Table 4 Bivariate relationships between sociodemographic/clinical variables of the type 2 diabetes patients and differences in mean self-care scores between groups on the 5 subscales

Variable (groups)	t-test for differences in mean scores on self-care subscales				
	Diet	Exercise	Blood sugar checks	Foot care	Medication
Age (< 65 yrs = 1, ≥ 65 yrs = 2)	0.61	1.86[b]	−0.34	2.81[b]	−0.58
Sex (male = 1, female = 2)	−4.60	−1.30[a,b]	−2.90[a,b]	−9.49[b]	−0.13
Formal education (no = 1, yes = 2)	0.93	−1.31[b]	−0.67[b]	2.22[b]	0.22
Income (≤ SR 50 000 = 1, > SR 50 000 = 2)	−1.50[a,b]	−0.95[a,b]	−4.61[b]	1.56[b]	−0.61
Disease duration (< 8 yrs = 1, ≥ 8 yrs = 2)	0.37[b]	2.57[b]	0.16	1.78[b]	−1.40[b]
Blood glucose (controlled = 1, uncontrolled = 2)	2.23[b]	0.91[b]	2.30[b]	1.32[b]	−1.08[b]
Smoking status (yes = 1, no = 2)	3.81[b]	1.33[b]	0.59	3.28[b]	2.65[b]

[a]*Equal variance not assumed;* [b]*P ≤ 0.05.*