

Appendix 1

Semi-structured interview Guide for people with type 2 diabetes

Theme 1: Perceptions of type 2 diabetes diagnosis

1. Please describe the period just before you got the T2D diagnosis: how did you feel?
2. Tell us about the consultation when you received your diagnosis?
3. After you had been diagnosed, how did you react?
4. If you were to compare the reactions you got when you received diabetes diagnosis do you think that they would be the same as if you got a diagnosis of another chronic disease?
5. If you were to compare the reactions you got when you received the diabetes diagnosis with the reactions you have noticed that other people with diabetes got, do you think that these reactions are similar? What about people with high blood pressure – what reactions do they get? What about people with other chronic diseases?

Theme 2: Diabetes care, patient and provider interactions

6. Can you describe your contact with the healthcare center?
7. During your visits to the health center what do you talk about?
8. Please describe the information you receive during consultations at the healthcare center
9. What changes have you made in relation to your diet, smoking, physical activity after your diagnosis?

Theme 3: Experiences of diabetes self-management

10. Can you describe what you do on a daily basis to manage your condition?
11. Please describe how you feel and what you do to keep your blood sugar stable on a good day?

Theme 4: Support for self-management

12. If you think about your everyday life with diabetes – describe the support you have received?
13. What challenges have you faced during the management of your condition?

Semi-structured interview Guide for healthcare professionals and health managers

Theme 1: Diabetes care, patient and provider interactions

1. How is diabetes care organized at this healthcare center?
2. Describe the typical patient seeking diabetes care here?
3. How do patients react when diagnosed with T2D?
4. Please describe the type of treatment programs you offer newly diagnosed patients?
5. How do patients react to becoming diagnosed with diabetes
6. How do you describe self- management to the patients? How do they understand it?

Theme 2: Caregiver's experiences and support for self-management

1. Do you offer other types of support to the T2D patients?

2. What challenges do you encounter in the treatment of patients with diabetes as compared to patients with other lifestyle-related diseases?
3. How do you view the need for diabetes prevention and primary health care treatment in areas with a large proportion of migrants in relation to areas where most people are born in Sweden?
4. Perceptions of disease causes can vary between different cultures and it can be difficult for the doctor and the patient to understand each other- Do you think this is a problem in diabetes care here?
5. To what extent do you think that proper care and support are offered to diabetes patients?
6. If a patient has trouble following treatment and recommendations, how is that managed?