Supplementary Online Content


**eAppendix.** Definitions and Score Ranges

This supplementary material has been provided by the authors to give readers additional information about their work.
Definitions of Risk Categories


2. High-risk group with 3 or more stratification parameters and/or values above the high specificity cutoff for any one of the risk scores and/or estimated glomerular filtration rate (eGFR) lower than 60 mL/min/1.73 m².

3. Medium-risk group with 2 stratification parameters and values above the high sensitivity cutoff but lower than the high specificity cutoff for any of the risk scores and eGFR between 60 and 90 mL/min/1.73 m².

4. Low-risk group with 1 or fewer stratification parameter and values below the high-sensitivity cutoff for all risk scores and eGFR of 90 mL/min/1.73 m² or higher.

Definitions of Complications and Risk Parameters:

1. Chronic kidney disease: eGFR between 15 and 60 mL/min/1.73 m².

2. Cardiovascular complication: coronary heart disease (myocardial infarction, unstable angina, percutaneous coronary intervention, coronary bypass operation), stroke, peripheral vascular disease (lower extremity amputation, absent foot pulses with ankle to brachial ratio <0.9 and/or lower limb revascularization).

3. Renal complications: end-stage renal disease requiring dialysis and/or eGFR lower than 15 mL/min/1.73m².

4. Obesity as body mass index of 27.5 or higher (calculated as weight in kilograms divided by height in meters squared) (general) and/or waist circumference of 80 cm or greater in women or 90 cm or greater in men (central).

5. Hypertension: blood pressure (BP) of 130/80 mm Hg or higher and/or receiving any BP-lowering drugs.

6. Dyslipidemia: low-density lipoprotein cholesterol level of 2.6 mmol/L or higher and/or high-density lipoprotein cholesterol level lower than 1 mmol/L and/or triglyceride level of 2.3 mmol/L or higher and/or treatment with lipid-regulating agents (to convert cholesterol and triglycerides to milligrams per deciliter, divide by 0.0259 and 0.0113, respectively).

7. Microalbuminuria: urinary albumin to creatinine ratio (ACR) of 2.5 mg/mmol or higher (men) and 3.5 mg/mmol or higher (women).

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9. Suboptimal glycemic control: hemoglobin A\textsubscript{1c} level of 8% or greater.
10. Foot at risk (skin changes, sensory neuropathy, deformities).
11. Retinopathy (typical retinal changes including vitrectomy, hemorrhages, and exudates).

**Score Range for Various Assessment Tools.**

1. PHQ-9 (9-item Patient Health Questionnaire; range, 0 to 27 [higher score means more depression]).
2. DASS-21 (21-item Depression Anxiety Stress Scale; range, 0 to 63 [higher score means more depression, anxiety, and stress]).
3. CDDS-15 (15-item Chinese Diabetes Distress Scale; range, 15 to 90 [higher score means more distress]).
4. DES-20 (20-item Diabetes Empowerment Scale; range, 20 to 100 [higher score means better self-efficacy]).
5. SDSCA-14 (14-item Summary of Diabetes Self-care Assessment; range, 0 to 98 [higher score means better self-care]).
6. EQ-5D index score (5-item Euroqol, UK traffic was used; range, −0.594 to 1 [higher score means better quality of life]).
7. Medication adherence (4-item medication adherence score; range, 0 to 4 [higher score means worse adherence: 0, high adherence; 1-2, intermediate; 3-4, low adherence]).