Supplementary Online Content


eAppendix. Definitions and Score Ranges

This supplementary material has been provided by the authors to give readers additional information about their work.
Definitions of Risk Categories


2. High-risk group with 3 or more stratification parameters and/or values above the high specificity cutoff for any one of the risk scores and/or estimated glomerular filtration rate (eGFR) lower than 60 mL/min/1.73 m$^2$.

3. Medium-risk group with 2 stratification parameters and values above the high sensitivity cutoff but lower than the high specificity cutoff for any of the risk scores and eGFR between 60 and 90 mL/min/1.73 m$^2$.

4. Low-risk group with 1 or fewer stratification parameter and values below the high-sensitivity cutoff for all risk scores and eGFR of 90 mL/min/1.73 m$^2$ or higher.

Definitions of Complications and Risk Parameters:

1. Chronic kidney disease: eGFR between 15 and 60 mL/min/1.73 m$^2$.

2. Cardiovascular complication: coronary heart disease (myocardial infarction, unstable angina, percutaneous coronary intervention, coronary bypass operation), stroke, peripheral vascular disease (lower extremity amputation, absent foot pulses with ankle to brachial ratio <0.9 and/or lower limb revascularization).

3. Renal complications: end-stage renal disease requiring dialysis and/or eGFR lower than 15 mL/min/1.73m$^2$.

4. Obesity as body mass index of 27.5 or higher (calculated as weight in kilograms divided by height in meters squared) (general) and/or waist circumference of 80 cm or greater in women or 90 cm or greater in men (central).

5. Hypertension: blood pressure (BP) of 130/80 mm Hg or higher and/or receiving any BP-lowering drugs.

6. Dyslipidemia: low-density lipoprotein cholesterol level of 2.6 mmol/L or higher and/or high-density lipoprotein cholesterol level lower than 1 mmol/L and/or triglyceride level of 2.3 mmol/L or higher and/or treatment with lipid-regulating agents (to convert cholesterol and triglycerides to milligrams per deciliter, divide by 0.0259 and 0.0113, respectively).

7. Microalbuminuria: urinary albumin to creatinine ratio (ACR) of 2.5 mg/mmol or higher (men) and 3.5 mg/mmol or higher (women).
9. Suboptimal glycemic control: hemoglobin A₁c level of 8% or greater.
10. Foot at risk (skin changes, sensory neuropathy, deformities).
11. Retinopathy (typical retinal changes including vitrectomy, hemorrhages, and exudates).

**Score Range for Various Assessment Tools.**

1. PHQ-9 (9-item Patient Health Questionnaire; range, 0 to 27 [higher score means more depression]).
2. DASS-21 (21-item Depression Anxiety Stress Scale; range, 0 to 63 [higher score means more depression, anxiety, and stress]).
3. CDDS-15 (15-item Chinese Diabetes Distress Scale; range, 15 to 90 [higher score means more distress]).
4. DES-20 (20-item Diabetes Empowerment Scale; range, 20 to 100 [higher score means better self-efficacy]).
5. SDSCA-14 (14-item Summary of Diabetes Self-care Assessment; range, 0 to 98 [higher score means better self-care]).
6. EQ-5D index score (5-item Euroqol, UK traffic was used; range, −0.594 to 1 [higher score means better quality of life]).
7. Medication adherence (4-item medication adherence score; range, 0 to 4 [higher score means worse adherence: 0, high adherence; 1-2, intermediate; 3-4, low adherence]).