

Supplementary Figure S1.

Questionnaire Used to Assess Vitamin D Levels and Insulin Resistance in Type 2 Diabetes Patients

This figure presents the full questionnaire designed to gather comprehensive information on participants' demographics, diabetes history, vitamin D supplementation frequency, dietary intake of vitamin D-rich foods, sunlight exposure, presence of risk factors (e.g., obesity, hypertension), concomitant diseases, follow-up routines for diabetes management, and laboratory test results including HbA1c, fasting blood sugar, insulin, vitamin D levels, BMI, blood pressure, and HOMA-IR index.

☐ female ☐ male **-: personal information ❖**
gender : Age : name
☐ single ☐ married : material status

information related to diabetes
☐ yes ☐ no **-: mellitus**
? do you suffer from Type 2 diabetes -

..... which age begins with diabetes mellitus: -
-: information about the administration of vitamin D supplementary ❖

Time of use					supplementary
ne ver	monthly	Three times a week	weekly	daily	
					Egg yolk
					Oily fish
					Red meat
					liver
					Supplementary food
					fishes

do you suffer from: **risk factors..... ❖**

no	yes	risks
		obesity
		cholesterol
		hypertension

exposure to sunlight and disease concomitant with this case: ❖

☐ daily minutes 30 15 minutes Exposure to sunlight:
☐ never ☐ daily

no	yes	Disease concomitant with the case
		Liver diseases
		Heart diseases
		Kidney diseases
		Weak in auditory and vision
		Diabetic foot
		Neurological diseases
		osteoporosis

periodic follow-up for diabetes mellitus-: ❖

never	mont hly	three times in a week	weekly	daily	Follow up by:
					diet
					Exercise
					Regular medical checkups
					Metformin
					Sulphoneal urea

-: vitamin D levels ❖

	deficient (< 20 ng/ml)	Insufficient (20 – 30 ng/ml)	Adequate Vita D
Level Vitamin D			

-: examination result ❖

Test	Result	N.R
Hb A1c		
FBS		
Insulin		
Vit D		
Weight		
Height		
BMI		
B.P		
Systolic		
Diastolic		
HOMA IR		

This supplementary file contains the detailed questionnaire used to collect data on demographic characteristics, diabetes history, vitamin D supplementation and dietary intake, sunlight exposure, risk factors, associated diseases, diabetes follow-up practices, and laboratory test results related to insulin resistance and vitamin D status.