td>Endocrinologist or referral from another healthcare provider</td><td>10</td><td>1.7000</td><td>.94868</td><td>.30000</td><td>1.0214</td></tr><tr><td>PCP referral</td><td>12</td><td>2.7500</td><td>.62158</td><td>.17944</td><td>2.3551</td></tr><tr><td>Self-referral</td><td>6</td><td>2.1667</td><td>.98319</td><td>.40139</td><td>1.1349</td></tr><tr><td>Total</td><td>28</td><td>2.2500</td><td>.92796</td><td>.17537</td><td>1.8902</td></tr></tbody></table> Descriptives How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week? <table><thead><tr><th></th><th>95% Confidence Interval for ... Upper Bound</th><th>Minimum</th><th>Maximum</th></tr></thead><tbody><tr><td>Endocrinologist or referral from another healthcare provider</td><td>2.3786</td><td>1.00</td><td>3.00</td></tr><tr><td>PCP referral</td><td>3.1449</td><td>1.00</td><td>3.00</td></tr><tr><td>Self-referral</td><td>3.1985</td><td>1.00</td><td>3.00</td></tr><tr><td>Total</td><td>2.6098</td><td>1.00</td><td>3.00</td></tr></tbody></table>		N	Mean	Std. Deviation	Std. Error	95% Confidence ... Lower Bound	Endocrinologist or referral from another healthcare provider	10	1.7000	.94868	.30000	1.0214	PCP referral	12	2.7500	.62158	.17944	2.3551	Self-referral	6	2.1667	.98319	.40139	1.1349	Total	28	2.2500	.92796	.17537	1.8902		95% Confidence Interval for ... Upper Bound	Minimum	Maximum	Endocrinologist or referral from another healthcare provider	2.3786	1.00	3.00	PCP referral	3.1449	1.00	3.00	Self-referral	3.1985	1.00	3.00	Total	2.6098	1.00	3.00
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Table 3:	No	Homogeneous Subsets			
Homogeneity	Significant	How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?			
of Variances	Values				
		What prompted you to attend today's education class?	N	Subset for alpha = 0.05	
				1	2
Student-Newman-Keuls ^{a,b}		Endocrinologist or referral from another healthcare provider	10	1.7000	
		Self-referral	6	2.1667	2.1667
		PCP referral	12		2.7500
		Sig.		.255	.158
Means for groups in homogeneous subsets are displayed.					
a. Uses Harmonic Mean Sample Size = 8.571.					
b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.					

Figure 3: Statistically significant values for the ANOVA tests.

There was a significant difference among the three Referral categories (Endocrinologist or other healthcare provider referral, self-referral, and primary care provider (PCP) referral) as determined by one way ANOVA, $F(2,25)=4.413$, $p=.023$ as shown in Table 2: ANOVA in Figure 3. Tukey post hoc testing revealed significant differences between $N=10$ referral from an endocrinologist or another healthcare provider ($M=1.70$, $SD=0.949$) and $N=12$ referral from a primary care provider (PCP) ($M=2.75$, $SD=0.622$). There was no significant difference between $N=6$ and $N=10$ self-referral (.255) and $N=6$ and $N=12$ self-referral (.158). The effect size is defined as the sum of squares between groups over the total (McLeod 2023). The effect size for these results was 6.066 divided by 17.183, resulting in an effect size of .35.

The null hypothesis is a statistical hypothesis stating that there are no significant differences between the indicated populations (UC Berkeley 2019). For these results, the null hypothesis was rejected because the p value (0.023) is less than (0.05). This means that there is a statistical difference between referrals from an endocrinologist or another healthcare provider and referrals from a primary care provider (PCP) that affects the confidence that an individual with diabetes can exercise 15 to 30 minutes, 4 to 5 times a week. Specifically, those who were

referred from a primary care provider were more confident that they could exercise 15 to 30 minutes, 4 to 5 times a week, than those referred from an endocrinologist or another healthcare provider.

The results in Tables 2 and 3 in Figure 3 are statistically significant results from the inferential statistics data analysis. For p values over 0.05, the null hypothesis was rejected, and the differences between the values are therefore statistically insignificant (See Appendix C).

Discussion

Age

According to the data, the 65 and older age group felt more confident in eating meals every 4 to 5 hours, more confident in following their diet, more confident in choosing the appropriate foods, and less confident that they could prevent their blood sugar from dropping during exercise. Many possible conclusions can be drawn from these results.

Possible indications, based on the given data, could be that participants who were 65 years of age and older may feel more comfortable following an established routine, including a routine for their diet. An established routine may also be more attainable for patients who are 65 years of age and older who live a more sedentary lifestyle. Participants who were 65 years of age and older could also feel less confident in exercise due to other chronic and underlying issues, as well as difficulties in identifying low blood sugars.

Gender

There were no statistically significant results between the male and female populations for diabetes self-efficacy reports. These results indicate that the patient's gender is independent from self-efficacy. Specifically, these results indicate that gender does not influence how confident a patient is for the self-management of their own diabetes.

Type of Diabetes

According to the data, patients who were diagnosed with type 2 diabetes felt more confident that they can follow their diet and more confident that they can choose the appropriate foods than patients who were diagnosed with another type of diabetes (i.e. prediabetes, type 1 diabetes, gestational diabetes, etc.). Numerous reasons occur regarding why people with type 2 diabetes felt more confident in these areas as opposed to those who were diagnosed with another type of diabetes.

One possible reason could be that type 2 diabetes can be reversible in many cases which could encourage patients with type 2 diabetes to counteract the effects of their diabetes through their diet. Participants with an irreversible type of diabetes (i.e., type 1 diabetes) may feel less motivated to try to counteract the effects of their diabetes through their diet.

Length of Diagnosis

According to the data, there were no statistically significant results for length of diagnosis and diabetes self-efficacy reports. These results indicate that how long a patient has been diagnosed with diabetes does not influence how confident they are in managing their own diabetes.

A1c

According to the data, there were no statistically significant results for A1c and diabetes self-efficacy reports. These results indicate that a patient's A1c does not influence how confident they are in managing their own diabetes.

Referral

According to the data, those who were referred by a primary care provider (PCP) felt more confident in exercising 15 to 30 minutes than those referred by an endocrinologist. Many possible reasons could be used to explain these results. One reason could be the relationship between the patient and their primary care provider (PCP) and their endocrinologist or another healthcare provider. A primary care provider generally provides a more comprehensive and wraparound care plan, emphasizing all aspects of care, rather than a specialized doctor. Primary care providers may also refer more of their patients to diabetes-focused education because they are the first to see the first signs of diabetes, i.e. prediabetes and early type 2 diabetes.

Endocrinologists are more specialized, with less emphasis on whole body care. Endocrinologists may refer fewer of their patients to diabetes education classes compared to primary care providers because they might assume that their patients have a basic knowledge of diabetes by the time they are referred.

The differences between these groups (PCP and endocrinologist or other healthcare provider) and those who were self-referred are not significant. These results indicate that diabetes self-efficacy is independent from self-referrals and the only differences lie between referrals from an endocrinologist or other healthcare provider and a primary care provider.

Limitations

Due to the location and sample size of this study, the results may not be generalized to a larger population or region. Further research, such as race/ethnicity and socioeconomic status as potential demographic factors, may be conducted to expand on these findings.

Conclusions

In conclusion, the objective of this study was to explore the influence of demographic factors on perceived self-efficacy in managing diabetes, focusing on correlations and trends. The results of this study found that certain demographic characteristics had a substantial impact on a patient's perceived self-efficacy in specific areas of diabetes self-management. These results indicate that self-efficacy is an important factor in diabetes management that should be emphasized in future diabetes interventions. Employing patient-focused and self-efficacy-focused diabetes care in future diabetes interventions may improve patient self-confidence in diabetes management.

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Appendices

Appendix A: Survey Tools

Demographics Survey

This survey is completely ANONYMOUS. **Do NOT** put any identifiable characteristics, including name and date of birth, on this form.

Do NOT complete this form **IF** you have completed this form previously, or you do not have diabetes.

Date: _____

Please circle one of the following options:

Age:

Under 18 18-25 26-35 36-45 46-55 56-65 65+

Gender:

Male Female Other

I have been diagnosed with the following type of diabetes?: (American Diabetes Association)

Type 1 Type 2 Prediabetes Gestational Other

How long have you been diagnosed with diabetes?:

Less than 3 months 3-6 months 6 months to 1 year 1-2 years
2-3 years 3-5 years More than 5 years

Most Recent A1c: (American Diabetes Association)

Less than 5.7% 5.7%-6.4% 6.5-7.4% 7.5-8.4% 8.5-9.4% 9.5-10%

What prompted you to attend today's education class? (Please check mark only one option)

- Endocrinologist referral
- Primary care physician referral
- Referral from another healthcare provider
- Self-referral
- Other: _____

Diabetes Self-Efficacy Survey (Department of Family and Community Medicine)



Self-Efficacy for Diabetes

We would like to know how confident you are in doing certain activities. For each of the following questions, please choose the number that corresponds to your confidence that you can do the tasks regularly at the present time.

1. How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

not at all												totally
confident	1	2	3	4	5	6	7	8	9	10		confident
2. How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?

not at all												totally
confident	1	2	3	4	5	6	7	8	9	10		confident
3. How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?

not at all												totally
confident	1	2	3	4	5	6	7	8	9	10		confident
4. How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?

not at all												totally
confident	1	2	3	4	5	6	7	8	9	10		confident
5. How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?

not at all												totally
confident	1	2	3	4	5	6	7	8	9	10		confident
6. How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?

not at all												totally
confident	1	2	3	4	5	6	7	8	9	10		confident
7. How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?

not at all												totally
confident	1	2	3	4	5	6	7	8	9	10		confident
8. How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?

not at all												totally
confident	1	2	3	4	5	6	7	8	9	10		confident

Scoring

The score for each item is the number circled. If two consecutive numbers are circled, code the lower number (less self-efficacy). If the numbers are not consecutive, do not score the item. The score for the scale is the mean of the six items. If more than two items are missing, do not score the scale. Higher number indicates higher self-efficacy.

Characteristics

Tested on 186 subjects with diabetes.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
8	1-10	6.87	1.76	.828	NA

Source of Psychometric Data

Stanford English Diabetes Self-Management study, ongoing.

Comments

This 8-item scale was originally developed and tested in Spanish for the Diabetes Self-Management study. For internet studies, we add radio buttons below each number. There is another way that we use to format these items, which takes up less space on a questionnaire, shown also in the PDF document. This scale is available in Spanish.

References

Unpublished.

This scale is free to use without permission

Stanford Patient Education Research Center

1000 Welch Road, Suite 204
 Palo Alto CA 94304
 (650) 723-7935
 (650) 725-9422 Fax
self-management@stanford.edu
<http://patienteducation.stanford.edu>

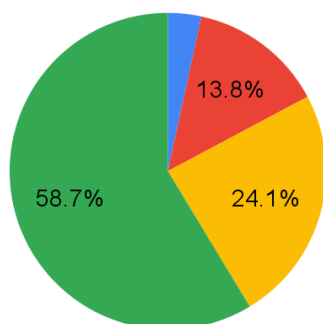
Funded by the National Institute of Nursing Research (NINR)

Appendix B: Descriptive Statistics Pie Charts

Demographics Descriptive Statistics

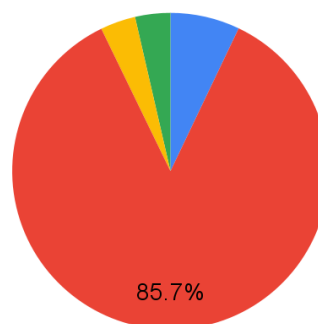
Age

- 26-35
- 46-55
- 56-65
- Over 65



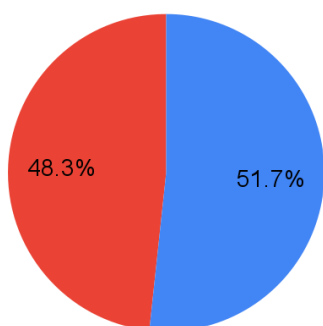
Diabetes Type

- Type 1
- Type 2
- Prediabetes
- Other



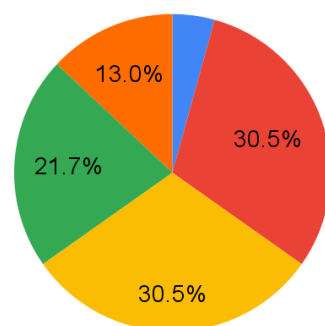
Gender

- Male
- Female



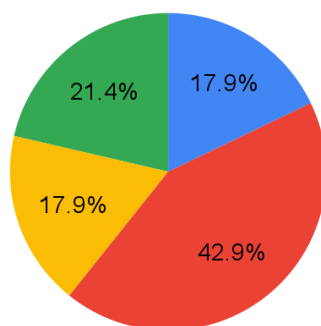
A1c

- 5.7%-6.4%
- 6.5%-7.4%
- 7.5%-8.4%
- 8.5%-9.4%
- 9.5%-10%



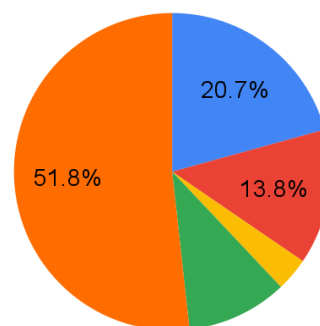
Referral

- Endocrinologist referral
- PCP referral
- Referral from another healthcare provider
- Self-referral



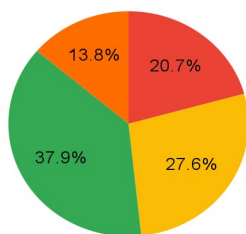
Length of Diagnosis

- Less than 3 months
- 3-6 months
- 6 months to 1 year
- 3-5 years
- More than 5 years

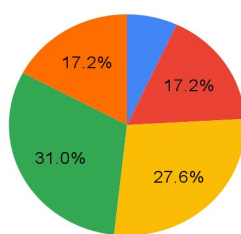


Self-Efficacy Descriptive Statistics

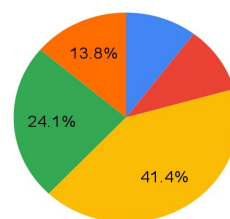
Q1



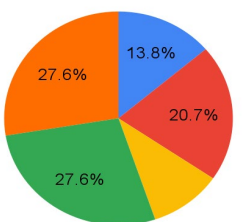
Q2



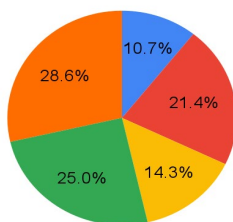
Q3



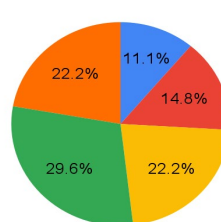
Q4



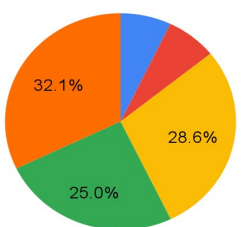
Q5



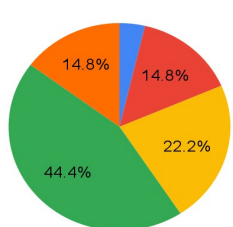
Q6



Q7



Q8



Appendix C: Inferential Statistics Output

T-test Results

Independent Samples Test				
		Levene's Test for Equality of Variances		t-test for Equality of Means
		F	Sig.	t
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Equal variances assumed	.137	.714	-1.811
	Equal variances not assumed			-1.756
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Equal variances assumed	1.063	.312	-1.843
	Equal variances not assumed			-1.771
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Equal variances assumed	1.351	.255	-2.147
	Equal variances not assumed			-2.038
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Equal variances assumed	.680	.417	1.010
	Equal variances not assumed			1.022
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Equal variances assumed	1.546	.225	1.935
	Equal variances not assumed			1.981
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Equal variances assumed	.837	.369	.847
	Equal variances not assumed			.861
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Equal variances assumed	.098	.757	.435
	Equal variances not assumed			.428
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Equal variances assumed	.039	.846	-.036
	Equal variances not assumed			-.036

Group Statistics					
	Age	N	Mean	Std. Deviation	Std. Error Mean
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Under 65	12	2.0000	.85280	.24618
	Over 65	17	2.5294	.71743	.17400
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Under 65	12	1.9167	.90034	.25990
	Over 65	17	2.4706	.71743	.17400
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Under 65	12	1.8333	.83485	.24100
	Over 65	17	2.4118	.61835	.14997
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Under 65	12	2.4167	.90034	.25990
	Over 65	17	2.0588	.96635	.23437
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Under 65	12	2.5833	.79296	.22891
	Over 65	16	1.9375	.92871	.23218
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Under 65	12	2.4167	.79296	.22891
	Over 65	15	2.1333	.91548	.23637
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Under 65	12	2.5000	.79772	.23028
	Over 65	16	2.3750	.71880	.17970
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Under 65	10	2.4000	.84327	.26667
	Over 65	17	2.4118	.79521	.19287

Independent Samples Test				
		t-test for Equality of Means		
		df	One-Sided p	Two-Sided p
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Equal variances assumed	27	.041	.081
	Equal variances not assumed	21.113	.047	.094
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Equal variances assumed	27	.038	.076
	Equal variances not assumed	20.271	.046	.092
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Equal variances assumed	27	.020	.041
	Equal variances not assumed	19.190	.028	.056
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Equal variances assumed	27	.161	.322
	Equal variances not assumed	24.861	.158	.316
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Equal variances assumed	26	.032	.064
	Equal variances not assumed	25.491	.029	.058
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Equal variances assumed	25	.203	.405
	Equal variances not assumed	24.805	.199	.397
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Equal variances assumed	26	.334	.667
	Equal variances not assumed	22.388	.336	.673
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Equal variances assumed	25	.486	.971
	Equal variances not assumed	18.093	.486	.972

Group Statistics					
	Gender	N	Mean	Std. Deviation	Std. Error Mean
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Male	15	2.2667	.88372	.22817
	Female	14	2.3571	.74495	.19910
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Male	15	2.2000	.86189	.22254
	Female	14	2.2857	.82542	.22060
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Male	15	2.0667	.88372	.22817
	Female	14	2.2857	.61125	.16336
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Male	15	2.4667	.83381	.21529
	Female	14	1.9286	.99725	.26653
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Male	14	2.2857	.91387	.24424
	Female	14	2.1429	.94926	.25370
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Male	14	2.4286	.85163	.22761
	Female	13	2.0769	.86232	.23916
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Male	15	2.5333	.63994	.16523
	Female	13	2.3077	.85485	.23709
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Male	14	2.4286	.75593	.20203
	Female	13	2.3846	.86972	.24122

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of
		F	Sig.	t
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Equal variances assumed	1.193	.284	-.297
	Equal variances not assumed			-.299
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Equal variances assumed	.055	.817	-.273
	Equal variances not assumed			-.274
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Equal variances assumed	2.889	.101	-.771
	Equal variances not assumed			-.781
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Equal variances assumed	3.077	.091	1.581
	Equal variances not assumed			1.571
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Equal variances assumed	.103	.751	.406
	Equal variances not assumed			.406
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Equal variances assumed	.024	.878	1.066
	Equal variances not assumed			1.065
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Equal variances assumed	2.424	.132	.797
	Equal variances not assumed			.781
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Equal variances assumed	.596	.447	.140
	Equal variances not assumed			.140

Independent Samples Test

		t-test for Equality of Means		
		df	Significance One-Sided p	Two-Sided p
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Equal variances assumed	27	.384	.769
	Equal variances not assumed	26.740	.384	.767
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Equal variances assumed	27	.393	.787
	Equal variances not assumed	26.978	.393	.787
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Equal variances assumed	27	.224	.448
	Equal variances not assumed	24.967	.221	.442
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Equal variances assumed	27	.063	.126
	Equal variances not assumed	25.441	.064	.129
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Equal variances assumed	26	.344	.688
	Equal variances not assumed	25.963	.344	.688
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Equal variances assumed	25	.148	.297
	Equal variances not assumed	24.801	.149	.297
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Equal variances assumed	26	.216	.432
	Equal variances not assumed	22.032	.222	.443
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Equal variances assumed	25	.445	.889
	Equal variances not assumed	23.889	.445	.890

Group Statistics

		Diabetes Type (American Diabetes Association)		
		N	Mean	Std. Deviation
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Other	4	2.2500	.95743
	Type 2	24	2.2917	.80645
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Other	4	1.5000	.57735
	Type 2	24	2.3750	.82423
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Other	4	1.5000	.57735
	Type 2	24	2.2917	.75060
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Other	4	1.7500	.95743
	Type 2	24	2.3333	.91683
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Other	4	2.2500	.95743
	Type 2	23	2.2609	.91539
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Other	4	2.2500	.95743
	Type 2	22	2.3182	.83873
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Other	4	2.5000	.57735
	Type 2	23	2.3913	.78272
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Other	2	2.0000	1.41421
	Type 2	24	2.4583	.77903

Group Statistics

		Diabetes Type (American Diabetes Association)	Std. Error Mean
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Other		.47871
	Type 2		.16462
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Other		.28868
	Type 2		.16824
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Other		.28868
	Type 2		.15322
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Other		.47871
	Type 2		.18715
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Other		.47871
	Type 2		.19087
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Other		.47871
	Type 2		.17882
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Other		.28868
	Type 2		.16321
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Other		1.00000
	Type 2		.15902

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of
		F	Sig.	t
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Equal variances assumed	.045	.833	-.093
	Equal variances not assumed			-.082
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Equal variances assumed	1.634	.212	-2.026
	Equal variances not assumed			-2.619
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Equal variances assumed	.700	.411	-2.001
	Equal variances not assumed			-2.422
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Equal variances assumed	.195	.662	-1.172
	Equal variances not assumed			-1.135
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Equal variances assumed	.217	.646	-.022
	Equal variances not assumed			-.021
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Equal variances assumed	.001	.975	-.147
	Equal variances not assumed			-.133
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Equal variances assumed	1.164	.291	.264
	Equal variances not assumed			.328
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Equal variances assumed	1.563	.223	-.764
	Equal variances not assumed			-.453

Independent Samples Test

		t-test for Equality of Means		
		df	Significance One-Sided p	Two-Sided p
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Equal variances assumed	26	.463	.926
	Equal variances not assumed	3.745	.469	.939
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Equal variances assumed	26	.027	.053
	Equal variances not assumed	5.304	.022	.045
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Equal variances assumed	26	.028	.056
	Equal variances not assumed	4.878	.031	.061
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Equal variances assumed	26	.126	.252
	Equal variances not assumed	3.975	.160	.320
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Equal variances assumed	25	.491	.983
	Equal variances not assumed	4.016	.492	.984
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Equal variances assumed	24	.442	.885
	Equal variances not assumed	3.885	.450	.900
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Equal variances assumed	25	.397	.794
	Equal variances not assumed	5.153	.378	.756
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Equal variances assumed	24	.226	.452
	Equal variances not assumed	1.051	.363	.726

Group Statistics

		How long have you been diagnosed with diabetes?	N	Mean	Std. Deviation
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Less than 2 months	12	2.4167	.79296	
	2 years and more	17	2.2353	.83137	
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Less than 2 months	12	2.2500	.86603	
	2 years and more	17	2.2353	.83137	
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Less than 2 months	12	2.0833	.90034	
	2 years and more	17	2.2353	.66421	
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Less than 2 months	12	2.0833	.99620	
	2 years and more	17	2.2941	.91956	
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Less than 2 months	11	2.1818	.98165	
	2 years and more	17	2.2353	.90342	
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Less than 2 months	10	2.0000	.94281	
	2 years and more	17	2.4118	.79521	
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Less than 2 months	11	2.5455	.68755	
	2 years and more	17	2.3529	.78591	
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Less than 2 months	11	2.3636	.80904	
	2 years and more	16	2.4375	.81394	

Group Statistics

How long have you been diagnosed with diabetes?	Std. Error Mean
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	
Less than 2 months	.22891
2 years and more	.20164
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	
Less than 2 months	.25000
2 years and more	.20164
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	
Less than 2 months	.25990
2 years and more	.16109
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	
Less than 2 months	.28758
2 years and more	.22303
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	
Less than 2 months	.29598
2 years and more	.21911
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	
Less than 2 months	.29814
2 years and more	.19287
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	
Less than 2 months	.20730
2 years and more	.19061
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	
Less than 2 months	.24393
2 years and more	.20349

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means
		F	Sig.	t
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Equal variances assumed	.081	.779	.590
	Equal variances not assumed			.595
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Equal variances assumed	.046	.831	.046
	Equal variances not assumed			.046
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Equal variances assumed	2.373	.135	-.524
	Equal variances not assumed			-.497
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Equal variances assumed	.535	.471	-.588
	Equal variances not assumed			-.579
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Equal variances assumed	.428	.519	-.148
	Equal variances not assumed			-.145
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Equal variances assumed	.513	.480	-1.214
	Equal variances not assumed			-1.160
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Equal variances assumed	.669	.421	.664
	Equal variances not assumed			.684
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Equal variances assumed	.004	.950	-.232
	Equal variances not assumed			-.233

Independent Samples Test

		t-test for Equality of Means		
		df	Significance One-Sided p	Two-Sided p
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Equal variances assumed	27	.280	.560
	Equal variances not assumed	24.537	.279	.558
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Equal variances assumed	27	.482	.964
	Equal variances not assumed	23.213	.482	.964
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Equal variances assumed	27	.302	.605
	Equal variances not assumed	19.134	.312	.625
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Equal variances assumed	27	.281	.562
	Equal variances not assumed	22.592	.284	.568
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Equal variances assumed	26	.442	.884
	Equal variances not assumed	20.177	.443	.886
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Equal variances assumed	25	.118	.236
	Equal variances not assumed	16.485	.131	.263
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Equal variances assumed	26	.256	.513
	Equal variances not assumed	23.540	.250	.501
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Equal variances assumed	25	.409	.818
	Equal variances not assumed	21.741	.409	.818

ANOVA Results

Descriptives

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Less than 6.4%	2	2.0000	1.41421	1.00000	-10.7062	14.7062
6.4%-8.4%	12	2.3333	.88763	.25624	1.7694	2.8973
8.5%-10%	9	2.2222	.83333	.27778	1.5817	2.8628
999.00	6	2.5000	.54772	.22361	1.9252	3.0748
Total	29	2.3103	.80638	.14974	2.0036	2.6171

Descriptives

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	Minimum	Maximum
Less than 6.4%	1.00	3.00
6.4%-8.4%	1.00	3.00
8.5%-10%	1.00	3.00
999.00	2.00	3.00
Total	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Based on Mean	1.538	3	25
	Based on Median	.301	3	25
	Based on Median and with adjusted df	.301	3	15.526
	Based on trimmed mean	1.448	3	25

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Based on Mean	.229
	Based on Median	.824
	Based on Median and with adjusted df	.824
	Based on trimmed mean	.253

ANOVA

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.485	3	.162	.228	.876
Within Groups	17.722	25	.709		
Total	18.207	28			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Eta-squared	.027	.000	.114
	Epsilon-squared	-.090	-.120	.007
	Omega-squared Fixed-effect	-.087	-.115	.007
	Omega-squared Random-effect	-.027	-.036	.002

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	Current A1c (American Diabetes Association)	N	Subset for alpha = 0.05
Student-Newman-Keuls ^{a,b}	Less than 6.4%	2	2.0000
	8.5%-10%	9	2.2222
	6.4%-8.4%	12	2.3333
	999.00	6	2.5000
	Sig.		.802

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.645.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you can follow your diet when you have to prepare or share food with other people who

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Less than 6.4%	2	3.0000	.00000	.00000	3.0000	3.0000
6.4%-8.4%	12	2.2500	.86603	.25000	1.6998	2.8002
8.5%-10%	9	2.2222	.97183	.32394	1.4752	2.9692
999.00	6	2.0000	.63246	.25820	1.3363	2.6637
Total	29	2.2414	.83045	.15421	1.9255	2.5573

Descriptives

How confident do you feel that you can follow your diet when you have to prepare or share food with other people who

	Minimum	Maximum
Less than 6.4%	3.00	3.00
6.4%-8.4%	1.00	3.00
8.5%-10%	1.00	3.00
999.00	1.00	3.00
Total	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Based on Mean	4.498	3	25	
	Based on Median	1.263	3	25	
	Based on Median and with adjusted df	1.263	3	15.604	
	Based on trimmed mean	4.405	3	25	

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Based on Mean	.012
	Based on Median	.308
	Based on Median and with adjusted df	.321
	Based on trimmed mean	.013

ANOVA

How confident do you feel that you can follow your diet when you have to prepare or share food with other people who

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1.505	3	.502	.704	.558
Within Groups	17.806	25	.712		
Total	19.310	28			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Eta-squared	.078	.000	.231
	Epsilon-squared	-.033	-.120	.139
	Omega-squared Fixed-effect	-.032	-.115	.135
	Omega-squared Random-effect	-.010	-.036	.049

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?

	Current A1c (American Diabetes Association)	N	Subset for alpha = 0.05
			1
Student-Newman-Keuls ^{a,b}	999.00	6	2.0000
	8.5%-10%	9	2.2222
	6.4%-8.4%	12	2.2500
	Less than 6.4%	2	3.0000
	Sig.		.294

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.645.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Less than 6.4%	2	3.0000	.00000	.00000	3.0000	3.0000
6.4%-8.4%	12	2.2500	.75378	.21760	1.7711	2.7289
8.5%-10%	9	2.1111	.78174	.26058	1.5102	2.7120
999.00	6	1.8333	.75277	.30732	1.0433	2.6233
Total	29	2.1724	.75918	.14098	1.8836	2.4612

Descriptives

How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?

	Minimum	Maximum
Less than 6.4%	3.00	3.00
6.4%-8.4%	1.00	3.00
8.5%-10%	1.00	3.00
999.00	1.00	3.00
Total	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Based on Mean	1.341	3	25	
	Based on Median	.756	3	25	
	Based on Median and with adjusted df	.756	3	23.945	
	Based on trimmed mean	1.407	3	25	

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Based on Mean	.284
	Based on Median	.529
	Based on Median and with adjusted df	.530
	Based on trimmed mean	.264

ANOVA

How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2.166	3	.722	1.292	.299
Within Groups	13.972	25	.559		
Total	16.138	28			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Eta-squared	.134	.000	.311
	Epsilon-squared	.030	-.120	.228
	Omega-squared Fixed-effect	.029	-.115	.222
	Omega-squared Random-effect	.010	-.036	.087

- a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.
b. Negative but less biased estimates are retained, not rounded to zero.

How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?

	Current A1c (American Diabetes Association)	N	Subset for alpha = 0.05
Student-Newman-Keuls ^{a,b}	999.00	6	1.8333
	8.5%-10%	9	2.1111
	6.4%-8.4%	12	2.2500
	Less than 6.4%	2	3.0000
	Sig.		.108

Means for groups in homogeneous subsets are displayed.

- a. Uses Harmonic Mean Sample Size = 4.645.
b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Less than 6.4%	2	2.5000	.70711	.50000	-3.8531	8.8531
6.4%-8.4%	12	2.4167	.90034	.25990	1.8446	2.9887
8.5%-10%	9	2.1111	1.05409	.35136	1.3009	2.9214
999.00	6	1.8333	.98319	.40139	.8015	2.8651
Total	29	2.2069	.84034	.17462	1.8492	2.5646

Descriptives

How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?

	Minimum	Maximum
Less than 6.4%	2.00	3.00
6.4%-8.4%	1.00	3.00
8.5%-10%	1.00	3.00
999.00	1.00	3.00
Total	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Based on Mean	1.621	3	25
	Based on Median	.285	3	25
	Based on Median and with adjusted df	.285	3	20.979
	Based on trimmed mean	1.480	3	25

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Based on Mean	.210
	Based on Median	.836
	Based on Median and with adjusted df	.836
	Based on trimmed mean	.244

ANOVA

How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1.620	3	.540	.583	.631
Within Groups	23.139	25	.926		
Total	24.759	28			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Eta-squared	.065	.000	.209
	Epsilon-squared	-.047	-.120	.115
	Omega-squared Fixed-effect	-.045	-.115	.111
	Omega-squared Random-effect	-.015	-.036	.040

- a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.
b. Negative but less biased estimates are retained, not rounded to zero.

How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?

	Current A1c (American Diabetes Association)	N	Subset for alpha = 0.05
Student-Newman-Keuls ^{a,b}	999.00	6	1.8333
	8.5%-10%	9	2.1111
	6.4%-8.4%	12	2.4167
	Less than 6.4%	2	2.5000
	Sig.		.719

Means for groups in homogeneous subsets are displayed.

- a. Uses Harmonic Mean Sample Size = 4.645.
b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

ANOVA

How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	76866.534	3	25622.178	.726	.546
Within Groups	882476.500	25	35299.060		
Total	959343.034	28			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Eta-squared	.080	.000	.235
	Epsilon-squared	-.030	-.120	.143
	Omega-squared Fixed-effect	-.029	-.115	.139
	Omega-squared Random-effect	-.010	-.036	.051

- a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.
b. Negative but less biased estimates are retained, not rounded to zero.

Descriptives

How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Less than 6.4%	2	2.0000	1.41421	1.00000	-10.7062	14.7062
6.4%-8.4%	12	2.1667	1.02986	.29729	1.5123	2.8210
8.5%-10%	9	113.3333	332.12573	110.70858	-141.9611	368.6278
999.00	6	1.8333	.75277	.30732	1.0433	2.6233
Total	29	36.5862	185.10065	34.37233	-33.8223	106.9947

Descriptives

How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise

	Minimum	Maximum
Less than 6.4%	1.00	3.00
6.4%-8.4%	1.00	3.00
8.5%-10%	1.00	999.00
999.00	1.00	3.00
Total	1.00	999.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Based on Mean	3.721	3	25
	Based on Median	.714	3	25
	Based on Median and with adjusted df	.714	3	8.000
	Based on trimmed mean	2.075	3	25

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Based on Mean	.024
	Based on Median	.553
	Based on Median and with adjusted df	.571
	Based on trimmed mean	.129

How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?

	Current A1c (American Diabetes Association)	N	Subset for alpha = 0.05
Student-Newman-Keuls ^{a,b}	999.00	6	1.8333
	Less than 6.4%	2	2.0000
	6.4%-8.4%	12	2.1667
	8.5%-10%	9	113.3333
	Sig.		.803

Means for groups in homogeneous subsets are displayed.

- a. Uses Harmonic Mean Sample Size = 4.645.
b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Less than 6.4%	2	2.0000	1.41421	1.00000	-10.7062	14.7062
6.4%-8.4%	12	85.4167	287.70517	83.05333	-97.3825	268.2158
8.5%-10%	9	113.1111	332.20944	110.73648	-142.2477	368.4699
999.00	6	2.0000	.89443	.36515	1.0614	2.9386
Total	29	71.0000	257.04155	47.73142	-26.7734	168.7734

Descriptives

How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?

	Minimum	Maximum
Less than 6.4%	1.00	3.00
6.4%-8.4%	1.00	999.00
8.5%-10%	1.00	999.00
999.00	1.00	3.00
Total	1.00	999.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Based on Mean	1.278	3	25
	Based on Median	.260	3	25
	Based on Median and with adjusted df	.260	3	18.612
	Based on trimmed mean	.679	3	25

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Based on Mean	.303
	Based on Median	.853
	Based on Median and with adjusted df	.853
	Based on trimmed mean	.573

Descriptives

How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Less than 6.4%	2	2.5000	.70711	.50000	-3.8531	8.8531
6.4%-8.4%	12	85.4167	287.70549	83.05342	-97.3827	268.2160
8.5%-10%	9	2.5556	.72648	.24216	1.9971	3.1140
999.00	6	2.3333	.51640	.21082	1.7914	2.8753
Total	29	36.7931	185.06010	34.36480	-33.6000	107.1862

Descriptives

How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?

	Minimum	Maximum
Less than 6.4%	2.00	3.00
6.4%-8.4%	1.00	999.00
8.5%-10%	1.00	3.00
999.00	2.00	3.00
Total	1.00	999.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Based on Mean	2.134	3	25
	Based on Median	.446	3	25
	Based on Median and with adjusted df	.446	3	11.000
	Based on trimmed mean	.965	3	25

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Based on Mean	.121
	Based on Median	.722
	Based on Median and with adjusted df	.725
	Based on trimmed mean	.425

How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?

	Current A1c (American Diabetes Association)	N	Subset for alpha = 0.05
Student-Newman-Keuls ^{a,b}	999.00	6	2.3333
	Less than 6.4%	2	2.5000
	8.5%-10%	9	2.5556
	6.4%-8.4%	12	85.4167
	Sig.		.910

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.645.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?

	Current A1c (American Diabetes Association)	N	Subset for alpha = 0.05
Student-Newman-Keuls ^{a,b}	Less than 6.4%	2	2.0000
	999.00	6	2.0000
	6.4%-8.4%	12	85.4167
	8.5%-10%	9	113.1111
	Sig.		.921

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.645.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

ANOVA

How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	48397.786	3	16132.595	.443	.724
Within Groups	910524.972	25	36420.999		
Total	958922.759	28			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Eta-squared	.050	.000	.180
	Epsilon-squared	-.063	-.120	.081
	Omega-squared Fixed-effect	-.061	-.115	.079
	Omega-squared Random-effect	-.020	-.036	.028

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

Descriptives

How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Less than 6.4%	2	2.5000	.70711	.50000	-.8531	8.8531
6.4%-8.4%	12	85.5000	287.67896	83.04576	-97.2825	268.2825
8.5%-10%	9	113.1111	332.20844	110.73648	-142.2477	368.4699
999.00	6	2.3333	.81650	.33333	1.4765	3.1902
Total	29	71.1379	257.00316	47.72429	-26.6208	168.8967

Descriptives

How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?

	Minimum	Maximum
Less than 6.4%	2.00	3.00
6.4%-8.4%	1.00	999.00
8.5%-10%	1.00	999.00
999.00	1.00	3.00
Total	1.00	999.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Based on Mean	1.280	3	25
	Based on Median	.261	3	25
	Based on Median and with adjusted df	.261	3	18.613
	Based on trimmed mean	.680	3	25

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Based on Mean	.303
	Based on Median	.853
	Based on Median and with adjusted df	.853
	Based on trimmed mean	.573

ANOVA

How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	56157.726	3	18719.242	.261	.853
Within Groups	1793259.722	25	71730.389		
Total	1849417.448	28			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Eta-squared	.030	.000	.127
	Epsilon-squared	-.086	-.120	.022
	Omega-squared Fixed-effect	-.083	-.115	.021
	Omega-squared Random-effect	-.026	-.036	.007

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

Descriptives

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Endocrinologist or referral from another healthcare provider	10	2.5000	.70711	.22361	1.9942	
PCP referral	12	2.2500	.75378	.21760	1.7711	
Self-referral	6	2.0000	1.09545	.44721	.8504	
999.00	1	3.0000	.	.	.	.
Total	29	2.3103	.80638	.14974	2.0036	

Descriptives

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	95% Confidence Interval for ...		
	Upper Bound	Minimum	Maximum
Endocrinologist or referral from another healthcare provider	3.0058	1.00	3.00
PCP referral	2.7289	1.00	3.00
Self-referral	3.1496	1.00	3.00
999.00	.	3.00	3.00
Total	2.6171	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Based on Mean	3.590	2	25
	Based on Median	1.705	2	25
	Based on Median and with adjusted df	1.705	2	18.194
	Based on trimmed mean	3.519	2	25

How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?

	Current A1c (American Diabetes Association)	N	Subset for alpha = 0.05
Student-Newman-Keuls ^{a,b}	999.00	6	2.3333
	Less than 6.4%	2	2.5000
	6.4%-8.4%	12	85.5000
	8.5%-10%	9	113.1111
	Sig.		.921

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.645.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Based on Mean	.043
	Based on Median	.202
	Based on Median and with adjusted df	.209
	Based on trimmed mean	.045

ANOVA

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1.457	3	.486	.725	.547
Within Groups	16.750	25	.670		
Total	18.207	28			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Eta-squared	.080	.000	.235
	Epsilon-squared	-.030	-.120	.143
	Omega-squared Fixed-effect	-.029	-.115	.139
	Omega-squared Random-effect	-.010	-.036	.051

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

Descriptives

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Endocrinologist or referral from another healthcare provider	10	2.5000	.70711	.22361	1.9942	
PCP referral	12	2.2500	.75378	.21760	1.7711	
Self-referral	6	2.0000	1.09545	.44721	.8504	
Total	28	2.2857	.80999	.15307	1.9716	

Descriptives

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	95% Confidence Interval for ...		
	Upper Bound	Minimum	Maximum
Endocrinologist or referral from another healthcare provider	3.0058	1.00	3.00
PCP referral	2.7289	1.00	3.00
Self-referral	3.1496	1.00	3.00
Total	2.5998	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic		
			df1	df2
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Based on Mean	3.590	2	25
	Based on Median	1.705	2	25
	Based on Median and with adjusted df	1.705	2	18.194
	Based on trimmed mean	3.519	2	25

Tests of Homogeneity of Variances

		Sig.	
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Based on Mean	.043	
	Based on Median	.202	
	Based on Median and with adjusted df	.209	
	Based on trimmed mean	.045	

ANOVA

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.964	2	.482	.720	.497
Within Groups	16.750	25	.670		
Total	17.714	27			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?	Eta-squared	.054	.000	.231
	Epsilon-squared	-.021	-.080	.170
	Omega-squared Fixed-effect	-.020	-.077	.165
	Omega-squared Random-effect	-.010	-.037	.090

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

Homogeneous Subsets

How confident do you feel that you can eat your meals every 4 to 5 hours every day, including breakfast every day?

	What prompted you to attend today's education class?	Subset for alpha = 0.05	
		N	1
Student-Newman-Keuls ^{a,b}	Self-referral	6	2.0000
	PCP referral	12	2.2500
	Endocrinologist or referral from another healthcare provider	10	2.5000
	Sig.		.428

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 8.571.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean Lower Bound
Endocrinologist or referral from another healthcare provider	10	2.0000	.94281	.29814	1.3256
PCP referral	12	2.5833	.66856	.19300	2.1586
Self-referral	6	2.0000	.89443	.36515	1.0614
Total	28	2.2500	.84437	.15957	1.9226

Descriptives

How confident do you feel that you can follow your diet when you have to prepare or share food with other people who

	95% Confidence Interval for ... Upper Bound	Minimum	Maximum
Endocrinologist or referral from another healthcare provider	2.6744	1.00	3.00
PCP referral	3.0081	1.00	3.00
Self-referral	2.9386	1.00	3.00
Total	2.5774	1.00	3.00

Tests of Homogeneity of Variances

	Levene Statistic	df1	df2
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Based on Mean	.983	2
	Based on Median	1.319	2
	Based on Median and with adjusted df	1.319	2
	Based on trimmed mean	1.079	2

Tests of Homogeneity of Variances

	Sig.
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Based on Mean
	Based on Median
	Based on Median and with adjusted df
	Based on trimmed mean

ANOVA

How confident do you feel that you can follow your diet when you have to prepare or share food with other people who

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2.333	2	1.167	1.724	.199
Within Groups	16.917	25	.677		
Total	19.250	27			

Homogeneous Subsets

How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?

	What prompted you to attend today's education class?	N	Subset for alpha = 0.05
Student-Newman-Keuls ^{a,b}	Endocrinologist or referral from another healthcare provider	10	2.0000
	Self-referral	6	2.0000
	PCP referral	12	2.5833
	Sig.		.323

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 8.571.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?

	N	Mean	Std. Deviation	Std. Error	95% Confidence ... Lower Bound	Upper Bound
Endocrinologist or referral from another healthcare provider	10	2.1000	.73786	.23333	1.5722	
PCP referral	12	2.5000	.67420	.19462	2.0716	
Self-referral	6	1.6667	.81650	.33333	.8098	
Total	28	2.1786	.77237	.14596	1.8791	

Descriptives

How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?

	95% Confidence Interval for ... Upper Bound	Minimum	Maximum
Endocrinologist or referral from another healthcare provider	2.6278	1.00	3.00
PCP referral	2.9284	1.00	3.00
Self-referral	2.5235	1.00	3.00
Total	2.4781	1.00	3.00

Tests of Homogeneity of Variances

	Levene Statistic	df1	df2
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Based on Mean	.211	2
	Based on Median	.196	2
	Based on Median and with adjusted df	.196	2
	Based on trimmed mean	.196	2

Tests of Homogeneity of Variances

	Sig.
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Based on Mean
	Based on Median
	Based on Median and with adjusted df
	Based on trimmed mean

ANOVA

How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2.874	2	1.437	2.715	.086
Within Groups	13.233	25	.529		
Total	16.107	27			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval Lower	Upper
How confident do you feel that you can follow your diet when you have to prepare or share food with other people who do not have diabetes?	Eta-squared	.121	.000	.326
	Epsilon-squared	.051	-.080	.272
	Omega-squared Fixed-effect	.049	-.077	.265
	Omega-squared Random-effect	.025	-.037	.152

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval Lower	Upper
How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?	Eta-squared	.178	.000	.388
	Epsilon-squared	.113	-.080	.339
	Omega-squared Fixed-effect	.109	-.077	.331
	Omega-squared Random-effect	.058	-.037	.199

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

Homogeneous Subsets

How confident do you feel that you can choose the appropriate foods to eat when you are hungry (for example, snacks)?

What prompted you to attend today's education class?		Subset for alpha = 0.05	
	N	1	
Student-Newman-Keuls ^{a,b}			
Self-referral	6	1.6667	
Endocrinologist or referral from another healthcare provider	10	2.1000	
PCP referral	12	2.5000	
Sig.			.064

Means for groups in homogeneous subsets are displayed.

- a. Uses Harmonic Mean Sample Size = 8.571.
b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?

	95% Confidence Interval for ...		
	Upper Bound	Minimum	Maximum
Endocrinologist or referral from another healthcare provider	2.3786	1.00	3.00
PCP referral	3.1449	1.00	3.00
Self-referral	3.1985	1.00	3.00
Total	2.6098	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Based on Mean	3.916	2	25
	Based on Median	1.627	2	25
	Based on Median and with adjusted df	1.627	2	20.160
	Based on trimmed mean	4.152	2	25

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Based on Mean	.033
	Based on Median	.217
	Based on Median and with adjusted df	.221
	Based on trimmed mean	.028

ANOVA

How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	6.067	2	3.033	4.413	.023
Within Groups	17.183	25	.687		
Total	23.250	27			

Homogeneous Subsets

How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?

What prompted you to attend today's education class?		Subset for alpha = 0.05	
	N	1	2
Student-Newman-Keuls ^{a,b}			
Endocrinologist or referral from another healthcare provider	10	1.7000	
Self-referral	6	2.1667	2.1667
PCP referral	12		2.7500
Sig.		.255	.158

Means for groups in homogeneous subsets are displayed.

- a. Uses Harmonic Mean Sample Size = 8.571.
b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?

	N	Mean	Std. Deviation	Std. Error	95% Confidence ... Lower Bound
Endocrinologist or referral from another healthcare provider	10	1.7000	.94868	.30000	1.0214
PCP referral	12	2.7500	.62158	.17944	2.3551
Self-referral	6	2.1667	.98319	.40139	1.1349
Total	28	2.2500	.92796	.17537	1.8902

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
How confident do you feel that you can exercise 15 to 30 minutes, 4 to 5 times a week?	Eta-squared	.261	.002	.466
	Epsilon-squared	.202	-.078	.423
	Omega-squared Fixed-effect	.196	-.075	.415
	Omega-squared Random-effect	.109	-.036	.261

- a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.
b. Negative but less biased estimates are retained, not rounded to zero.

Descriptives

How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise

	N	Mean	Std. Deviation	Std. Error	95% Confidence ... Lower Bound
Endocrinologist or referral from another healthcare provider	10	1.9000	.99443	.31447	1.1886
PCP referral	11	2.4545	.82020	.24730	1.9035
Self-referral	6	2.3333	1.03280	.42164	1.2495
Total	27	2.2222	.93370	.17969	1.8529

Descriptives

How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise

	95% Confidence Interval for ...		
	Upper Bound	Minimum	Maximum
Endocrinologist or referral from another healthcare provider	2.6114	1.00	3.00
PCP referral	3.0056	1.00	3.00
Self-referral	3.4172	1.00	3.00
Total	2.5916	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Based on Mean	1.130	2	24
	Based on Median	.555	2	24
	Based on Median and with adjusted df	.555	2	19.265
	Based on trimmed mean	1.095	2	24

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Based on Mean	.340
	Based on Median	.581
	Based on Median and with adjusted df	.583
	Based on trimmed mean	.351

ANOVA

How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1.706	2	.853	.977	.391
Within Groups	20.961	24	.873		
Total	22.667	26			

Homogeneous Subsets

How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?

		What prompted you to attend today's education class?	Subset for alpha = 0.05
		N	1
Student-Newman-Keuls ^{a,b}	Endocrinologist or referral from another healthcare provider	10	1.9000
	Self-referral	6	2.3333
	PCP referral	11	2.4545
	Sig.		.456

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 8.390.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?

	95% Confidence Interval for ...		
	Upper Bound	Minimum	Maximum
Endocrinologist or referral from another healthcare provider	2.8114	1.00	3.00
PCP referral	2.9694	2.00	3.00
Self-referral	3.1496	1.00	3.00
Total	2.6224	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Based on Mean	17.013	2	23
	Based on Median	4.349	2	23
	Based on Median and with adjusted df	4.349	2	18.000
	Based on trimmed mean	16.731	2	23

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Based on Mean	<.001
	Based on Median	.025
	Based on Median and with adjusted df	.029
	Based on trimmed mean	<.001

ANOVA

How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1.815	2	.908	1.207	.317
Within Groups	17.300	23	.752		
Total	19.115	25			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can do something to prevent your blood sugar level from dropping when you exercise?	Eta-squared	.075	.000	.268
	Epsilon-squared	-.002	-.083	.207
	Omega-squared Fixed-effect	-.002	-.080	.201
	Omega-squared Random-effect	-.001	-.038	.112

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

Descriptives

How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?

	N	Mean	Std. Deviation	Std. Error	95% Confidence ... Lower Bound
Endocrinologist or referral from another healthcare provider	10	2.1000	.99443	.31447	1.3886
PCP referral	10	2.6000	.51640	.16330	2.2306
Self-referral	6	2.0000	1.09545	.44721	.8504
Total	26	2.2692	.87442	.17149	1.9160

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Eta-squared	.095	.000	.299
	Epsilon-squared	.016	-.087	.238
	Omega-squared Fixed-effect	.016	-.083	.231
	Omega-squared Random-effect	.008	-.040	.130

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

Homogeneous Subsets

How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?

What prompted you to attend today's education class?		N	Subset for alpha = 0.05
			1
Student-Newman-Keuls ^{a,b}	Self-referral	6	2.0000
	Endocrinologist or referral from another healthcare provider	10	2.1000
	PCP referral	10	2.6000
	Sig.		.358

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 8.182.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?

	95% Confidence Interval for ...	Minimum	Maximum
	Upper Bound		
Endocrinologist or referral from another healthcare provider	2.9002	1.00	3.00
PCP referral	3.0893	1.00	3.00
Self-referral	3.1985	1.00	3.00
Total	2.7416	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Based on Mean	1.505	2	24
	Based on Median	1.572	2	24
	Based on Median and with adjusted df	1.572	2	18.295
	Based on trimmed mean	1.569	2	24

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Based on Mean	.242
	Based on Median	.228
	Based on Median and with adjusted df	.234
	Based on trimmed mean	.229

ANOVA

How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.888	2	.444	.773	.473
Within Groups	13.779	24	.574		
Total	14.667	26			

Homogeneous Subsets

How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?

What prompted you to attend today's education class?		N	Subset for alpha = 0.05
			1
Student-Newman-Keuls ^{a,b}	Self-referral	6	2.1667
	Endocrinologist or referral from another healthcare provider	10	2.4000
	PCP referral	11	2.6364
	Sig.		.425

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 8.390.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Descriptives

How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean
					Lower Bound
Endocrinologist or referral from another healthcare provider	10	2.4000	.69921	.22111	1.8998
PCP referral	11	2.6364	.67420	.20328	2.1834
Self-referral	6	2.1667	.98319	.40139	1.1349
Total	27	2.4444	.75107	.14454	2.1473

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
			Lower	Upper
How confident do you feel that you can judge when the changes in your illness mean you should visit the doctor?	Eta-squared	.061	.000	.245
	Epsilon-squared	-.018	-.083	.182
	Omega-squared Fixed-effect	-.017	-.080	.176
	Omega-squared Random-effect	-.008	-.038	.097

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

Descriptives

How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean
					Lower Bound
Endocrinologist or referral from another healthcare provider	9	2.0000	.86603	.28868	1.3343
PCP referral	12	2.7500	.45227	.13056	2.4626
Self-referral	5	2.2000	1.09545	.48990	.8398
Total	26	2.3846	.80384	.15765	2.0599

Descriptives

How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do

	95% Confidence Interval for ...		
	Upper Bound	Minimum	Maximum
Endocrinologist or referral from another healthcare provider	2.6657	1.00	3.00
PCP referral	3.0374	2.00	3.00
Self-referral	3.5602	1.00	3.00
Total	2.7093	1.00	3.00

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Based on Mean	5.394	2	23
	Based on Median	1.843	2	23
	Based on Median and with adjusted df	1.843	2	12.187
	Based on trimmed mean	5.287	2	23

Tests of Homogeneity of Variances

		Sig.
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Based on Mean	.012
	Based on Median	.181
	Based on Median and with adjusted df	.200
	Based on trimmed mean	.013

ANOVA

How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	3.104	2	1.552	2.735	.086
Within Groups	13.050	23	.567		
Total	16.154	25			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?	Eta-squared	.192	.000	.408
	Epsilon-squared	.122	-.087	.357
	Omega-squared Fixed-effect	.118	-.083	.348
	Omega-squared Random-effect	.063	-.040	.210

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

ANOVA

How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	56542.194	3	18847.398	.263	.852
Within Groups	1793427.806	25	71737.112		
Total	1849970.000	28			

ANOVA Effect Sizes^{a,b}

		Point Estimate	95% Confidence Interval	
How confident do you feel that you know what to do when your blood sugar level goes higher or lower than it should be?	Eta-squared	.031	.000	.127
	Epsilon-squared	-.086	-.120	.023
	Omega-squared Fixed-effect	-.083	-.115	.022
	Omega-squared Random-effect	-.026	-.036	.007

a. Eta-squared and Epsilon-squared are estimated based on the fixed-effect model.

b. Negative but less biased estimates are retained, not rounded to zero.

Homogeneous Subsets

How confident do you feel that you can control your diabetes so that it does not interfere with the things you want to do?

		What prompted you to attend today's education class?	Subset for alpha = 0.05	
		N	1	
Student-Newman-Keuls ^{a,b}	Endocrinologist or referral from another healthcare provider	9	2.0000	
	Self-referral	5	2.2000	
	PCP referral	12	2.7500	
	Sig.		.150	

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 7.606.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.