

References

References

- 1 Pickup JC, Williams G. In Pickup JC, Williams G eds. *Textbook of diabetes*. 3rd edn. Oxford: Blackwell Publishing 2003: 48-65.
- 2 Gerich JE, Smith TS. Beta-cell defects and pancreatic abnormalities in type 2 diabetes. In Pickup JC, Williams G eds. *Textbook of diabetes*. 3rd edn. Oxford: Blackwell Publishing 2003: 23.1-23.11.
- 3 Valdez R, Yoon PW, Liu T, Khoury MJ. Family History and Prevalence of Diabetes in the US Population The 6-year results from the National Health and Nutrition Examination Survey (1999–2004). *Diabetes Care* 2007; **30**(10): 2517-2522.
- 4 Must A, Spadano J, Coakley EH, Field AE, Colditz G, Dietz WH. The disease burden associated with overweight and obesity. *Jama* 1999; **282**(16): 1523-1529.
- 5 Wei M, Gaskill SP, Haffner SM, Stern MP. Waist Circumference as the Best Predictor of Noninsulin Dependent Diabetes Mellitus (NIDDM) Compared to Body Mass Index, Waist/hip Ratio and Other Anthropometric Measurements in Mexican Americans A 7 Year Prospective Study. *Obesity research* 1997; **5**(1): 16-23.
- 6 Fowler MJ. Microvascular and macrovascular complications of diabetes. *Clinical diabetes* 2008; **26**(2): 77-82.
- 7 Kooy A. Complicaties bij diabetes oorzaken en preventie. In Kooy A ed. *Diabetes mellitus: Diagnostiek, complicaties en behandeling*. Houten: Prelum Uitgevers 2010: 21-8.
- 8 Panzram G. Mortality and survival in type 2 (non-insulin-dependent) diabetes mellitus. *Diabetologia* 1987; **30**(3): 123-131.
- 9 Shaw JE, Sicree RA, Zimmet PZ. Global estimates of the prevalence of diabetes for 2010 and 2030. *Diabetes research and clinical practice* 2010; **87**(1): 4-14.
- 10 Kooy A. Klinische presentatie. In Kooy A ed. *Diabetes mellitus: Diagnostiek, complicaties en behandeling*. Houten: Prelum Uitgevers 2010: 16-9.
- 11 Dunning T, Martin M. Type 2 diabetes: is it serious? *Journal of Diabetes Nursing* 1998; **2**: 70-76.
- 12 International Diabetes Federation. *IDF Diabetes Atlas*, 6th edn. Brussels, Belgium: International Diabetes Federation, 2014.
- 13 Brandle M, Zhou H, Smith BR, Marriott D, Burke R, Tabaei BP *et al*. The direct medical cost of type 2 diabetes. *Diabetes Care* 2003; **26**(8): 2300-2304.
- 14 Kooy A. Doelstellingen van de behandeling. In Kooy A ed. *Diabetes mellitus: Diagnostiek, complicaties en behandeling*. Houten: Prelum Uitgevers 2010: 86-92.
- 15 Newman S, Steed L, Mulligan K. Self-management interventions for chronic illness. *The Lancet* 2004; **364**(9444): 1523-1537.
- 16 Schwarzer R. Modeling health behavior change: How to predict and modify the adoption and maintenance of health behaviors. *Applied Psychology* 2008; **57**(1): 1-29.
- 17 Ali S, Stone MA, Peters JL, Davies MJ, Khunti K. The prevalence of co-morbid depression in adults with Type 2 diabetes: a systematic review and meta-analysis. *Diabetic Medicine* 2006; **23**(11): 1165-1173.
- 18 Snoek FJ, Kersch NY, Eldrup E, Harman-Boehm I, Hermanns N, Kokoszka A *et al*. Monitoring of Individual Needs in Diabetes (MIND): baseline data from the cross-national Diabetes Attitudes, Wishes, and Needs (DAWN) MIND study. *Diabetes Care* 2011; **34**(3): 601-603.

- 19 American Psychiatric Association. DSM-IV-TR: Diagnostic and statistical manual of mental disorders, text revision. American Psychiatric Association, 2000.
- 20 Knol MJ, Twisk JWR, Beekman ATF, Heine RJ, Snoek FJ, Pouwer F. Depression as a risk factor for the onset of type 2 diabetes mellitus. A meta-analysis. *Diabetologia* 2006; **49**(5): 837-845.
- 21 Mezuk B, Eaton WW, Albrecht S, Golden SH. Depression and type 2 diabetes over the lifespan a meta-analysis. *Diabetes Care* 2008; **31**(12): 2383-2390.
- 22 Polonsky WH, Anderson BJ, Lohrer PA, Welch G, Jacobson AM, Aponte JE *et al.* Assessment of diabetes-related distress. *Diabetes Care* 1995; **18**(6): 754-760.
- 23 Snoek FJ, Bremmer MA, Hermanns NA. Constructs of depression and diabetes-related distress: time for an appraisal. *Lancet Diabetes Endocrinology* 2015.
- 24 Inzucchi SE, Bergenstal RM, Buse JB, Diamant M, Ferrannini E, Nauck M *et al.* Management of hyperglycaemia in type 2 diabetes: a patient-centered approach. Position statement of the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). *Diabetologia* 2012; **55**(6): 1577-1596.
- 25 Glasgow RE, Emont S, Miller DC. Assessing delivery of the five 'As' for patient-centered counseling. *Health Promotion International* 2006; **21**(3): 245-255.
- 26 Norris SL, Engelgau MM, Narayan KV. Effectiveness of Self-Management Training in Type 2 Diabetes A systematic review of randomized controlled trials. *Diabetes Care* 2001; **24**(3): 561-587.
- 27 Norris SL, Lau J, Smith SJ, Schmid CH, Engelgau MM. Self-Management Education for Adults With Type 2 Diabetes A meta-analysis of the effect on glycemic control. *Diabetes Care* 2002; **25**(7): 1159-1171.
- 28 Davies MJ, Heller S, Skinner TC, Campbell MJ, Carey ME, Cradock S *et al.* Effectiveness of the diabetes education and self management for ongoing and newly diagnosed (DESMOND) programme for people with newly diagnosed type 2 diabetes: cluster randomised controlled trial. *Bmj* 2008; **336**(7642): 491-495.
- 29 Gillett M, Dallosso HM, Dixon S, Brennan A, Carey ME, Campbell MJ *et al.* Delivering the diabetes education and self management for ongoing and newly diagnosed (DESMOND) programme for people with newly diagnosed type 2 diabetes: cost effectiveness analysis. *BMJ: British Medical Journal* 2010; **341**.
- 30 Skinner TC, Carey ME, Cradock S, Dallosso HM, Daly H, Davies MJ *et al.* "Educator talk" and patient change: some insights from the DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) randomized controlled trial. *Diabetic Medicine* 2008; **25**(9): 1117-1120.
- 31 Leibbrandt AJ, Kiefte-de Jong JC, Hogenelst MH, Snoek FJ, Weijs PJ. Effects of the PRo-active Interdisciplinary Self-MANagement (PRISMA, Dutch DESMOND) program on dietary intake in type 2 diabetes outpatients: a pilot study. *Clinical Nutrition* 2010; **29**(2): 199-205.
- 32 Heinrich E, Schaper NC, de Vries NK. Self-management interventions for type 2 diabetes: a systematic review. *European Diabetes Nursing* 2010; **7**(2): 71-76.
- 33 Khunti K, Gray LJ, Skinner T, Carey ME, Realf K, Dallosso H *et al.* Effectiveness of a diabetes education and self management programme (DESMOND) for people with newly diagnosed type 2 diabetes mellitus: three year follow-up of a cluster randomised controlled trial in primary care. *BMJ: British Medical Journal* 2012; **344**.

References

- 34 Wantland DJ, Portillo CJ, Holzemer WL, Slaughter R, McGhee EM. The effectiveness of Web-based vs. non-Web-based interventions: a meta-analysis of behavioral change outcomes. *Journal of medical Internet research* 2004; **6**(4).
- 35 Bennett GG, Glasgow RE. The delivery of public health interventions via the Internet: actualizing their potential. *Annual review of public health* 2009; **30**: 273-292.
- 36 Stowe S, Harding S. Telecare, telehealth and telemedicine. *European Geriatric Medicine* 2010; **1**(3): 193-197.
- 37 Cook D, Patel S, Newman S. Facilitating self-management through telemedicine and interactive health communication applications. In Newman S, Steed L, Mulligan K eds. *Chronic physical illness: self-management and behavioural interventions*. Glasgow: Mc Graw Hill 2009: 120-31.
- 38 Hailey D, Roine R, Ohinmaa A. Systematic review of evidence for the benefits of telemedicine. *Journal of Telemedicine and Telecare* 2002; **8**(suppl 1): 1-7.
- 39 Tang PC, Ash JS, Bates DW, Overhage JM, Sands DZ. Personal health records: definitions, benefits, and strategies for overcoming barriers to adoption. *Journal of the American Medical Informatics Association* 2006; **13**(2): 121-126.
- 40 Ramadas A, Quek KF, Chan CKY, Oldenburg B. Web-based interventions for the management of type 2 diabetes mellitus: a systematic review of recent evidence. *Int J Med Inform* 2011; **80**(6): 389-405.
- 41 Funnell MM, Brown TL, Childs BP, Haas LB, Hosey GM, Jensen B *et al*. National standards for diabetes self-management education. *Diabetes Care* 2009; **32**(Supplement 1): S87-S94.
- 42 Järvi AE, Karlström BE, Granfeldt YE, Björck IE, Asp NG, Vessby BO. Improved glycemic control and lipid profile and normalized fibrinolytic activity on a low-glycemic index diet in type 2 diabetic patients. *Diabetes Care* 1999; **22**(1): 10-18.
- 43 Turner RC, Cull CA, Frighi V, Holman RR, UK Prospective Diabetes Study (UKPDS) Group. Glycemic control with diet, sulfonylurea, metformin, or insulin in patients with type 2 diabetes mellitus: progressive requirement for multiple therapies (UKPDS 49). *Jama* 1999; **281**(21): 2005-2012.
- 44 Umpierre D, Ribeiro PA, Kramer CK, Leitão CB, Zucatti AT, Azevedo MJ *et al*. Physical activity advice only or structured exercise training and association with HbA1c levels in type 2 diabetes: a systematic review and meta-analysis. *Jama* 2011; **305**(17): 1790-1799.
- 45 Osborn CY, Egede LE. Validation of an Information–Motivation–Behavioral Skills model of diabetes self-care (IMB-DSC). *Patient education and counseling* 2010; **79**(1): 49-54.
- 46 Adriaanse MC, Dekker JM, Spijkerman AM, Twisk JW, Nijpels G, Van Der Ploeg HM *et al*. Diabetes-related symptoms and negative mood in participants of a targeted population-screening program for type 2 diabetes: The Hoorn Screening Study. *Quality of Life Research* 2005; **14**(6): 1501-1509.
- 47 Ciechanowski PS, Katon WJ, Russo JE, Hirsch IB. The relationship of depressive symptoms to symptom reporting, self-care and glucose control in diabetes. *General hospital psychiatry* 2003; **25**(4): 246-252.
- 48 Fisher L, Mullan JT, Arean P, Glasgow RE, Hessler D, Masharani U. Diabetes distress but not clinical depression or depressive symptoms is associated with glycemic control in both cross-sectional and longitudinal analyses. *Diabetes Care* 2010; **33**(1): 23-28.
- 49 Van Bastelaar KMP, Pouwer F, Geelhoed–Duijvestijn PHLM, Tack CJ, Bazelmans E, Beekman AT *et al*. Diabetes–specific emotional distress mediates the association between depressive

- symptoms and glycaemic control in Type 1 and Type 2 diabetes. *Diabetic Medicine* 2010; **27**(7): 798-803.
- 50 Gonzalez JS, Safren SA, Cagliero E, Wexler DJ, Delahanty L, Wittenberg E *et al.* Depression, Self-Care, and Medication Adherence in Type 2 Diabetes Relationships across the full range of symptom severity. *Diabetes Care* 2007; **30**(9): 2222-2227.
 - 51 Pouwer F, Beekman ATF, Nijpels G, Dekker JM, Snoek FJ, Kostense PJ *et al.* Rates and risks for co-morbid depression in patients with Type 2 diabetes mellitus: results from a community-based study. *Diabetologia* 2003; **46**(7): 892-898.
 - 52 Snoek FJ, Pouwer F, Welch G, Polonsky WH. Diabetes-related emotional distress in Dutch and US diabetic patients: cross-cultural validity of the problem areas in diabetes scale. *Diabetes Care* 2000; **23**(9): 1305-1309.
 - 53 Fisher L, Skaff MM, Mullan JT, Arian P, Glasgow R, Masharani U. A longitudinal study of affective and anxiety disorders, depressive affect and diabetes distress in adults with type 2 diabetes. *Diabetic Medicine* 2008; **25**(9): 1096-1101.
 - 54 Fisher L, Glasgow RE, Strycker LA. The relationship between diabetes distress and clinical depression with glycemic control among patients with type 2 diabetes. *Diabetes Care* 2010; **33**(5): 1034-1036.
 - 55 Roelofsen Y, Hendriks SH, Sieverink F, van Vugt M, van Hateren KJ, Snoek FJ *et al.* Design of the e-Vita diabetes mellitus study: effects and use of an interactive online care platform in patients with type 2 diabetes (e-VitaDM-1/ZODIAC-40). *BMC endocrine disorders* 2014; **14**(1): 22.
 - 56 Bech P, Olsen LR, Kjoller M, Rasmussen NK. Measuring well-being rather than the absence of distress symptoms: a comparison of the SF-36 Mental Health subscale and the WHO-Five well-being scale. *International journal of methods in psychiatric research* 2003; **12**(2): 85-91.
 - 57 Hajos TRS, Pouwer F, Skovlund SE, Den Oudsten BL, Geelhoed-Duijvestijn PHLM, Tack CJ *et al.* Psychometric and screening properties of the WHO-5 well-being index in adult outpatients with Type 1 or Type 2 diabetes mellitus. *Diabetic Medicine* 2013; **30**(2): e63-e69.
 - 58 McGuire BE, Morrison TG, Hermanns N, Skovlund S, Eldrup E, Gagliardino J *et al.* Short-form measures of diabetes-related emotional distress: the Problem Areas in Diabetes Scale (PAID)-5 and PAID-1. *Diabetologia* 2010; **53**(1): 66-69.
 - 59 Toobert DJ, Glasgow RE. Assessing diabetes self-management: the summary of diabetes self-care activities questionnaire. *Handbook of psychology and diabetes* 1994; 351-375.
 - 60 Toobert DJ, Hampson SE, Glasgow RE. The summary of diabetes self-care activities measure: results from 7 studies and a revised scale. *Diabetes Care* 2000; **23**(7): 943-950.
 - 61 Schreiber JB, Nora A, Stage FK, Barlow EA, King J. Reporting structural equation modeling and confirmatory factor analysis results: A review. *The Journal of Educational Research* 2006; **99**(6): 323-338.
 - 62 Browne MW, MacCallum RC, Kim CT, Andersen BL, Glaser R. When fit indices and residuals are incompatible. *Psychol Methods* 2002; **7**(4): 403-421.
 - 63 Pouwer F, Snoek FJ. Association between symptoms of depression and glycaemic control may be unstable across gender. *Diabetic Medicine* 2001; **18**(7): 595-598.
 - 64 McAllister DA, Hughes KA, Lone N, Mills NL, Sattar N, McKnight J *et al.* Stress hyperglycaemia in hospitalised patients and their 3-year risk of diabetes: A Scottish Retrospective cohort study. *PLoS medicine* 2014; **11**(8): e1001708.

References

- 65 Paluska SA, Schwenk TL. Physical activity and mental health. *Sports medicine* 2000; **29**(3): 167-180.
- 66 Snoek FJ, Kersch NY, Eldrup E, Harman-Boehm I, Hermanns N, Kokoszka A *et al.* Monitoring of Individual Needs in Diabetes (MIND)-2 Follow-up data from the cross-national Diabetes Attitudes, Wishes, and Needs (DAWN) MIND study. *Diabetes Care* 2012; **35**(11): 2128-2132.
- 67 Papanas N, Tsapas A, Papatheodorou K, Papazoglou D, Bekiari E, Sariganni M *et al.* Glycaemic control is correlated with well-being index (WHO-5) in subjects with type 2 diabetes. *Experimental and clinical endocrinology & diabetes* 2010; **118**(06): 364-367.
- 68 Van der Does FE, De Neeling JN, Snoek FJ, Kostense PJ, Grootenhuis PA, Bouter LM *et al.* Symptoms and well-being in relation to glycemic control in type II diabetes. *Diabetes Care* 1996; **19**(3): 204-210.
- 69 Accortt EE, Freeman MP, Allen JJ. Women and major depressive disorder: clinical perspectives on causal pathways. *Journal of Women's Health* 2008; **17**(10): 1583-1590.
- 70 MacCallum RC, Austin JT. Applications of structural equation modeling in psychological research. *Annual review of psychology* 2000; **51**(1): 201-226.
- 71 Hebert JR, Clemow L, Pbert L, Ockene IS, Ockene JK. Social desirability bias in dietary self-report may compromise the validity of dietary intake measures. *International Journal of Epidemiology* 1995; **24**(2): 389-398.
- 72 Bentler PM, Chou CP. Practical issues in structural modeling. *Sociological Methods & Research* 1987; **16**(1): 78-117.
- 73 Hu FB, Manson JE. Management of diabetes: diet and lifestyle modification. In Pickup JC, Williams G eds. *Textbook of diabetes*. 3rd edn. Oxford: Blackwell Publishing 2003: 36.1-36.13.
- 74 Clement S. Diabetes self-management education. *Diabetes Care* 1995; **18**(8): 1204-1214.
- 75 King DK, Glasgow RE, Toobert DJ, Strycker LA, Estabrooks PA, Osuna D *et al.* Self-efficacy, problem solving, and social-environmental support are associated with diabetes self-management behaviors. *Diabetes Care* 2010; **33**(4): 751-753.
- 76 Nouwen A, Winkley K, Twisk J, Lloyd CE, Peyrot M, Ismail K *et al.* Type 2 diabetes mellitus as a risk factor for the onset of depression: a systematic review and meta-analysis. *Diabetologia* 2010; **53**(12): 2480-2486.
- 77 Roy T, Lloyd CE. Epidemiology of depression and diabetes: a systematic review. *Journal of affective disorders* 2012; **142**: S8-S21.
- 78 Gonzalez JS, Safren SA, Delahanty LM, Cagliero E, Wexler DJ, Meigs JB *et al.* Symptoms of depression prospectively predict poorer self-care in patients with Type 2 diabetes. *Diabetic Medicine* 2008; **25**(9): 1102-1107.
- 79 Steed L, Cooke D, Newman S. A systematic review of psychosocial outcomes following education, self-management and psychological interventions in diabetes mellitus. *Patient education and counseling* 2003; **51**(1): 5-15.
- 80 Soucy Chartier I, Provencher MD. Behavioural activation for depression: Efficacy, effectiveness and dissemination. *Journal of affective disorders* 2013; **145**(3): 292-299.
- 81 Fisher L, Mullan JT, Skaff MM, Glasgow RE, Arean P, Hessler D. Predicting diabetes distress in patients with type 2 diabetes: a longitudinal study. *Diabetic Medicine* 2009; **26**(6): 622-627.
- 82 Steptoe A. *Depression and physical illness*. Cambridge University Press, 2007.

- 83 Löwe B, Spitzer RL, Gräfe K, Kroenke K, Quenter A, Zipfel S *et al.* Comparative validity of three screening questionnaires for DSM-IV depressive disorders and physicians' diagnoses. *Journal of affective disorders* 2004; **78**(2): 131-140.
- 84 Van der Ven NC, Weinger K, Yi J, Pouwer F, Adèr H, Van Der Ploeg HM *et al.* The Confidence in Diabetes Self-Care Scale Psychometric properties of a new measure of diabetes-specific self-efficacy in Dutch and US patients with type 1 diabetes. *Diabetes Care* 2003; **26**(3): 713-718.
- 85 Moss-Morris R, Weinman J, Petrie K, Horne R, Cameron L, Buick D. The revised illness perception questionnaire (IPQ-R). *Psychology and Health* 2002; **17**(1): 1-16.
- 86 Pickles A. Generalized estimating equations. *Encyclopedia of biostatistics* 1998.
- 87 Barlow J, Wright C, Sheasby J, Turner A, Hainsworth J. Self-management approaches for people with chronic conditions: a review. *Patient education and counseling* 2002; **48**(2): 177-187.
- 88 Petrak F, Herpertz S. Treatment of depression in diabetes: an update. *Current opinion in psychiatry* 2009; **22**(2): 211-217.
- 89 Singh NA, Clements KM, Singh MAF. The Efficacy of Exercise as a Long-term Antidepressant in Elderly Subjects A Randomized, Controlled Trial. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences* 2001; **56**(8): M497-M504.
- 90 Ferner RE, Kendall MJ. Drug therapy: special considerations in diabetes. In Pickup JC, Williams G eds. *Textbook of diabetes*. 3rd edn. Oxford: Blackwell Publishing 2003: 39.1-36.12.
- 91 Mulligan K, Steeds L, Newman S. Different types and components of self-management interventions. In Newman S, Steeds L, Mulligan K eds. *Chronic physical illness: Self-management and behavioural interventions*. 1st edn. Berkshire: McGraw-Hill 2009: 64-77.
- 92 Serlachius A, Sutton S. Self-management and behaviour change: theoretical models. In Newman S, Steeds L, Mulligan K eds. *Chronic physical illness: Self-management and behavioural interventions*. 1st edn. Berkshire: McGraw-Hill 2009: 47-63.
- 93 Deakin T, McShane CE, Cade JE, Williams RD. Group based training for self-management strategies in people with type 2 diabetes mellitus. *Cochrane Database Syst Rev* 2005; **2**.
- 94 Steinsbekk A, Rygg LO, Lisulo M, Rise MB, Fretheim A. Group based diabetes self-management education compared to routine treatment for people with type 2 diabetes mellitus. A systematic review with meta-analysis. *BMC Health Serv Res* 2012; **12**: 213.
- 95 Brown LL, Lustria ML, Rankins J. A review of web-assisted interventions for diabetes management: maximizing the potential for improving health outcomes. *J Diabetes Sci Technol* 2007; **1**(6): 892-902.
- 96 Bull SS, Gaglio B, Mckay HG, Glasgow RE. Harnessing the potential of the internet to promote chronic illness self-management: diabetes as an example of how well we are doing. *Chronic Illness* 2005; **1**(2): 143-155.
- 97 Glasgow RE, Christiansen SM, Kurz D, King DK, Woolley T, Faber AJ *et al.* Engagement in a diabetes self-management website: usage patterns and generalizability of program use. *Journal of medical Internet research* 2011; **13**(1).
- 98 Nijland N, van Gemert-Pijnen JE, Kelders SM, Brandenburg BJ, Seydel ER. Factors influencing the use of a Web-based application for supporting the self-care of patients with type 2 diabetes: a longitudinal study. *Journal of medical Internet research* 2011; **13**(3).
- 99 Glasgow RE, Bull SS, Piette JD, Steiner JF. Interactive behavior change technology. A partial solution to the competing demands of primary care. *American journal of preventive medicine* 2004; **27**(2): 80-87.

References

- 100 Pal K, Eastwood SV, Michie S, Farmer AJ, Barnard ML, Peacock R *et al*. Computer-based diabetes self-management interventions for adults with type 2 diabetes mellitus. The Cochrane Library 2010.
- 101 Eysenbach G. The law of attrition. *Journal of medical Internet research* 2005; **7**(1).
- 102 Michie S, Johnston M, Francis J, Hardeman W, Eccles M. From theory to intervention: mapping theoretically derived behavioural determinants to behaviour change techniques. *Applied Psychology* 2008; **57**(4): 660-680.
- 103 Webb TL, Joseph J, Yardley L, Michie S. Using the internet to promote health behavior change: a systematic review and meta-analysis of the impact of theoretical basis, use of behavior change techniques, and mode of delivery on efficacy. *Journal of medical Internet research* 2010; **12**(1).
- 104 Abraham C, Michie S. A taxonomy of behavior change techniques used in interventions. *Health Psychol* 2008; **27**(3): 379-387.
- 105 Michie S, Ashford S, Sniehotta FF, Dombrowski SU, Bishop A, French DP. A refined taxonomy of behaviour change techniques to help people change their physical activity and healthy eating behaviours: the CALO-RE taxonomy. *Psychol Health* 2011; **26**(11): 1479-1498.
- 106 Michie S, Abraham C. Interventions to change health behaviours: Evidence-based or evidence-inspired? *Psychology & Health* 2004; **19**(1): 29-49.
- 107 Neve M, Morgan PJ, Jones PR, Collins CE. Effectiveness of web-based interventions in achieving weight loss and weight loss maintenance in overweight and obese adults: a systematic review with meta-analysis. *Obesity reviews* 2010; **11**(4): 306-321.
- 108 Moher D, Liberati A, Tetzlaff J, Altman DG. Preferred reporting items for systematic reviews and meta-analyses: the PRISMA statement. *J Clin Epidemiol* 2009; **62**(10): 1006-1012.
- 109 van Tulder MW, Assendelft WJ, Koes BW, Bouter LM. Method guidelines for systematic reviews in the Cochrane Collaboration Back Review Group for spinal disorders. *Spine* 1997; **22**(20): 2323-2330.
- 110 Barlow J, Singh D, Bayer S, Curry R. A systematic review of the benefits of home telecare for frail elderly people and those with long-term conditions. *Journal of Telemedicine and Telecare* 2007; **13**(4): 172-179.
- 111 van Bastelaar KM, Pouwer F, Cuijpers P, Riper H, Snoek FJ. Web-Based Depression Treatment for Type 1 and Type 2 Diabetic Patients A randomized, controlled trial. *Diabetes Care* 2011; **34**(2): 320-325.
- 112 van Bastelaar K, Cuijpers P, Pouwer F, Riper H, Snoek FJ. Development and reach of a web-based cognitive behavioural therapy programme to reduce symptoms of depression and diabetes-specific distress. *Patient education and counseling* 2010; **84**(1): 49-55.
- 113 Barrera Jr M, Glasgow RE, McKay HG, Boles SM, Feil EG. Do Internet-based support interventions change perceptions of social support?: An experimental trial of approaches for supporting diabetes self-management. *American journal of community psychology* 2002; **30**(5): 637-654.
- 114 Bond GE, Burr R, Wolf FM, Price M, McCurry SM, Teri L. Preliminary findings of the effects of comorbidities on a web-based intervention on self-reported blood sugar readings among adults age 60 and older with diabetes. *Telemed J E Health* 2006; **12**(6): 707-710.

- 115 Bond GE, Burr R, Wolf FM, Price M, McCurry SM, Teri L. The effects of a web-based intervention on the physical outcomes associated with diabetes among adults age 60 and older: a randomized trial. *Diabetes Technol Ther* 2007; **9**(1): 52-59.
- 116 Bond GE, Burr RL, Wolf FM, Feldt K. The effects of a web-based intervention on psychosocial well-being among adults aged 60 and older with diabetes: a randomized trial. *Diabetes Educ* 2010; **36**(3): 446-456.
- 117 Glasgow RE, Boles SM, McKay HG, Feil EG, Barrera Jr M. The D-Net diabetes self-management program: long-term implementation, outcomes, and generalization results. *Preventive medicine* 2003; **36**(4): 410-419.
- 118 Glasgow RE, Kurz D, King D, Dickman JM, Faber AJ, Halterman E *et al.* Outcomes of minimal and moderate support versions of an internet-based diabetes self-management support program. *J Gen Intern Med* 2010; **25**(12): 1315-1322.
- 119 Glasgow RE, Kurz D, King D, Dickman JM, Faber AJ, Halterman E *et al.* Twelve-month outcomes of an Internet-based diabetes self-management support program. *Patient Educ Couns* 2012; **87**(1): 81-92.
- 120 Lorig K, Ritter PL, Laurent DD, Plant K, Green M, Jernigan VBB *et al.* Online diabetes self-management program: a randomized study. *Diabetes Care* 2010; **33**(6): 1275-1281.
- 121 Lorig KR, Ritter PL, Laurent DD, Plant K. Internet-based chronic disease self-management: a randomized trial. *Medical care* 2006; **44**(11): 964-971.
- 122 McKay HG, Glasgow RE, Feil EG, Boles SM, Barrera M. Internet-based diabetes self-management and support: initial outcomes from the diabetes network project. *Rehabilitation Psychology* 2002; **47**(1): 31-48.
- 123 Kim CJ, Kang DH. Utility of a Web-based intervention for individuals with type 2 diabetes: the impact on physical activity levels and glycemic control. *Comput Inform Nurs* 2006; **24**(6): 337-345.
- 124 Wangberg SC. An Internet-based diabetes self-care intervention tailored to self-efficacy. *Health Educ Res* 2008; **23**(1): 170-179.
- 125 Dombrowski SU, Sniehotta FF, Avenell A, Coyne JC. Current issues and future directions in Psychology and Health: towards a cumulative science of behaviour change: do current conduct and reporting of behavioural interventions fall short of best practice. *Psychol Health* 2007; **22**(8): 869-874.
- 126 Glasziou P, Meats E, Heneghan C, Shepperd S. What is missing from descriptions of treatment in trials and reviews? *BMJ: British Medical Journal* 2008; **336**(7659): 1472.
- 127 Michie S, Fixsen D, Grimshaw JM, Eccles MP. Specifying and reporting complex behaviour change interventions: the need for a scientific method. *Implement Sci* 2009; **4**(40): 1-6.
- 128 Bridle C, Riemsma RP, Pattenden J, Sowden AJ, Mather L, Watt IS *et al.* Systematic review of the effectiveness of health behavior interventions based on the transtheoretical model. *Psychology & Health* 2005; **20**(3): 283-301.
- 129 Salmela S, Poskiparta M, Kasila K, Vähäsarja k, Vanhala M. Transtheoretical model-based dietary interventions in primary care: a review of the evidence in diabetes. *Health Educ Res* 2009; **24**(2): 237-252.
- 130 Leventhal H, Nerenz DR, Steele D. Illness representations and coping with health threats. In Baum A, Taylor S, Singer J eds. *Handbook of psychology and health*. Hillsdale, NJ: Lawrence Erlbaum Associates 1984: 219-52.

References

- 131 Bandura A, McClelland DC. Social learning theory. 1977.
- 132 Michie S, Abraham C, Whittington C, McAteer J, Gupta S. Effective techniques in healthy eating and physical activity interventions: a meta-regression. *Health psychology* 2009; **28**(6): 690.
- 133 Avery L, Flynn D, van Wersch A, Sniehotta FF, Trenell MI. Changing physical activity behavior in type 2 diabetes: a systematic review and meta-analysis of behavioral interventions. *Diabetes Care* 2012; **35**(12): 2681-2689.
- 134 Prestwich A, Sniehotta FF, Whittington C, Dombrowski SU, Rogers L, Michie S. Does Theory Influence the Effectiveness of Health Behavior Interventions? Meta-Analysis. *Health psychology* 2013.
- 135 Michie S, Prestwich A. Are interventions theory-based? Development of a theory coding scheme. *Health psychology* 2010; **29**(1): 1.
- 136 Thoolen BJ, Ridder Dd, Bensing J, Gorter K, Rutten G. Beyond good intentions: The role of proactive coping in achieving sustained behavioural change in the context of diabetes management. *Psychology and Health* 2009; **24**(3): 237-254.
- 137 Olander EK, Fletcher H, Williams S, Atkinson L, Turner A, French DP. What are the most effective techniques in changing obese individuals' physical activity self-efficacy and behaviour: a systematic review and meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity* 2013; **10**(1): 29.
- 138 Piette JD. Interactive Behavior Change Technology to Support Diabetes Self-Management Where do we stand? *Diabetes Care* 2007; **30**(10): 2425-2432.
- 139 Cruickshank K, Beith C. Mechanisms in chronic diabetes. In Pickup JC, Williams G eds. *Textbook of diabetes*. 3rd edn. Oxford: Blackwell Publishing 2003: 46.1-47.1.
- 140 International Diabetes Federation. *IDF Diabetes Atlas*, 5th edn. Brussels, Belgium: International Diabetes Federation, 2011.
- 141 Baan CA, van Baal PHM, Jacobs-van der Bruggen M, Verkley H, Poos MJJC, Hoogenveen RT *et al.* [Diabetes mellitus in the Netherlands: estimate of the current disease burden and prognosis for 2025]. *Ned Tijdschr Geneesk* 2009; **153**: A580.
- 142 Bilo HJ, Houweling ST. Toename van het aantal mensen met diabetes mellitus: noodzaak van een deltaplan. *Nederlands Tijdschrift voor Geneeskunde* 2009; **153**(22): 1048.
- 143 Joseph DH, Griffin M, Hall RF, Sullivan ED. Peer coaching: an intervention for individuals struggling with diabetes. *The Diabetes Educator* 2001; **27**(5): 703-710.
- 144 Ruggiero L, Moadsiri A, Butler P, Oros SM, Berbaum ML, Whitman S *et al.* Supporting Diabetes Self-Care in Underserved Populations A Randomized Pilot Study Using Medical Assistant Coaches. *The Diabetes Educator* 2010; **36**(1): 127-131.
- 145 Whittemore R, Melkus GD, Sullivan A, Grey M. A nurse-coaching intervention for women with type 2 diabetes. *The Diabetes Educator* 2004; **30**(5): 795.
- 146 Wolever RQ, Dreusicke M, Fikkan J, Hawkins TV, Yeung S, Wakefield J *et al.* Integrative Health Coaching for Patients With Type 2 Diabetes A Randomized Clinical Trial. *The Diabetes Educator* 2010; **36**(4): 629-639.
- 147 Glasgow RE, Toobert DJ. Brief, computer-assisted diabetes dietary self-management counseling: effects on behavior, physiologic outcomes, and quality of life. *Medical care* 2000; **38**(11): 1062-1073.

- 148 McTigue KM, Conroy MB, Hess R, Bryce CL, Fiorillo AB, Fischer GS *et al.* Using the internet to translate an evidence-based lifestyle intervention into practice. *Telemedicine and e-Health* 2009; **15**(9): 851-858.
- 149 Dale JR, Williams SM, Bowyer V. What is the effect of peer support on diabetes outcomes in adults? A systematic review. *Diabetic Medicine* 2012; **29**(11): 1361-1377.
- 150 Roelofsen, Y., Hendriks, S., Sieverink, F., van Vugt, M., van Hateren, K. J. J., Snoek, F. J., de Wit, M., Gans, R. O. B., Groenier, K. H., van Gemert-Pijnen, J. E. W. C., Kleefstra, N., and Bilo, H. J. G. Use and effects of an interactive online care platform in patients with type 2 diabetes: design of the e-Vita diabetes mellitus study (e-VitaDM-1/ZODIAC-40). In press, 2013.
- 151 Greenhalgh T, Hinder S, Stramer K, Bratan T, Russell J. Adoption, non-adoption, and abandonment of a personal electronic health record: case study of HealthSpace. *BMJ: British Medical Journal* 2010; **341**.
- 152 Osborn CY, Mayberry LS, Mulvaney SA, Hess R. Patient web portals to improve diabetes outcomes: a systematic review. *Current diabetes reports* 2010; **10**(6): 422-435.
- 153 Snoek FJ, Van Der Ven NCW, Twisk JWR, Hogenelst MHE, Tromp-Wever AME, Van Der Ploeg HM *et al.* Cognitive behavioural therapy (CBT) compared with blood glucose awareness training (BGAT) in poorly controlled Type 1 diabetic patients: long-term effects on HbA1c moderated by depression. A randomized controlled trial. *Diabetic Medicine* 2008; **25**(11): 1337-1342.
- 154 van der Ven N, Snoek FJ. Diabetes de baas: ontwikkeling en toepassing van een groepsinterventie, gebaseerd op cognitieve-gedragstherapie voor patiënten met type-i-diabetes. *Directieve therapie* 2001; **21**(2): 87-96.
- 155 Herdman M, Gudex C, Lloyd A, Janssen MF, Kind P, Parkin D *et al.* Development and preliminary testing of the new five-level version of EQ-5D (EQ-5D-5L). *Quality of Life Research* 2011; **20**(10): 1727-1736.
- 156 Walters SJ, Brazier JE. Comparison of the minimally important difference for two health state utility measures: EQ-5D and SF-6D. *Quality of Life Research* 2005; **14**(6): 1523-1532.
- 157 Gerich JE, Smith TS. b-cell defects and pancreatic abnormalities in type 2 diabetes. In Pickup JC, Williams G eds. *Textbook of diabetes*. 3rd edn. Oxford: Blackwell Publishing 2003: 23.1-23.11.
- 158 International Diabetes Federation. *IDF Diabetes Atlas*, 6th edn. Brussels, Belgium: International Diabetes Federation, 2014.
- 159 Barry MJ, Edgman-Levitan S. Shared decision making the pinnacle of patient-centered care. *New England Journal of Medicine* 2012; **366**(9): 780-781.
- 160 Pereira K, Phillips B, Johnson C, Vorderstrasse A. Internet Delivered Diabetes Self-Management Education: A Review. *Diabetes technology & therapeutics* 2015; **17**(1): 55-63.
- 161 Price M, Bellwood P, Kitson N, Davies I, Weber J, Lau F. Conditions potentially sensitive to a Personal Health Record (PHR) intervention, a systematic review. *BMC medical informatics and decision making* 2015; **15**(1): 32.
- 162 Glasgow RE, Bull SS, Piette JD, Steiner JF. Interactive behavior change technology. *American journal of preventive medicine* 2004; **27**(2): 80-87.
- 163 van Vugt M, de Wit M, Hendriks SH, Roelofsen Y, Bilo HJ, Snoek FJ. Web-based self-management with and without coaching for type 2 diabetes patients in primary care: design of a randomized controlled trial. *BMC endocrine disorders* 2013; **13**(1): 53.

References

- 164 Roelofsen Y, Hendriks SH, Sieverink F, Landman GW, Groenier KH, Bilo HJ *et al.* Differences between patients with type 2 diabetes mellitus interested and uninterested in the use of a patient platform (e-VitaDM-2/ZODIAC-41). *Journal of diabetes science and technology* 2014; **8**(2): 230-237.
- 165 Sieverink, F., Braakman-Jansen, L. M. A., Roelofsen, Y, Hendriks, S. H., Sanderman, R., Bilo, H. J. G., and van Gemert-Pijnen, J. E. W. C. The Diffusion of a Personal Health Record for Patients with Type 2 Diabetes Mellitus in Primary Care. *International Journal on Advances in Life Sciences*; 2014; **6**(3 & 4): 177-183.
- 166 Willemse, B, van der Velde, C, and Pot, A. Me-inclusion in ageing Europe: Barriers and needs in ICT use of older people. Trimbos Institute; 20-1-2015
- 167 Fuji KT, Abbott AA, Galt KA. A Qualitative Study of How Patients with Type 2 Diabetes Use an Electronic Stand-Alone Personal Health Record. *Telemedicine and e-Health* 2014.
- 168 Amante DJ, Hogan TP, Pagoto SL, English TM. A systematic review of electronic portal usage among patients with diabetes. *Diabetes technology & therapeutics* 2014; **16**(11): 784-793.
- 169 Schwarzer R, Lippke S, Luszczynska A. Mechanisms of health behavior change in persons with chronic illness or disability: the Health Action Process Approach (HAPA). *Rehabilitation Psychology* 2011; **56**(3): 161.
- 170 Craig P, Dieppe P, Macintyre S, Michie S, Nazareth I, Petticrew M. Developing and evaluating complex interventions: the new Medical Research Council guidance. *Bmj* 2008; **337**.
- 171 Ruwaard J, Kok R. Wild West eHealth: Time to hold our horses? *European Health Psychologist* 2015; **17**(1): 45-49.
- 172 Goudswaard AN, Stolk RP, Zuithoff NPA, De Valk HW, Rutten GEHM. Long-term effects of self-management education for patients with Type 2 diabetes taking maximal oral hypoglycaemic therapy: a randomized trial in primary care. *Diabetic Medicine* 2004; **21**(5): 491-496.
- 173 Nothwehr F, Stump T. Health-promoting behaviors among adults with type 2 diabetes: findings from the Health and Retirement Study. *Preventive medicine* 2000; **30**(5): 407-414.
- 174 Charness N, Boot WR. Aging and information technology use potential and barriers. *Current Directions in Psychological Science* 2009; **18**(5): 253-258.
- 175 Flynn D, Gregory P, Makki H, Gabbay M. Expectations and experiences of eHealth in primary care: a qualitative practice-based investigation. *International journal of medical informatics* 2009; **78**(9): 588-604.
- 176 van Vugt M, de Wit M, Cleijne WHJJ, Snoek FJ. Use of behavioral change techniques in web-based self-management programs for type 2 diabetes patients: systematic review. *J Med Internet Res* 2013; **15**(12): e279.
- 177 Bartholomew LK, Parcel GS, Kok G. Intervention mapping: a process for developing theory and evidence-based health education programs. *Health Education & Behavior* 1998; **25**(5): 545-563.
- 178 Sieverink F, Kelders SM, Braakman-Jansen LM, van Gemert-Pijnen JE. The Added Value of Log File Analyses of the Use of a Personal Health Record for Patients With Type 2 Diabetes Mellitus Preliminary Results. *Journal of diabetes science and technology* 2014; **8**(2): 247-255.
- 179 Wagner EH, Austin BT, Davis C, Hindmarsh M, Schaefer J, Bonomi A. Improving chronic illness care: translating evidence into action. *Health affairs* 2001; **20**(6): 64-78.

- 180 Gorter K, van Bruggen R, Stolk R, Zuithoff P, Verhoeven R, Rutten G. Overall quality of diabetes care in a defined geographic region: different sides of the same story. *Br J Gen Pract* 2008; **58**(550): 339-345.
- 181 Gonzalez JS, Delahanty LM, Safren SA, Meigs JB, Grant RW. Differentiating symptoms of depression from diabetes-specific distress: relationships with self-care in type 2 diabetes. *Diabetologia* 2008; **51**(10): 1822-1825.
- 182 Boulé NG, Haddad E, Kenny GP, Wells GA, Sigal RJ. Effects of exercise on glycemic control and body mass in type 2 diabetes mellitus: a meta-analysis of controlled clinical trials. *Jama* 2001; **286**(10): 1218-1227.
- 183 Rozenfeld Y, Hunt JS, Plauschinat C, Wong KS. Oral antidiabetic medication adherence and glycemic control in managed care. *The American journal of managed care* 2008; **14**(2): 71-75.
- 184 Lustman PJ, Anderson RJ, Freedland KE, De Groot M, Carney RM, Clouse RE. Depression and poor glycemic control: a meta-analytic review of the literature. *Diabetes Care* 2000; **23**(7): 934-942.
- 185 Ismail K, Winkley K, Rabe-Hesketh S. Systematic review and meta-analysis of randomised controlled trials of psychological interventions to improve glycaemic control in patients with type 2 diabetes. *The Lancet* 2004; **363**(9421): 1589-1597.
- 186 Dombrowski SU, Sniehotta FF, Avenell A, Johnston M, MacLennan G, ra+ljo-Soares V. Identifying active ingredients in complex behavioural interventions for obese adults with obesity-related co-morbidities or additional risk factors for co-morbidities: a systematic review. *Health Psychology Review* 2012; **6**(1): 7-32.
- 187 Flemming K, Adamson J, Atkin K. Improving the effectiveness of interventions in palliative care: the potential role of qualitative research in enhancing evidence from randomized controlled trials. *Palliative medicine* 2008; **22**(2): 123-131.
- 188 Kim EH, Stolyar A, Lober WB, Herbaugh AL, Shinstrom SE, Zierler BK *et al*. Challenges to using an electronic personal health record by a low-income elderly population. *Journal of medical Internet research* 2009; **11**(4).
- 189 Ko H, Turner T, Jones C, Hill C. Patient-held medical records for patients with chronic disease: a systematic review. *Quality and Safety in Health Care* 2010; qshc-2009.
- 190 Ronda MC, jkhorst-Oei LT, Gorter KJ, Beulens JW, Rutten GE. Differences between diabetes patients who are interested or not in the use of a patient Web portal. *Diabetes technology & therapeutics* 2013; **15**(7): 556-563.
- 191 Tenforde M, Jain A, Hickner J. The value of personal health records for chronic disease management: what do we know? *Family Medicine-Kansas City* 2011; **43**(5): 351.
- 192 Roelofsen Y, van Vugt M, Hendriks SH, van Hateren KJ, Groenier KH, Snoek FJ *et al*. Demographical, clinical and psychological characteristics of users and non-users of an online platform for T2DM patients (e-VitaDM-3/ZODIAC).
- 193 Whitten PS, Mackert MS. Addressing telehealth's foremost barrier: provider as initial gatekeeper. *International journal of technology assessment in health care* 2005; **21**(04): 517-521.
- 194 Bass AR, Firestone IJ. Implications of representativeness for generalizability of field and laboratory research findings. 1980.
- 195 Levin KA. Study design III: Cross-sectional studies. *Evidence-based dentistry* 2006; **7**(1): 24-25.
- 196 Levin KA. Study design IV: Cohort studies. *Evidence-based dentistry* 2006; **7**(2): 51-52.

References

- 197 Levin KA. Study design VII. Randomised controlled trials. *Evidence-based dentistry* 2007; **8**(1): 22-23.
- 198 Kroenke K, Spitzer RL. The PHQ-9: a new depression diagnostic and severity measure. *Psychiatr Ann* 2002; **32**(9): 1-7.
- 199 Radloff LS. The CES-D scale a self-report depression scale for research in the general population. *Applied psychological measurement* 1977; **1**(3): 385-401.
- 200 Schmitt A, Gahr A, Hermanns N, Kulzer B, Huber J, Haak T. The Diabetes Self-Management Questionnaire (DSMQ): development and evaluation of an instrument to assess diabetes self-care activities associated with glycaemic control. *Health Qual Life Outcomes* 2013; **11**: 138.
- 201 Kwapisz JR, Weiss GM, Moore SA. Activity recognition using cell phone accelerometers. *ACM SigKDD Explorations Newsletter* 2011; **12**(2): 74-82.
- 202 Westerterp KR. Physical activity assessment with accelerometers. *International journal of obesity and related metabolic disorders: journal of the International Association for the Study of Obesity* 1999; **23**: S45-S49.
- 203 Poirier JY, Le Prieur N, Campion L, Guilhem I, Allannic H, Maugendre D. Clinical and statistical evaluation of self-monitoring blood glucose meters. *Diabetes Care* 1998; **21**(11): 1919-1924.
- 204 Kalichman SC, Amaral CM, Stearns H, White D, Flanagan J, Pope H *et al.* Adherence to antiretroviral therapy assessed by unannounced pill counts conducted by telephone. *J Gen Intern Med* 2007; **22**(7): 1003-1006.
- 205 Weinman J, Petrie KJ, Moss-Morris R, Horne R. The illness perception questionnaire: a new method for assessing the cognitive representation of illness. *Psychology and Health* 1996; **11**(3): 431-445.
- 206 Streiner DL. Starting at the beginning: an introduction to coefficient alpha and internal consistency. *Journal of personality assessment* 2003; **80**(1): 99-103.
- 207 Giacomini MK, Cook DJ, Evidence-Based Medicine Working Group. Users' guides to the medical literature: XXIII. Qualitative research in health care A. Are the results of the study valid? *Jama* 2000; **284**(3): 357-362.

