

Table 1 Sociodemographic and disease-related characteristics of diabetic patients

Socio-demographic data		Total [No. (%)]	Male [No. (%)]	Female [No. (%)]	P value
Age in years (median, inter-quartile range)		58 (12.0)	60 (10.8)	55 (10.0)	< 0.001*
Nationality	Saudi	254 (94.4)	77 (91.7)	177 (95.7)	0.25
	Non-Saudi	15 (5.5)	7 (8.3)	8 (4.3)	
Education	Illiterate	38 (14.1)	2 (2.4)	36 (19.5)	< 0.001*
	Primary school	46 (17.1)	10 (11.9)	36 (19.5)	
	Middle and high school	81 (30.1)	24 (28.6)	57 (30.8)	
	University and higher education	104 (38.7)	48 (57.1)	56 (30.3)	
Marital status	Single	13 (4.8)	1 (1.2)	12 (6.5)	< 0.001*
	Married	208 (77.3)	81 (96.4)	127 (68.6)	
	Divorced	12 (4.5)	0	12 (6.5)	
	Widow	36 (13.4)	2 (2.4)	34 (18.4)	
Income	More than enough	28 (10.4)	15 (17.9)	13 (7.0)	0.001*
	Enough	207 (77)	53 (63.1)	154 (82.2)	
	Not enough	34 (12.6)	16 (19.0)	18 (9.7)	
Employment status	Unemployed	187 (69.5)	54 (64.3)	133 (71.9)	0.21
	Employed	82 (30.5)	30 (35.7)	52 (28.1)	
Regular physical activity	No	102 (37.9)	24 (28.6)	78 (42.2)	0.03*
	Yes	167 (62.1)	60 (71.4)	107 (57.8)	
Smoking status	Non-smoker	233 (86.6)	52 (61.9)	181 (97.8)	< 0.001*
	Ex-smoker	10 (3.7)	9 (10.7)	1 (0.5)	
	Current smoker	26 (9.7)	23 (27.4)	3 (1.6)	
Disease-related characteristics		Total [No. (%)]	Male [No. (%)]	Female [No. (%)]	P value
Diabetes type	Type 1	34 (12.6)	11 (13.1)	23 (12.4)	0.88
	Type 2	235 (87.4)	73 (86.9)	162 (87.6)	
Duration of diabetes (years)	< 10 years	115 (42.8)	32 (38.1)	83 (44.9)	0.58
	10–19 years	81 (30.1)	27 (32.1)	54 (29.2)	
	≥ 20 years	73 (27.1)	25 (29.8)	48 (25.9)	
Treatment adherence	No	23 (8.6)	9 (10.7)	14 (7.6)	0.39
	Yes	246 (91.4)	75 (89.3)	171 (92.4)	
Blood glucose self-monitoring frequency	Not daily	159 (59.1)	49 (58.3)	110 (59.5)	0.86
	At least once daily	110 (40.9)	35 (41.7)	75 (40.5)	
HbA1C monitoring frequency	At least once every 3 months	226 (84)	69 (82.1)	157 (84.9)	0.57
	More than every 3 months	43 (16)	15 (17.9)	28 (15.1)	
Diabetes control	Uncontrolled	173 (68.1)	55 (70.5)	118 (67)	0.58
	Controlled	81 (31.9)	23 (29.5)	58 (33)	
HbA1C (median, interquartile range)		7.20 (2.2)	7.20 (2)	7.15 (2.1)	0.64
Diabetes complications	No complications	64 (23.8)	31 (36.9)	33 (17.8)	0.001*
	≥1 complication	205 (76.2)	53 (63.1)	152 (82.2)	
Neurological complications	No	131 (48.7)	51 (60.7)	80 (43.2)	0.008*
	Yes	138 (51.3)	33 (39.3)	105 (56.8)	
Visual complications	No	116 (43.1)	53 (63.1)	63 (34.1)	<0.001*
	Yes	153 (56.9)	31 (36.9)	122 (65.9)	
Renal complications	No	251 (93.3)	80 (95.2)	171 (92.4)	0.39
	Yes	18 (6.7)	4 (4.8)	14 (7.6)	
Diabetic foot	No	250 (92.2)	76 (90.5)	174 (94.1)	0.29
	Yes	19 (7.1)	8 (9.5)	11 (5.9)	
Cardiac complications	No	239 (88.8)	73 (86.9)	166 (89.7)	0.50
	Yes	30 (11.2)	11 (13.1)	19 (10.3)	
Dyslipidaemia	Normal lipid profile	28 (10.5)	8 (9.6)	20 (10.9)	0.76
	Abnormal lipid profile	239 (89.5)	75 (90.4)	164 (89.1)	
Hypertension	Normotensive	105 (39)	30 (35.7)	75 (40.5)	0.45
	Hypertensive	164 (61)	54 (64.3)	(9.5)	

*Significant, HbA1C: haemoglobin A1C, p-value obtained using the chi-square test (at a 95% significance level) for categorical variables and independent t-test (95% CI) for numerical variables.