

	SCREENING	BASELINE	TREATMENT PERIOD (weeks)								FOLLOW-UP (months)	
			-1	1	2	3	4	5	6	+1	6	12
Inclusion/exclusion criteria	x											
Patient demography, medical and psychological history		x										
Informed consent	x											
Structured clinical interview (DSM-IV Axis 1)	x											x
Randomisation	x											
Physical examination	x*											
Center for Epidemiological Studies-Depression (CES-D)		x								x	x	x
Problem Areas in Diabetes (PAID)		x								x	x	x
Health-Related Quality of Life Short-Form Survey (SF-12)		x								x	x	x
Diabetes Self-Care Activities (DSCA)		x								x	x	x
Self-assessment of neurological pain (VAS)		x								x	x	x
HbA _{1c} , lipids, albumin/creatinine ratio, BP, BMI, WHR		x								x	x	x
Insulin, HOMA-2IR, 8-OH-guanine, MDA, CRP-HS, sialic acid, uric acid, CBC-5DIFF		x									x	x
Physical activity monitoring – (pedometer)		x	x							x	x	x
Psycho-educational group meetings				x	x	x	x	x	x			
Physical activity group meetings				x	x	x	x	x	x			
Patient Enablement Instrument (PEI)										x		

* when needed to establish eligibility for participation