

## Appendice 1: Barriers to Self-Care

Core Codes	Secondary Codes	Primary Codes
Financial Barriers	Economic Problems	<p>Economic issues are important, but they haven't caused me any problems.</p> <p>I didn't have the money to get my tests done on time.</p> <p>Sometimes, due to financial issues, I couldn't visit the doctor.</p> <p>I enjoy exercising, but going to the gym requires money, and the lack of funds prevents me from doing so.</p> <p>Economic issues are very important and act as a barrier to self-care.</p> <p>Economic issues are very significant</p> <p>Economic issues are important both in treatment and in worsening the disease</p> <p>I have financial problems, and this itself is a barrier to self-care.</p> <p>Cost is also a factor in self-care</p> <p>Economically, it's not feasible for me to visit the doctor.</p> <p>Sometimes, due to financial constraints, I can't visit the doctor and even have to avoid buying medication.</p> <p>Economic issues are also important.</p> <p>Economic issues have an impact</p>
Educational Barriers	Lack of Awareness	<p>I didn't know how much physical activity mattered; I wasn't aware at first.</p> <p>Lack of knowledge and awareness makes me less careful.</p> <p>I don't have much understanding of this disease.</p> <p>Initially, I had no knowledge or awareness about diabetes.</p> <p>The lack of control was due to insufficient information</p> <p>I was very proactive in gathering information about this disease through social media, reading books, and asking doctors.</p> <p>I had some knowledge, but not as much as when I became directly involved.</p> <p>I wasn't fully aware of the complications and problems caused by diabetes.</p> <p>Lack of information and awareness is the biggest barrier to self-care.</p> <p>At first, when I didn't know how to manage it, I was hospitalized often, but as my understanding grew, I stopped being hospitalized.</p> <p>The most important factor for the lack of self-care was the absence of information.</p>

		<p>Initially, I wasn't very familiar with the complications of diabetes.</p> <p>At first, I didn't take care of myself because my information was incomplete; there were things I didn't know.</p> <p>Because my understanding of the disease wasn't complete, I didn't take care of myself as I should have.</p> <p>In the beginning, I didn't manage it properly due to a lack of information.</p> <p>I wasn't aware at first; I used to wonder what blood sugar was and didn't take medications seriously.</p> <p>I lacked information and awareness, which made me unsure of what to do</p> <p>Lack of information about this disease.</p> <p>Increasing awareness in this area could be helpful.</p> <p>Healthcare providers should offer educational programs, openly discuss complications, and provide stress management training.</p> <p>If I had sufficient information, I would take better care of myself.</p> <p>At first, my knowledge was limited, and I consumed sour and salty foods.</p> <p>Confusion about the disease and lack of information are barriers to self-care.</p> <p>I have a family history, but I thought I wouldn't get it because I'm young, which was due to a lack of information.</p> <p>I tried to increase my knowledge by studying and asking questions from people who had diabetes.</p> <p>I had no understanding of this disease</p> <p>I gathered information from the virtual world.</p> <p>Lack of awareness is the most significant barrier to managing this disease.</p>
Educational Barriers	Lack of Proper Education	<p>I didn't receive any education.</p> <p>If I had been educated, I would have taken better care of myself. I only asked nurses questions when I was hospitalized.</p> <p>The disease hadn't caused me any problems, but if someone had educated me and explained its complications, I would have taken better care</p> <p>The doctor educated me, and I learned some things through experience.</p> <p>Providing education can greatly help them.</p> <p>I read books and brochures; when I was in the hospital, I asked the nurses.</p> <p>I didn't receive any education.</p>

		<p>There's a need to raise awareness through media or other means so people know how to calm themselves and what foods to eat.</p> <p>I gathered information from the virtual world, brochures, TV, and others' experiences because no education was provided. If they receive education that can be applied in life, it would be very helpful.</p> <p>I didn't receive any education, and this led to my inability to manage the disease.</p> <p>Providing education and information to patients is essential.</p> <p>Most importantly, raising awareness and providing information is key. They should teach patients how to manage their stress.</p> <p>Gradually, I understood what kind of disease this is because I hadn't received any education about it.</p>
Psychological Barriers	Stubbornness	<p>When I get stubborn or the doctor doesn't treat me well, I don't take my medications—I only take insulin.</p> <p>I got upset by their reminders and became stubborn, eating even more.</p> <p>Sometimes I get stubborn.</p> <p>Sometimes out of stubbornness, I eat certain things. I don't like being reminded; it embarrasses me, and this makes me stubborn, reducing my self-care.</p> <p>Often, I get stubborn with myself and don't take my medications.</p> <p>Stubbornness, impatience, and neglect.</p> <p>If someone reminds me, I get stubborn and sometimes eat even more.</p> <p>Yes, sometimes when they remind me, out of stubbornness, I eat everything.</p> <p>When I'm stressed, I give up and say, "To hell with it, let me relax."</p>
Psychological Barriers	Perception of the Disease	<p>I had heard that the disease is very bad and affects the body's organs.</p> <p>I thought it was a disease that could be cured after some time.</p> <p>I had no understanding of this disease; I only called it a "silent killer."</p> <p>Since I had studied this disease to some extent, I knew it was incurable and could only be managed.</p> <p>This is a dangerous disease with many complications.</p> <p>It's a poisonous disease that gradually destroys internal organs, causing eye problems, high blood pressure, heart issues, and occasional wounds.</p>

		<p>It's a dangerous disease that can lead to amputation and even death.</p> <p>This is a silent disease.</p> <p>After they told me it's a silent disease and that it can harm you if not controlled, I took it seriously.</p> <p>In my opinion, this disease destroys a person.</p> <p>It's a silent disease; it harms you without you realizing it.</p> <p>It's a dangerous disease, like a melting candle that gradually destroys the body.</p> <p>If not controlled, it can lead to many problems like strokes, becoming bedridden, and awaiting death.</p> <p>Diabetes is a very dangerous disease.</p> <p>It's very dangerous because it's silent; you don't feel any specific pain.</p> <p>I'm mostly preoccupied with the fact that I've lost weight, become unattractive, and what others think of me now.</p>
Psychological Barriers	Rumination	<p>almost always think about it unless I'm distracted and don't think about it</p> <p>I'm constantly preoccupied with thoughts of becoming paralyzed, going blind, kidney damage, or foot wounds. These thoughts hinder my self-care, and my mind is always occupied.</p> <p>This mental worry is always with me.</p> <p>During the day, my mind might be occupied with this problem for 3-4 hours.</p> <p>Preoccupation becomes a barrier to self-care.</p> <p>My biggest worry and mental preoccupation is the thought of losing my foot.</p> <p>I'm worried it might affect my eyes and kidneys; it's become a mental burden for me.</p> <p>Sometimes I think about it, but I try not to convince myself that I'm sick because it makes me feel worse.</p> <p>Mental preoccupation truly hinders self-care.</p> <p>Previously, my mind was very occupied with this disease; every symptom would deeply preoccupy me.</p> <p>Yes, I don't want some people to know because they might be happy about my condition.</p>
Psychological Barriers	Guilt	<p>I told myself, "I've grown old; I have to take care of myself like an old woman. What kind of disease is this that I've gotten? What did I do to deserve this?"</p> <p>Feelings of guilt and being a burden.</p> <p>Sometimes it gets so bad that I wish I were dead, but I'm forced to take insulin.</p>

		<p>I feel like I'm paying the price (it's God's punishment). They say, "Who knows what sin they committed to end up like this?"</p> <p>Yes, I don't want some people to know because they might be happy about my condition.</p>
Psychological Barriers	Hopelessness	<p>Sometimes the pressure and stress of life make me give up. Fatigue and sadness make it hard to continue. It has often happened that I complain about everything.</p> <p>I was hopeless; my stress and anxiety were high. Psychologically, I wasn't well; I had lost hope. For a while, I was depressed, didn't take my medications, and thought it would be better to die. I don't think about it much because things get worse. Mentally, I feel lethargic and unmotivated. Because they said if I don't take care, my blood sugar will drop, and I don't have the same energy and joy as before</p>
Social Barriers	Reminders from Others	<p>When people around me remind me, I get upset. I got upset by their reminders, and it bothered me Sometimes their attention annoys me. I got upset by their reminders and became stubborn, eating even more.</p> <p>Sometimes their excessive reminders make me nervous. Their reminders irritate me and make me lose my temper. Sometimes I get very tired, and the behavior of those around me makes me give up. Sometimes my wife's nagging and reminders make me nervous.</p> <p>My family reminds me, and sometimes it bothers me, especially when we're at a gathering. I like it when they pay attention to me, but I don't like it when they nag me in certain situations. When they are too strict with me, I get upset. It's better if those around me don't remind me.</p>
Social Barriers	Social Interactions	<p>It's better if people around me speak to me in the right tone. Sometimes I don't like it and say, "I know what I'm doing." People around me comment on my appearance, saying I've become thin and unattractive, and some think I have cancer. At first, I hid it from my mom and begged her not to tell anyone. I didn't want people to say I'm sick. In some gatherings, I didn't say I have diabetes; I was embarrassed.</p>

		<p>I didn't want people to pity me and call me a poor sick person.</p> <p>It has also affected my relationships.</p> <p>I used to hide it, especially injecting insulin. I didn't have a good view of it, so when I went to gatherings, I either didn't inject or did it secretly.</p> <p>People around me irritate me.</p> <p>It's great if people around me are considerate.</p> <p>I was really bothered by the behavior of those around me—their pity and sarcastic remarks.</p> <p>Sometimes when I injected insulin, I felt bad, so I was worried about feeling unwell in gatherings.</p> <p>Of course, the behavior of those around me is very influential.</p> <p>Even after years, when I enter a new place, I don't say I have diabetes.</p> <p>Sometimes I don't like people around me knowing and pitying me, so in certain situations, I don't say I have diabetes.</p>
Social Barriers	Family Factors	<p>My husband is sensitive, and this has made me walk less; I need his support.</p> <p>Sometimes my husband says things that make me feel like he's criticizing or patronizing me, and he should support me more.</p> <p>I don't have time, and my family doesn't support me.</p> <p>Sometimes the family environment is such that it causes embarrassment, like when my mother-in-law found out, she was afraid it might be contagious.</p> <p>When I have problems with my family, I end up eating things I shouldn't.</p> <p>Family issues.</p>
Individual Barriers	Negligence	<p>I didn't care at all; I didn't take care of myself. I've had diabetes for 15 years, but in the first two years, I didn't take any medication.</p> <p>I wasn't worried and didn't pay much attention to it.</p> <p>I was young and not very disciplined; I thought because I was young, nothing would happen to me.</p> <p>It's the most dangerous disease, but because I wasn't aware at first, I didn't take it seriously.</p> <p>I was careless.</p> <p>I'm very laid-back.</p> <p>I don't check my blood sugar regularly.</p> <p>We have a family history, but I thought because I'm young, I wouldn't get it.</p> <p>I don't remember the last time I checked my blood sugar.</p> <p>It's been a year since I last saw a doctor; I didn't feel like going.</p> <p>I'm upset that I got sick, but I'm also lazy.</p>

<p>Lack of Patience with Treatment</p>		<p>I don't monitor my blood sugar. I didn't care; I was indifferent. Despite everything, I'm still indifferent. The first time my foot got wounded, I took care of it for a while, but after some time, I stopped caring. When you're sad and upset, you give up on everything. I've become impatient I'm impatient and don't have the patience to take care of myself. Sometimes life's busyness and worries make me give up. Sadness, mental preoccupation, and work issues sometimes make you neglect self-care. I don't have the patience. I wish someone would force me to go to the doctor. I don't go for check-ups on time. I'm indifferent; I don't have the patience. I'm careless. Despite being aware of the complications, I'm still indifferent. The first time my foot got wounded, I took care of it for a while, but after some time, I stopped caring. I'm careless and indifferent about taking care of myself. I changed doctors every few years because my blood sugar wasn't controlled. I've seen many doctors. After my foot got wounded, I changed my doctor, and they started me on insulin. I haven't changed doctors much because I'm sure changing doctors makes things worse. I used to take pills, but it wasn't controlled, so they switched me to insulin, but it still wasn't well controlled, so I changed my doctor again. I try to stay active, but because my foot hurts, I can't walk much.</p>
<p>Lack of Physical Activity</p>		<p>Unfortunately, I don't do any specific exercise, but I try to walk. I don't have any physical activity or exercise. Now I take much better care of myself, but I don't exercise. I don't have any physical activity. I try to walk from now on. My job doesn't involve much physical activity. I work less and sleep more.</p>

Desire to Fit In		<p>I don't have a regular exercise routine and am inactive. If you don't have physical activity, the disease gets worse.</p> <p>I don't walk regularly.</p> <p>I don't exercise, but they say exercise has a big impact. I don't walk, but I've decided to start walking from now on to improve my health.</p> <p>I try to stay active, but because my foot hurts, I can't walk much.</p> <p>I try to eat whatever is there, like everyone else.</p> <p>I want to blend in with the crowd.</p> <p>When I go to gatherings, I eat like everyone else and have sweets.</p> <p>I don't take care at all and want to be like others at parties.</p>
Dietary and Treatment Habits	Self-Treatment	<p>I've tried herbal treatments, but they didn't work.</p> <p>I've used various types of medicinal herbs.</p> <p>I went to a herbalist, and they gave me medicine. I stopped taking insulin, and it was really good.</p> <p>I've tried some herbs that people said were good.</p>
Lack of Dietary Control		<p>I've also tried herbal treatments, but they weren't very effective.</p> <p>I've used herbal treatments as well.</p> <p>I'm into herbal treatments, but I think they cause problems.</p> <p>I drink herbal tea at 6 a.m.</p> <p>I use various herbal teas.</p> <p>I eat all kinds of food, but much less than before.</p> <p>I don't follow a proper diet, and I never have.</p> <p>I have cravings and can't control myself.</p> <p>When they put food in front of me, I can't control myself.</p>
Skipping Breakfast		<p>I never used to eat breakfast.</p> <p>I don't have a good diet and don't eat breakfast.</p> <p>Sometimes I don't eat anything until lunch</p> <p>I don't follow a proper diet.</p> <p>I don't eat meals on time, especially breakfast.</p>