

Supplementary data 2. Characteristics of Included Studies

(N=17)

Characteristics	Categories	n (%)
Publication year	< 2015	2 (11.8)
	2015~2019	5 (29.4)
	≥2020	10 (58.8)
Publication country	South Korea	3 (17.6)
	USA	2 (11.8)
	China	2 (11.8)
	Malaysia	2 (11.8)
	Other countries [†]	8 (47.1)
Sample size	< 100	7 (41.2)
	100~199	6 (35.3)
	≥200	4 (23.5)
Theoretical basis [‡]	Transtheoretical model	4 (23.5)
	Information-motivation-behavioral skills model	4 (23.5)
	Health belief model	2 (11.8)
	Social cognitive theory	2 (11.8)
	Theory of planned behavior	2 (11.8)
	Individual and family self-management theory	2 (11.8)
	Self-regulation theory	1 (5.9)
	Behavior change wheel	1 (5.9)
	Capability-opportunity-motivation-behavior	1 (5.9)
	Fogg behavior model	1 (5.9)
	Self-efficacy theory	1 (5.9)
	Health action process approach	1 (5.9)
Intervention format [‡]	Mobile application	10 (58.8)
	Phone calls	6 (35.3)

	Video phone calls	2 (11.8)
	Short messaging service (SMS)	2 (11.8)
	Web-portal	1 (5.9)
Intervention components [‡]	Education	13 (76.5)
	Self-monitoring	10 (58.8)
	Feedback	9 (52.9)
	Reminders	7 (41.2)
	Goal-setting	5 (29.4)
	Communication	5 (29.4)
	Incentives	2 (11.8)
Duration of intervention (mo)	< 3	2 (11.8)
	3~<6	4 (23.5)
	6~<12	5 (29.4)
	≥12	6 (35.3)
Outcome [‡]	Clinical indicators	
	HbA1c	16 (94.1)
	Blood pressure	7 (41.2)
	Blood glucose	6 (35.3)
	Body mass index	6 (35.3)
	LDL-cholesterol/lipid profile	5 (29.4)
	Body weight	4 (23.5)
	Hypoglycaemia/glycemic variability	2 (11.8)
	Diabetic complications [§]	2 (11.8)
	Waist circumference	1 (5.9)
	Medication dosage	1 (5.9)
	Self-management indicators	
	Self-care activity	12 (70.6)

Dietary management [†]	7 (41.2)
Physical activity	5 (29.4)
BG testing	2 (11.8)
Medication adherence	2 (11.8)
Foot care behavior	1 (5.9)
Tobacco use	1 (5.9)
Psychosocial indicator	
Self-efficacy	8 (47.1)
Quality of life	6 (35.3)
Diabetes-related knowledge [¶]	3 (17.6)
Self-management attitude/perceptions [#]	3 (17.6)
Social support	2 (11.8)
Distress	2 (11.8)
Depression	1 (5.9)
Health status	1 (5.9)
Quality-adjusted life years	1 (5.9)

BG testing=blood glucose testing; HbA1c=hemoglobin A1c; LDL=low-density-lipoprotein

[†] Australia, Finland, Germany, India, Netherlands, Singapore, Taiwan, Turkey; [‡] Multiple responses; [§] kidney failure, diabetic nephropathy, retinopathy, peripheral neuropathy, peripheral artery disease, diabetic foot damage, cardiovascular disease, diabetes-related symptom, death; [†] dietary intake, dietary behavior, dietary stages of change; [¶] diabetes knowledge, dietary knowledge; [#] self-management perceptions, diabetes attitude, dietary attitude