

Table 2 Associations between diabetes-related distress subscales and socio-demographic and disease-related characteristics (bivariate analysis)

Socio-demographic data		Diabetes-related distress subscales									
		Emotional burden		Physician-related distress		Regimen-related distress		Interpersonal distress		Total diabetes-related distress	
		N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)	N (%)
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Age (years)		58 (8.5)	57 (12)	59 (9)	57 (12)	58 (9)	58 (12)	58 (9.5)	58 (12)	58 (7.5)	57.5 (12)
P-value		0.43		0.06		0.96		0.12		0.29	
Gender	Male	11 (13.1)	73 (86.9)	17 (20.2)	67 (79.8)	18 (21.4)	66 (78.6)	10 (11.9)	74 (88.1)	10 (11.9)	74 (88.1)
	Female	31 (16.8)	154 (83.2)	23 (12.4)	162 (87.6)	43 (23.2)	142 (76.8)	18 (9.7)	167 (90.3)	23 (12.4)	162 (87.6)
P-value		0.44		0.10		0.74		0.59		0.90	
Nationality	Saudi	39 (15.4)	215 (84.6)	38 (15)	216 (85)	58 (22.8)	196 (77.2)	26 (10.2)	228 (89.8)	30 (11.8)	224 (88.2)
	Non-Saudi	3 (20)	12 (80)	2 (13.3)	13 (86.7)	3 (20)	12 (80)	2 (13.3)	13 (86.7)	3 (20)	12 (80)
P-value		0.63		0.86		0.80		0.70		0.35	
Education	Illiterate	8 (21.1)	30 (78.9)	7 (18.4)	31 (81.6)	9 (23.7)	29 (76.3)	3 (7.9)	35 (92.1)	7 (18.4)	31 (81.6)
	Primary school	9 (19.6)	37 (80.4)	7 (15.2)	39 (84.8)	15 (32.6)	31 (67.4)	4 (8.7)	42 (91.3)	8 (17.4)	38 (82.6)
	Middle/high school	14 (17.3)	67 (82.7)	12 (14.8)	69 (85.2)	18 (22.2)	63 (77.8)	11 (13.6)	70 (86.4)	10 (12.3)	71 (87.7)
	University and higher education	11 (10.6)	93 (89.4)	14 (13.5)	90 (86.5)	19 (18.3)	85 (81.7)	10 (9.6)	94 (90.4)	8 (7.7)	96 (92.3)
P-value		0.31		0.91		0.29		0.72		0.21	
Marital status	Single	0	13 (100)	0	13 (100)	2 (15.4)	11 (84.6)	1 (7.7)	12 (92.3)	0	13 (100)
	Married	32 (15.4)	176 (84.6)	31 (14.9)	177 (85.1)	46 (22.1)	162 (77.9)	21 (10.1)	187 (89.9)	25 (12)	183 (88)
	Divorced	2 (16.7)	10 (83.3)	1 (8.3)	11 (91.7)	3 (25)	9 (75)	1 (8.3)	11 (91.7)	1 (8.3)	11 (91.7)
	Widow	8 (22.2)	28 (77.8)	8 (22.2)	28 (77.8)	10 (27.8)	26 (72.2)	5 (13.9)	31 (86.1)	7 (19.4)	29 (80.6)
P-value		0.31		0.26		0.80		0.90		0.29	
Employment status	Unemployed	26 (13.9)	161 (86.1)	30 (16)	157 (84)	43 (23)	144 (77)	20 (10.7)	167 (89.3)	23 (12.3)	164 (87.7)
	Employed	16 (19.5)	66 (80.5)	10 (12.2)	72 (87.8)	18 (22)	64 (78)	8 (9.8)	74 (90.2)	10 (12.2)	72 (87.8)
P-value		0.24		0.41		0.85		0.82		0.98	
Regular physical activity	No	20 (19.6)	82 (80.4)	21 (20.6)	81 (79.4)	29 (28.4)	73 (71.6)	14 (13.7)	153 (91.6)	18 (17.6)	84 (82.4)
	Yes	22 (13.2)	145 (86.8)	19 (11.4)	148 (88.6)	32 (19.2)	135 (80.8)	14 (8.4)	88 (86.3)	15 (9)	152 (91)
P-value		0.16		0.04*		0.08		0.16		0.04*	
Smoking status	Non-smoker	36 (15.5)	197 (84.5)	34 (14.6)	199 (85.4)	53 (22.7)	180 (77.3)	23 (9.9)	210 (90.1)	28 (12)	205 (88)
	Smoker	6 (16.7)	30 (83.3)	6 (16.7)	30 (83.3)	8 (22.2)	28 (77.8)	5 (13.9)	31 (86.1)	5 (13.9)	31 (86.1)
P-value		0.85		0.75		0.94		0.46		0.75	