

b	Letter about allocation to intervention- or control group
c	Course-programme enclosed letter b
d	"Looking forward to see you"-letter and participation-list
1	Course on autonomy-support for a group of 17 nurses; two successive afternoons of 4 hours duration. The course was held for 2 groups of nurses within 2 weeks. Educational format: presentations, group work.
e	Power-point presentations, all handed out: • Self-determination theory (20 minutes) • Types of relationships (I-you distant provider dominance, I-you blurred sympathy, I-you sorted mutuality) (40 minutes) • The meaning of time in relation to autonomy support (15 minutes) • Introduction to patient-work-sheets as tools to support autonomous motivation (1."What do you currently find difficult about living with your type 2 diabetes?", 2."Your plans to change your way of life", 3."Action-plan")(40 minutes) • How to use this method in daily practice? (20 minutes) • Current treatment recommendations for type 2 diabetes (45 minutes) • Communication skills (Mirroring, Active listening, Values clarification response) (45 minutes) Group-exercises (printed material handed out) (3*45 minutes): 1) exemplifying mirroring, active listening and value clarifying response to defined cases and statements 2) communication-exercises using nurse-work-sheets (1."Challenges of collaboration with people with type 2 diabetes", 2."Your plans to change your approach to people with type 2 diabetes", 3. "Action-plan") handed out the day before
f	Three articles: "Educating to life with diabetes", "Communication skills", and "The relation between patient and professional" by Vibeke Zoffmann were handed out
g	Letter with information on next course-day. Encouraged to video-tape or describe a consultation with a person with type 2 diabetes. Encouraged to propose suggestions for next course programme
h	"Looking forward to see you"-letter; programme, participation-list, and nurse-work-sheets
2	Course, implementation 1: for a group of 14-16 nurses on 1) experiences with implementing autonomy-support, and 2) communication training; one afternoon of the duration of 4 hours. The course was held for 2 groups of nurses within 2 weeks. Educational format: group work, plenum discussions
i	Letter with information on following course-day. Encouraged to propose suggestions for next course programme
3	Course, implementation 2: for a group of 11-13 nurses on 1) experiences with implementing autonomy-support, 2) relevant information for people with type 2 diabetes, and 3) communication training; one afternoon of 4 hours duration. The course was held for 2 groups of nurses within 2 weeks. Educational format: workshops, plenum discussions
4	½ hour visit to the nurse in the practice by one of the course teachers with the agenda: 1) Expectations for the meeting, 2) What do you currently find difficult about collaborating with people with type 2 diabetes?, and 3) Do you have any specific needs of knowledge about collaborating with people with type 2 diabetes?
j	A description on "Self-determination theory and application in clinical practice" was handed out to the nurses, based on [14]
k	An evaluation-questionnaire on the course was sent to all the nurses, who partly or fully completed the course