Patients with type 2 diabetes in 4 participating health regions

Recruitment methods
• Health Professionals
• Letters
• Word of mouth
• Patients associations
• Media

Exclusion criteria
• People aged 80 years old or older
• Patients with a mental disorder associated with a loss of a sense of reality
• Patients with comorbidities that might impede their participation in the course

Patients who have signed the informed consent

Baseline measurements

300 patients take part in the "SDSMP"

300 patients receive usual care in their health centre

Patients who abandon the study

2nd assessment: 6 months after the end of the programme

Patients who abandon the study

3rd assessment: 12 months after the end of the programme

Patients who abandon the study

4th assessment: 24 months after the end of the programme

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Patients who abandon the study