Short-term phase: Psycho-education vs. physical activity vs. screening with treatment as usual within 8 weeks

Screening
- Exclusion criteria
- Informed consent

Randomisation

**T0: Baseline data**
- Depression
- Diabetes-related distress
- Self-care behaviours
- Health-related quality of life
- Physical activity level
- Medical status
- HbA1c, lipids, albumin/creatinine ratio, BP, BMI, WHR
- Insulin, HOMA-2IR, 8-OH-guanine, MDA, CRP-HS, sialic acid, uric acid, CBC-5DIFF
- Pain self-assessment
- Psychosocial history

Depression screening followed by diabetes treatment as usual

Psycho-education

**T1: post-treatment**
- Depressive symptoms
- Diabetes-related distress
- Self-care behaviours
- Health-related quality of life
- Physical activity level
- HbA1c, lipids, albumin/creatinine ratio, BP, BMI, WHR
- Pain self-assessment
- Patient enablement

**T2: 6-month follow-up**
- Depressive symptoms
- Diabetes-related distress
- Self-care behaviours
- Health-related quality of life
- Physical activity level
- HbA1c, lipids, albumin/creatinine ratio, BP, BMI, WHR
- Insulin, HOMA-2IR, 8-OH-guanine, MDA, CRP-HS, sialic acid, uric acid, CBC-5DIFF
- Pain self-assessment

**T3: 12-month follow-up**
- Major depressive disorder/dysthymia
- Depressive symptoms
- Diabetes-related distress
- Self-care behaviours
- Health-related quality of life
- Physical activity level
- HbA1c, lipids, albumin/creatinine ratio, BP, BMI, WHR
- Insulin, HOMA-2IR, 8-OH-guanine, MDA, CRP-HS, sialic acid, uric acid, CBC-5DIFF
- Pain self-assessment