

Table 1 Core variable, themes and subthemes of adaptation process to diabetes

Core variable	Main themes	Subthemes
<i>Endeavour to reconstruction of life</i>	Perceived threat of disease	Confront with new symptoms and signs
		Personal processing
		Coping with signs and symptoms
		Receiving a diagnosis of diabetes
	Acceptance of reality	Acceptance of diabetes
		Seeking information
		Initial imaging of disease
		Initial self-management
	Comprehensive reconstruction	Self-reconstruction
		Reconstruction in the understanding of disease
		Life reconstruction
		Advanced self-management
	Normal life with the disease	Return to activities of daily living and continuing a healthy lifestyle
	Return to resources	Individual resources
		Family resources
Social resources		