Screening and recruitment of patients with T2DM according to inclusion and exclusion criteria

- Did not meet the inclusion & exclusion criteria → Rejected

- Met the inclusion and exclusion criteria

- Consented to the study

Baseline data collection
- Socio-demographic information, medical condition, dietary assessment, KAB, physical measurements and biomarkers

Baseline data collection → Randomisation

Randomisation
- control group: Continue with standard diabetes care at the outpatient clinic
- e-intervention group: Receive stage-specific dietary intervention via the website + standard care at the outpatient clinic

Content development

Content development → Development of a prototype website

Development of a prototype website → Pilot testing the usability of the prototype website

Pilot testing the usability of the prototype website → myDIDeA

Data analysis

Data analysis → Post-intervention data collection at 6th-month

Post-intervention data collection at 6th-month
- Dietary assessment, KAB, SOC, physical measurements and biomarkers

Follow-up data collection at 12th-month
- Dietary assessment, KAB, SOC, physical measurements and biomarkers