

APPENDIX 2: Characteristics of Included Studies

First Author, Publication Year, Country	Study Design, Duration	Patient Characteristics, Sample Size (N)	Intervention	Comparators	Outcomes Measured
Systematic reviews and meta-analyses					
Housden, ^{5,16} 2013, Canada	SR with 26 studies (13 RCTs and 13 observational studies). <u>RCTs:</u> Study durations: 4 months to 4 years <u>Obs:</u> Study durations: 3 months to 33 months	Adults with DM <u>RCT:</u> Adults with diabetes (except 1 RCT included patients of age:16 - 75 years) Age: specifics NR Male: 28% to 100% (not specified in 1 RCT) N: 58 to 707 (N< 200 for most RCTs) <u>Obs:</u> Adults with DM (not specified if all were adults in 5 studies) Age: specifics NR Male: 26% to 100% (not specified in 3 studies) N: 37 to 1998 (N< 200 or most studies) (For RCT & obs studies N = 4652; Average age 59.3 years [from studies reporting age information])	Group medical visit (details not available but it was mentioned in the exclusion criteria that studies in which the intervention did not include a health care provider (who could diagnose, prescribe, make referrals,and order laboratory tests) were excluded	UC	HbA1c, blood glucose, BP, lipids, weight, BMI, QoL,
Edelman, ³ 2012, USA	SR with 19 studies (15 RCTs & 4 Obs). Adults with diabetes (13 RCTs & 3 Obs), &	Adults with DM & Older adults with high health care utilization <u>Adults with DM</u> Age (years) (median [range]): 60.8 (27 to 69.8)	SMA Intervention team disciplines (number of studies indicated within parenthesis) <u>Adults with diabetes</u>	UC	HbA1c, BP, lipids, HRQoL, treatment adherence, patient satisfaction

First Author, Publication Year, Country	Study Design, Duration	Patient Characteristics, Sample Size (N)	Intervention	Comparators	Outcomes Measured
	<p>Older adults with high health care utilization (2 RCTs & 1 Obs)</p> <p><u>Adults with diabetes</u> Study duration: 6 to 12 m in 4 studies & >12 m in 12 studies</p> <p><u>Older adults with high health care utilization</u> Study duration: >12 m in 3 studies</p>	<p>Male: 22% to 100%</p> <p>N= 2232 in 13 RCTs, N=989 in 3 Obs</p> <p><u>Older adults with high health care utilization</u></p> <p>Age (years) (median [range]): 74.1 [73.5 to 78.2]</p> <p>Male: 34% to 41%</p> <p>N= 615 in 2 RCTs, N= 1236 in 1 Obs</p> <p>(All studies, N = 5072)</p>	<p>Medical doctor (12), nurse practitioner (3), pharmacist (8), registered nurse (10), dietician (4), physical therapist (3), psychologist (3), health educator (3)</p> <p><u>Older adults with high health care utilization</u></p> <p>Medical doctor (3), nurse practitioner (1), pharmacist (1), registered nurse (2), physical therapist (1), psychologist (1)</p>		
Steinsbekk, ¹⁰ 2012, Norway	<p>SR (21 RCTs)</p> <p>Study duration: 6 m to 2 years</p>	<p>Adults with type 2 DM</p> <p>Age (mean): 60 years.</p> <p>Male: 40%</p> <p>N = 2833</p>	<p>Group based DSME.</p> <p>Intervention team disciplines (number of studies indicated within parenthesis): Physician (4), nurse (10) dietician/nutritionist (9), pharmacist (1)</p>	<p>Control (Routine treatment [standard of care recommended], remained on a waiting list or received no intervention (i.e. present healthcare was continued)</p>	<p>HbA1c, blood glucose, weight, BMI, BP, lipids, QoL,</p>
Randomized controlled trials					
Weinger, ¹¹ 2011, USA	<p>RCT, single centre</p> <p>Duration: 12 m</p>	<p>Adults with DM (49% being type 1).</p> <p>Age: 53±12 years.</p> <p>Male: 44%</p>	<p>Group program:</p> <p>1. Group structured behavioral arm (5 session manual based,</p>	<p>Individual program:</p> <p>Individual arm (unlimited individual nurse and dietician</p>	<p>HbA1c, BMI, lipids, QoL,</p>

First Author, Publication Year, Country	Study Design, Duration	Patient Characteristics, Sample Size (N)	Intervention	Comparators	Outcomes Measured
		HbA1c: >7.5% Duration of DM: 18±12 years N= 222	educator led structured group intervention with cognitive behavioral strategies) 2.Group attention control arm (educator led attention control group education program) (Educators included clinicians)	education program)	
Ferrara, ¹² 2012, Italy	RCT, single centre. Duration: 1 year	Patients with hypertension Age: 56 years. Male: NR SBP, mm Hg: 134 DBP, mm Hg: 84 N= 188	Group - educational care (EC) Small group meetings with doctors and dieticians	Usual care	Fasting blood glucose, BP, lipids, weight, BMI
Non-randomized studies					
Cuesta, ¹³ 2013, Spain	Non randomized study (multi centre) Duration: 1 year	Adults with DM (type 2) Age: 63.08 years. Male: 50% HbA1c: 6.98% Duration of DM: > 15 years in 25% N= 72	Psychoeducational group therapy (PGT) Program led by physicians and nurses	Control (C) received conventional diabetes education individually	HbA1c, BP, lipids, weight, BMI
Reitz, ¹⁴ 2012, USA	Controlled trial, single centre (family practice)	Adults with DM Age: 20 years and older Male: 93%	Group visit program. Program led by team including a diabetes health	Control No group visit program	HbA1c, BP, lipid

First Author, Publication Year, Country	Study Design, Duration	Patient Characteristics, Sample Size (N)	Intervention	Comparators	Outcomes Measured
	Duration: 7 m	HbA1c <7% in 56% N=288	educator, a nurse, a pharmacist, a resident and an attending physician		
<p>BMI = body mass index, BP = blood pressure, CI = confidence interval, DBP = diastolic blood pressure, DM = diabetes mellitus, DSME = diabetes self-management, HbA1c = glycated hemoglobin, HDL = high density lipoprotein, HRQoL = health related quality of life, m = month, NR = not reported, Obs = observational studies, QoL = quality of life, SBP = systolic blood pressure, SMA = shared medical appointment, SR = systematic review, UC = usual care, WMD = weighted mean difference</p>					