

Additional file 2. Summary of behavioural goals, determinants addressed, and strategies used in *PTWD* phase 2

	Behavioural goals	Main determinants addressed	Strategies (programme components)
Phase 2 (4-12 months)	Identifying problems and barriers to your DSM (monitoring of blood glucose, medication adherence, diet, physical activity)	Awareness of barriers	Diaries Role-model stories Exchange of experiences
	Being able to come up with possible solutions for these barriers	Problem-solving skills	Participatory problem-solving Rehearsal situations Homework assignments followed by feedback
		Self-efficacy	Rehearsal situations Homework assignments followed by feedback
	Actively involving family and/or friends when overcoming these barriers	Communication strategies	Role-model stories focused on these topics
		Self-efficacy	Rehearsal situations
		Asking for and receiving social support	focused on these topics Homework assignment focused on these topics

		Handling social influence on DSM	Encouraging the participants to see each other in between the group meetings and undertake DSM activities (e.g. exercising) together Social network meetings with significant others
	Being able to evaluate and improve the strategies chosen to overcome these barriers	Self-efficacy	Rehearsal situations Homework assignments followed by feedback
		Problem-solving skills	Participatory problem-solving Rehearsal situations Homework assignments followed by feedback
Selection of behavioural goals regarding social support in Phase 2	The participants feel like a team	Outcome expectations Perceived norms Moral norms Collective self-efficacy and skills Social support Social influence Social engagement	Focus of group leader on togetherness and supporting each other Participatory problem-solving Team-building energizers
	The participants continue to support each other outside of the group meetings	Outcome expectations Perceived norms Moral norms Collective self-efficacy	Focus of group leader on the continued existence of the group Guided practice with

		and skills	feedback
		Social support	Making appointments with
		Social influence	other group members

DSM: diabetes self-management