

Table 1 Characteristics of participants

Variable	No.	%
<i>Age (years)</i>		
25–39	22	11.1
40–49	55	27.6
50–59	64	32.2
60–69	41	20.6
70+	17	8.5
<i>Sex</i>		
Male	95	47.7
Female	104	52.3
<i>Education level</i>		
Illiterate	29	14.6
Primary	30	15.1
Secondary	62	31.2
Intermediate	26	13.1
University graduate & above	52	26.1
<i>Occupation^a</i>		
Housewife	98	49.2
Blue-collar worker	17	8.5
White-collar worker	34	17.1
Self-employed	24	12.1
Retired	26	13.1
<i>Duration of diabetes (years)</i>		
< 1	20	10.1
1–5	72	36.2
6–15	88	44.2
> 15	19	9.5
<i>Type of diabetes</i>		
Type 2	184	92.5
Type 1	15	7.5
<i>Type of treatment</i>		
Diet	21	10.6
Oral hypoglycaemic drugs	140	70.4
Insulin	38	19.1
<i>Place of treatment</i>		
Consulting clinic	110	55.3
Community health centre	89	44.7

^aBlue-collar workers included shopkeepers, drivers and labourers; white-collar workers included office workers and civil servants; self-employed was mostly businessmen.