

**eFigure 1**. **The conceptual path model for the affection of social support to quality of life;** In a simple mediation model, the impact of X on Y is considered a total effect (path c), interpreted as the expected amount by which two cases that differ by one unit on X are expected to differ on Y, which may occur directly or indirectly. Bias-corrected confidence intervals that did not include 0 were considered significant for the indirect effect of the X on Y was a mediator. The direct effect of X (path c′) is interpreted as the part of the effect of X on Y that is independent of the pathway through M. The indirect effect (a\*b) is interpreted as the amount by which two cases who differ by one unit on X are expected to differ on Y through X’s effect on M, which in turn affects Y. This is the test of mediation (the effect of X on Y through M) or the difference between the total and direct effects (a\*b = c − c′). a1 and a2 = specific indirect effects of X on M1 and M2; a3 = specific indirect effect of M1 on M2; b1 and b2 = specific indirect effects of M1 and M2 on Y; c′ = direct effect of X on Y controlling for M1 and M2; a1\*b1 and a2\*b2 = specific indirect effects of M1 and M2; a1\*a3\*b2 = conditional indirect effect of M1 and M2.

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**eFigure 2. Selections of specific Social Support.**

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**eFigure 3. Selections of specific self-management items.**

**eTable 1** **Self-management and social support ratings.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | *Mean* | Bad | Medium | Good |
| **Self-management behavior** |  | 66.32 |  |  |  |
| SM\_A | Diet control management | 66.66## | 219(38.4%) | 260(45.5%) | 92(16.1%) |
| **SM\_B** | Exercise management | **66.50##** | **347(60.8%)** | 191(33.5%) | 33(5.8%) |
| SM\_C | Medication management | 68.82## | 207(36.3%) | 146(25.6%) | 218(38.2%) |
| **SM\_D** | blood glucose monitoring management | **63.31##** | **286(50.1%)** | 174(30.5%) | **111(19.4%)** |
| **SM\_E** | Foot Care | **65.79##** | **224(39.2%)** | 228(39.9%) | 119(20.8%) |
| **SM\_F** | Hypo/hyper glycaemia management | 67.41## | **233(40.8%)** | 159(27.8%) | 179(31.3%) |
| **Social support** |  |  |  |  |  |
| SS\_A | Family support | 14.75±2.99 | **122(21.4%)** | -- | 449(78.6%) |
| SS\_B | Friend support | 14.34±2.98 | **137(24.0%)** | -- | 434(76.0%) |
| SS\_C | Else support | 14.31±3.01 | **145(25.4%)** | -- | 426(74.6%) |

*Notes*: ## deal with the score index and the standard score, and the value stands for the standard score of each dimensive.

**eTable 2 Correlation matrix and distribution of study variables (Predictor, Mediating, and Criterion Variables, N=571).**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | QOL | QOL\_A | QOL\_B | QOL\_C | QOL\_D | QOL\_E | SM | SM\_A | SM\_B | SM\_C | SM\_D | SM\_E | SM\_F | FPG | SS | SS\_A | SS\_B | SS\_C |
| QZ | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SM | **0.369\*\*** | 0.344\*\* | 0.307\*\* | 0.333\*\* | 0.284\*\* | 0.286\*\* | 1 |  |  |  |  |  |  |  |  |  |  |  |
| FPG | **-0.451\*\*** | -0.394\*\* | -0.405\*\* | -0.395\*\* | -0.345\*\* | -0.378\*\* | **-0.322\*\*** | -0.272\*\* | -0.247\*\* | -0.189\*\* | -0.241\*\* | -0.303\*\* | -0.287\*\* | 1 |  |  |  |  |
| SS | **0.390\*\*** | 0.342\*\* | 0.330\*\* | 0.355\*\* | 0.297\*\* | 0.330\*\* | **0.323\*\*** | 0.370\*\* | 0.248\*\* | 0.229\*\* | 0.177\*\* | 0.237\*\* | 0.240\*\* | **-0.289\*\*** | 1 |  |  |  |
| *M* | -29.25 | **-6.36** | **-6.12** | **-8.67** | -4.76 | -3.34 | 86.21# | 20.00# | **13.30**# | **10.32**# | **12.66#** | 16.45# | **13.48**# | 7.38 | 43.40 | 14.75 | 14.34 | 14.31 |
| *SD* | 24.41 | 6.84 | 6.21 | 7.62 | 4.45 | 3.32 | 17.51 | 5.20 | 3.58 | 2.67 | 3.18 | 3.75 | 3.26 | 2.51 | 8.41 | 2.99 | 2.98 | 3.01 |

*Note.* SM\_A = diet control management, SM\_B = exercise management, SM\_C = medication management, SM\_D = blood glucose monitoring management, SM\_E = foot Care, and SM\_F = hypo/hyper glycaemia management; QOL\_A = activity domain, QOL\_B = emotion domain, QOL\_C = psychological feeling domain, QOL\_D = family burden domain, and QOL\_E = diet domain; SS\_A = family support, SS\_B = friend support, and SS\_C = else support; # stands for the actual total score of each dimension of self-management behavior.

和非正式老年人相比，社会支持水平低。邓蓉

**eTable 3 Regression Results for Mediation (Model 1) .**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Path | B | SE | t | *P* |
| a1 | 0.329 | 0.043 | 7.664 | \*\*\* |
| a2 | -0.186 | 0.040 | -4.662 | \*\*\* |
| a3 | -0.260 | 0.043 | -5.995 | \*\*\* |
| b1 | 0.422 | 0.093 | 4.532 | \*\*\* |
| b2 | -0.697 | 0.090 | -7.747 | \*\*\* |
| c’ | 0.496 | 0.085 | 5.834 | \*\*\* |
| c | 0.824 |  |  |  |

*Note*. c=c’+a1b1+a2b2+a1a3b2, \*\*\*p<0.001.