

DAFTAR PUSTAKA

- Abate, T. W., Tareke, M., Abate, S., Tegenaw, A., Birhanu, M., Yirga, A., Tirfie, M., Genanew, A., Gedamu, H., & Ayalew, E. (2022). Level of dietary adherence and determinants among type 2 diabetes population in Ethiopian: A systemic review with meta-analysis. *PloS One*, 17(10), e0271378. <https://doi.org/10.1371/journal.pone.0271378>
- Adhikari, M., Devkota, H. R., & Cesuroglu, T. (2021). Barriers to and facilitators of diabetes self-management practices in Rupandehi, Nepal- multiple stakeholders' perspective. *BMC Public Health*, 21(1), 1269. <https://doi.org/10.1186/s12889-021-11308-4>
- Agrimon, O. H. (2014). Exploring the Feasibility of Implementing Self-Management and Patient Empowerment through a Structured Diabetes Education Programme in Yogyakarta City Indonesia: A Pilot Cluster Randomised Controlled Trial. *The University of Adelaide*, July, 1–24. <https://digital.library.adelaide.edu.au/dspace/bitstream/2440/87696/8/02whole.pdf>
- Ahmadpour S, et al. (2012). Pathophysiology and complications of aortic dissection. In *Nippon Geka Gakkai zasshi* (Vol. 97, Issue 10).
- Alaofè, H., Hounkpatin, W. A., Djrolo, F., Ehiri, J., & Rosales, C. (2021). Knowledge, attitude, practice and associated factors among patients with type 2 diabetes in Cotonou, Southern Benin. *BMC Public Health*, 21(1), 1–12. <https://doi.org/10.1186/s12889-021-10289-8>
- Alexandridis, G., Symeonidou, I., Tzetzis, D., Kakoulis, K., & Kyratsis, P. (2016). An integrated workflow of biomimetic design, material selection and computer aided engineering. *Academic Journal of Manufacturing Engineering*, 14(4), 12–18.
- Aljahdali, A. A., & Bawazeer, N. M. (2022). Dietary patterns among Saudis with type 2 diabetes mellitus in Riyadh: A cross-sectional study. *PLoS ONE*, 17(5 May), 1–14. <https://doi.org/10.1371/journal.pone.0267977>
- Allen-Taylor, M., Ryan, L., Winkley-Bryant, K., & Upsher, R. (2021). Exploring the Experiences and Perspectives of Insulin Therapy in Type 2 Diabetes via Online UK Diabetes Health Forums: A Qualitative Thematic Analysis of Threads. (Preprint). *JMIR Diabetes*, 7. <https://doi.org/10.2196/34650>
- ALSharit, B. A., & Alhalal, E. A. (2022). Effects of health literacy on type 2 diabetic patients' glycemic control, self-management, and quality of life. *Saudi Medical Journal*, 43(5), 465–472. <https://doi.org/10.15537/smj.2022.43.5.20210917>
- Alshehri, F., & Alshaikh, F. (2021). Exploring the constituent elements of a successful mobile health intervention for prediabetic patients in King Saud University Medical City Hospitals in Saudi Arabia: Cross-sectional study. *JMIR Formative Research*, 5(7), 1–22. <https://doi.org/10.2196/22968>
- Animaw, W., & Seyoum, Y. (2017). Increasing prevalence of diabetes mellitus in a developing country and its related factors. *PLoS ONE*, 12(11), 1–11. <https://doi.org/10.1371/journal.pone.0187670>
- Arsendatama, A. F. (2016). *Professional Coach Certification Program Professional Coach Certification Program Becoming Professional Coach with 11 ICF Competencies*.
- Azar, K. M. J., Koliwad, S., Poon, T., Xiao, L., Lv, N., Griggs, R., & Ma, J. (2016). The

- electronic cardiometabolic program (eCMP) for patients with cardiometabolic risk: A randomized controlled trial. *Journal of Medical Internet Research*, 18(5), 1–13.
<https://doi.org/10.2196/jmir.5143>
- Barnes, P. A., Barouhas, I., Staab, E. M., Benitez, A., Li, J., Campbell, A., Schaefer, C. T., Quinn, M., & Baig, A. A. (2022). Assessing the effectiveness of a diabetes group visit training for health center staff: a pilot study of five Midwestern community health centers. *BMC Health Services Research*, 22(1), 1–11. <https://doi.org/10.1186/s12913-022-08108-w>
- Bassi, G., Donadello, I., Gabrielli, S., Salcuni, S., Giuliano, C., & Forti, S. (2022). Early Development of a Virtual Coach for Healthy Coping Interventions in Type 2 Diabetes Mellitus: Validation Study. *JMIR Formative Research*, 6(2), 1–19.
<https://doi.org/10.2196/27500>
- Bauman, A., Ainsworth, B. E., Sallis, J. F., Hagströmer, M., Craig, C. L., Bull, F. C., Pratt, M., Venugopal, K., Chau, J., & Sjöström, M. (2011). The descriptive epidemiology of sitting: A 20-country comparison using the international physical activity questionnaire (IPAQ). *American Journal of Preventive Medicine*, 41(2), 228–235.
<https://doi.org/10.1016/j.amepre.2011.05.003>
- Baynest, H. W. (2015). Classification, Pathophysiology, Diagnosis and Management of Diabetes Mellitus. *Journal of Diabetes & Metabolism*, 06(05).
<https://doi.org/10.4172/2155-6156.1000541>
- Biswas, A., Oh, P. I., Faulkner, G. E., Bajaj, R. R., Silver, M. A., Mitchell, M. S., & Alter, D. A. (2015). Sedentary time and its association with risk for disease incidence, mortality, and hospitalization in adults a systematic review and meta-analysis. *Annals of Internal Medicine*, 162(2), 123–132. <https://doi.org/10.7326/M14-1651>
- Bojadzievski, T., & Gabbay, R. A. (2011). Patient-centered medical home and diabetes. *Diabetes Care*, 34(4), 1047–1053. <https://doi.org/10.2337/dc10-1671>
- Bukhsh, A., Khan, T. M., Nawaz, M. S., Ahmed, H. S., Chan, K. G., & Goh, B. H. (2019). Association of diabetes knowledge with glycemic control and self-care practices among pakistani people with type 2 diabetes mellitus. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 12, 1409–1417. <https://doi.org/10.2147/DMSO.S209711>
- Carter, N., Li, J., Xu, M., Li, L., Fan, X., Zhu, S., Chahal, P., & Chattopadhyay, K. (2022). Health-related quality of life of people with type 2 diabetes and its associated factors at a tertiary care clinic in Ningbo, China: A cross-sectional study. *Endocrinology, Diabetes and Metabolism*, 5(5), 1–12. <https://doi.org/10.1002/edm2.353>
- Castro Sweet, C. M., Chiguluri, V., Gumpina, R., Abbott, P., Madero, E. N., Payne, M., Happe, L., Matanich, R., Renda, A., & Prewitt, T. (2018). Outcomes of a Digital Health Program With Human Coaching for Diabetes Risk Reduction in a Medicare Population. *Journal of Aging and Health*, 30(5), 692–710.
<https://doi.org/10.1177/0898264316688791>
- Chaudhry, B. M., Dasgupta, D., & Chawla, N. V. (2022). Successful Aging for Community-Dwelling Older Adults: An Experimental Study with a Tablet App. *International Journal of Environmental Research and Public Health*, 19(20).
<https://doi.org/10.3390/ijerph192013148>
- Chong, S., Ding, D., Byun, R., Comino, E., Bauman, A., & Jalaludin, B. (2017). Lifestyle changes after a diagnosis of type 2 diabetes. *Diabetes Spectrum*, 30(1), 43–50.
<https://doi.org/10.2337/ds15-0044>



- Christensen, J. R., Laursen, D. H., Lauridsen, J. T., Hesseldal, L., Jakobsen, P. R., Nielsen, J. B., Søndergaard, J., & Brandt, C. J. (2022). Reversing Type 2 Diabetes in a Primary Care-Anchored eHealth Lifestyle Coaching Programme in Denmark: A Randomised Controlled Trial. *Nutrients*, 14(16). <https://doi.org/10.3390/nu14163424>
- Creswell, J. W. (2014). *Research Design_ Qualitative, Quantitative, and Mixed Method Approaches* (p. 273).
- DeJesus, R. S., Clark, M. M., Rutten, L. J. F., Hathaway, J. C., Wilson, P. M., Link, S. M., & Sauver, J. S. (2018). Wellness Coaching to Improve Lifestyle Behaviors Among Adults With Prediabetes: Patients' Experience and Perceptions to Participation. *Journal of Patient Experience*, 5(4), 314–319. <https://doi.org/10.1177/2374373518769118>
- Dennis, A., Wixom, B. H., & Roberta M.Roth. (2012). *Systems Analysis & Design Fifth Edition*.
- Dewi, T., & Amir, A. (2018). Kepatuhan Diet Pasien Dm Berdasarkan Tingkat. *Media Gizi Pangan*, 25(1), 55–63.
- Diaz-Valencia, P. A., Bournès, P., & Valleron, A. J. (2015). Global epidemiology of type 1 diabetes in young adults and adults: A systematic review. *BMC Public Health*, 15(1). <https://doi.org/10.1186/s12889-015-1591-y>
- Dixon, R. F., Zisser, H., Layne, J. E., Barleen, N. A., Miller, D. P., Moloney, D. P., Majithia, A. R., Gabbay, R. A., & Riff, J. (2019). A Virtual Type 2 Diabetes Clinic Using Continuous Glucose Monitoring and Endocrinology Visits. *Journal of Diabetes Science and Technology*. <https://doi.org/10.1177/1932296819888662>
- Dossey, B. M., Luck, S., & Schaub, B. G. (2015). *Nurse Coaching*.
- Downing, J., Bollyky, J., & Schneider, J. (2017). Use of a connected glucose meter and certified diabetes educator coaching to decrease the likelihood of abnormal blood glucose excursions: The livongo for diabetes program. *Journal of Medical Internet Research*, 19(7), 1–7. <https://doi.org/10.2196/jmir.6659>
- Emerson, J. F., Welch, M., Rossman, W. E., Carek, S., Ludden, T., Templin, M., Moore, C. G., Tapp, H., Dulin, M., & McWilliams, A. (2015). A multidisciplinary intervention utilizing virtual communication tools to reduce health disparities: A pilot randomized controlled trial. *International Journal of Environmental Research and Public Health*, 13(1). <https://doi.org/10.3390/ijerph13010031>
- Esferjani, S. V., Naghizadeh, E., Albokordi, M., Zakerkish, M., & Araban, M. (2022). Effectiveness of a mobile-based educational intervention on self-care activities and glycemic control among the elderly with type 2 diabetes in southwest of Iran in 2020. *Archives of Public Health*, 80(1), 1–10. <https://doi.org/10.1186/s13690-022-00957-5>
- Evert, A. B., Dennison, M., Gardner, C. D., Garvey, W. T., Hei, K., Lau, K., Macleod, J., Mitri, J., Pereira, R. F., & Rawlings, K. (2019). *The American Diabetes Association. Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report*. 1–24. <https://doi.org/10.2337/dci19-0014>
- Fagour, C., Gonzalez, C., Pezzino, S., Florenty, S., Rosette-Narece, M., Gin, H., & Rigalleau, V. (2013). Low physical activity in patients with type 2 diabetes: The role of obesity. *Diabetes and Metabolism*, 39(1), 85–87. <https://doi.org/10.1016/j.diabet.2012.09.003>
- Garcia, A. A., Villagomez, E. T., Brown, S. A., Kouzekanani, K., & Hanis, C. L. (2001). The Starr County Diabetes Education Study. *Diabetes Care*, 24(1), 16–21. <http://care.diabetesjournals.org/content/24/1/16%5Cnhttp://care.diabetesjournals.org.liba>

- [ccess.lib.mcmaster.ca/content/24/1/16%5Cnhttp://care.diabetesjournals.org.libaccess.lib.mcmaster.ca/content/diacare/24/1/16.full.pdf%5Cnhttp://www.ncbi.nlm.nih.gov/pu](https://access.lib.mcmaster.ca/content/24/1/16%5Cnhttp://care.diabetesjournals.org.libaccess.lib.mcmaster.ca/content/diacare/24/1/16.full.pdf%5Cnhttp://www.ncbi.nlm.nih.gov/pu)
- Gebremariam, G. T., Biratu, S., Alemayehu, M., Welie, A. G., Beyene, K., Sander, B., & Gebretekle, G. B. (2022). Health-related quality of life of patients with type 2 diabetes mellitus at a tertiary care hospital in Ethiopia. *PLoS ONE*, 17(2 February 2022), 1–16. <https://doi.org/10.1371/journal.pone.0264199>
- Ghorob, A. (2013). Health coaching: Teaching patients to fish. *Family Practice Management*, 20(3), 40–42.
- Ghorob, A., Vivas, M. M., De Vore, D., Ngo, V., Bodenheimer, T., Chen, E., & Thom, D. H. (2011). The effectiveness of peer health coaching in improving glycemic control among low-income patients with diabetes: Protocol for a randomized controlled trial. *BMC Public Health*, 11(1), 208. <https://doi.org/10.1186/1471-2458-11-208>
- Gong, E., Baptista, S., Russell, A., Scuffham, P., Riddell, M., Speight, J., Bird, D., Williams, E., Lotfaliany, M., & Oldenburg, B. (2020). My diabetes coach, a mobile app-based interactive conversational agent to support type 2 diabetes self-management: randomized effectiveness-implementation trial. *Journal of Medical Internet Research*, 22(11). <https://doi.org/10.2196/20322>
- Guariguata, L., Whiting, D. R., Hambleton, I., Beagley, J., Linnenkamp, U., & Shaw, J. E. (2014). Global estimates of diabetes prevalence for 2013 and projections for 2035. *Diabetes Research and Clinical Practice*, 103(2), 137–149. <https://doi.org/10.1016/j.diabres.2013.11.002>
- Hamasaki, H. (2016). Daily physical activity and type 2 diabetes: A review. *World Journal of Diabetes*, 7(12), 243. <https://doi.org/10.4239/wjd.v7.i12.243>
- Hansel, B., Giral, P., Gambotti, L., Lafourcade, A., Peres, G., Filipecki, C., Kadouch, D., Hartemann, A., Oppert, J. M., Bruckert, E., Marre, M., Bruneel, A., Duchene, E., & Roussel, R. (2017). A fully automated Web-based program improves lifestyle habits and HbA1c in patients with type 2 diabetes and abdominal obesity: Randomized trial of patient E-coaching nutritional support (the ANODE study). *Journal of Medical Internet Research*, 19(11), 1–14. <https://doi.org/10.2196/jmir.7947>
- Hapunda, G. (2022). Coping strategies and their association with diabetes specific distress, depression and diabetes self-care among people living with diabetes in Zambia. *BMC Endocrine Disorders*, 22(1), 1–12. <https://doi.org/10.1186/s12902-022-01131-2>
- Harakeh, Z., Keulen, H. Van, Hogenelst, K., Otten, W., De Hoogh, I. M., & Empelen, P. Van. (2022). Predictors of the Acceptance of an Electronic Coach Targeting Self-management of Patients With Type 2 Diabetes: Web-Based Survey. *JMIR Formative Research*, 6(8), 1–22. <https://doi.org/10.2196/34737>
- Hechinger, M., Hentschel, D., Aumer, C., & Rester, C. (2022). A Conceptual Model of Experiences With Digital Technologies in Aging in Place: Qualitative Systematic Review and Meta-synthesis. *JMIR Aging*, 5(3), e34872. <https://doi.org/10.2196/34872>
- Hesseldal, L., Christensen, J. R., Olesen, T. B., Olsen, M. H., Jakobsen, P. R., Laursen, D. H., Lauridsen, J. T., Nielsen, J. B., Søndergaard, J., & Brandt, C. J. (2022). Long-term Weight Loss in a Primary Care-Anchored eHealth Lifestyle Coaching Program: Randomized Controlled Trial. *Journal of Medical Internet Research*, 24(9), e39741. <https://doi.org/10.2196/39741>
- Imam, S. K. (2015). Diabetes: A New Horizon and Approach to Management. *Glucose Intake and Utilization in Pre-Diabetes and Diabetes: Implications for Cardiovascular Disease*,

29–44. <https://doi.org/10.1016/B978-0-12-800093-9.00003-X>

Insert, P., & Biosciences, E. (2019). *HbA1c HPLC Assay*. 1–9.

International Diabetes Federation. (2017). IDF Diabetes Atlas Eighth edition 2017. In *International Diabetes Federation. IDF Diabetes Atlas, 8th edn. Brussels, Belgium: International Diabetes Federation, 2017*. <http://www.diabetesatlas.org>.
[https://doi.org/http://dx.doi.org/10.1016/S0140-6736\(16\)31679-8](https://doi.org/http://dx.doi.org/10.1016/S0140-6736(16)31679-8).

International Diabetes Federation. (2019a). Advocacy Guide. In *Working with Policymakers* (Vol. 1, Issue 1). <http://www.ascd.org/ASCD/pdf/newsandissues/ascdadvocacyguide.pdf>

International Diabetes Federation. (2019b). International Diabetes Federation - Gestational diabetes. In *International Diabetes Federation*. <https://www.idf.org/our-activities/care-prevention/gdm>

International Diabetes Foundation. (2017). *International Diabetes Federation - Facts & Figures*. 2019. <https://www.idf.org/aboutdiabetes/what-is-diabetes/facts-figures.html%0Ahttps://www.idf.org/aboutdiabetes/what-is-diabetes/facts-figures.html%0Awww.idf.org/aboutdiabetes/what-is-diabetes/facts-figures.html>

Irianti, S. R., Wicaksana, A. L., & Pangastuti, H. S. (2021). Validity and Reliability Test of The Indonesian Version for Diabetes Quality of Life - Brief Clinical Inventory. *Indian Journal of Public Health Research & Development*, 12(1), 434–439.
<https://doi.org/10.37506/ijphrd.v12i1.13885>

Jakob, R., Harperink, S., Rudolf, A. M., Fleisch, E., Haug, S., Mair, J. L., Salamanca-Sanabria, A., & Kowatsch, T. (2022). Factors Influencing Adherence to mHealth Apps for Prevention or Management of Noncommunicable Diseases: Systematic Review. *Journal of Medical Internet Research*, 24(5). <https://doi.org/10.2196/35371>

Jeon, S. M., & Benavente, V. (2016). Health Coaching in Nurse Practitioner-led Group Visits for Chronic Care. *Journal for Nurse Practitioners*, 12(4), 258–264.
<https://doi.org/10.1016/j.nurpra.2015.11.015>

Kahn, S. E., Cooper, M. E., & Del Prato, S. (2014). Pathophysiology and treatment of type 2 diabetes: Perspectives on the past, present, and future. *The Lancet*, 383(9922), 1068–1083. [https://doi.org/10.1016/S0140-6736\(13\)62154-6](https://doi.org/10.1016/S0140-6736(13)62154-6)

Katsarou, A., Gudbjörnsdottir, S., Rawshani, A., Dabelea, D., Bonifacio, E., Anderson, B. J., Jacobsen, L. M., Schatz, D. A., & Lernmark, A. (2017). Type 1 diabetes mellitus. *Nature Reviews Disease Primers*, 3(March), 1–18. <https://doi.org/10.1038/nrdp.2017.16>

Kauffman, T. L., Scott, R., Barr, J. O., Moran, M. L., & Wolf, S. L. (2014). A Comprehensive Guide to Geriatric Rehabilitation. In *A Comprehensive Guide to Geriatric Rehabilitation*. <https://doi.org/10.1016/c2010-0-68608-1>

Kemendes RI. (2015). *Konsensus Pengelolaan Tuberkulosis dan Diabetes melitus (TB-DM) di Indonesia* (p. 51). Kementerian Kesehatan RI.

Kemendes RI. (2017). Pedoman dan Standar Etik Penelitian dan Pengembangan Kesehatan Nasional. In *Kementerian Kesehatan RI*.
<http://www.depkes.go.id/article/view/17070700004/program-indonesia-sehat-dengan-pendekatan-keluarga.html>

Kementrian Kesehatan Republik Indonesia. (2018). Laporan_Nasional_RKD2018_FINAL.pdf. In *Badan Penelitian dan Pengembangan Kesehatan* (p. 198).
http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasio

- Klaassen, R., Bul, K. C. M., Op Den Akker, R., Van Der Burg, G. J., Kato, P. M., & Di Bitonto, P. (2018). Design and evaluation of a pervasive coaching and gamification platform for young diabetes patients. *Sensors (Switzerland)*, 18(2), 1–27. <https://doi.org/10.3390/s18020402>
- Kocakoyun, Ş. (2017). Developing of Android Mobile Application Using Java and Eclipse: An Application. *International Journal of Electronics, Mechanical and Mechatronics Engineering*, 7(1), 1335–1354. <https://doi.org/10.17932/iau.ijemme.21460604.2017.7/1.1335-1354>
- Kumar, S., Moseson, H., Uppal, J., & Juusola, J. L. (2018). A Diabetes Mobile App With In-App Coaching From a Certified Diabetes Educator Reduces A1C for Individuals With Type 2 Diabetes. *Diabetes Educator*, 44(3), 226–236. <https://doi.org/10.1177/0145721718765650>
- Larasati, L. A., Andayani, T. M., & Kristina, S. A. (2019). Hubungan Tingkat Pengetahuan terhadap Outcome Klinik Pasien Diabetes Melitus Tipe 2. *JURNAL MANAJEMEN DAN PELAYANAN FARMASI (Journal of Management and Pharmacy Practice)*, 9(2), 101–108. <https://doi.org/10.22146/jmpf.43489>
- Lee, S., Km, Y.-S., Choi, H.-K., & Cho, S. K. (2011). Determination of the Volatile Components in the Fruits and Leaves of Guava Plants (*Psidium guajava* L.) Grown on Jeju Island, South Korea. *Journal of Essential Oil Research*, 23(6), 52–56. <https://doi.org/10.1080/10412905.2011.9712282>
- Letta, S., Aga, F., Yadeta, T. A., Geda, B., & Dessie, Y. (2021). Barriers to diabetes patients' self-care practices in eastern ethiopia: A qualitative study from the health care providers perspective. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 14(October), 4335–4349. <https://doi.org/10.2147/DMSO.S335731>
- Levy, P. S., & Lemeshow, S. (2008). Sampling of Populations. In *Sampling of Populations*. <https://doi.org/10.1002/9780470374597>
- Lim, S. L., Tay, M. H. J., Ong, K. W., Johal, J., Yap, Q. V., Chan, Y. H., Yeo, G. K. N., Khoo, C. M., & Yaxley, A. (2022). Association Between Mobile Health App Engagement and Weight Loss and Glycemic Control in Adults With Type 2 Diabetes and Prediabetes (D'LITE Study): Prospective Cohort Study. *JMIR Diabetes*, 7(3), e35039. <https://doi.org/10.2196/35039>
- Lin, C. L., Huang, L. C., Chang, Y. T., Chen, R. Y., & Yang, S. H. (2021). Effectiveness of health coaching in diabetes control and lifestyle improvement: A randomized-controlled trial. *Nutrients*, 13(11), 1–13. <https://doi.org/10.3390/nu13113878>
- Mandal, A. (2019). *Diabetes Mellitus Type 2 Pathophysiology*.
- Mannan, A., Akter, F., Chy, N. U. H. A., Alam, N., Rana, M. M., Chowdhury, N. A., & Hasan, M. M. (2022). The relationship between medical comorbidities and health-related quality of life among adults with type 2 diabetes: The experience of different hospitals in southern Bangladesh. *PLoS ONE*, 17(5 May), 1–18. <https://doi.org/10.1371/journal.pone.0267713>
- Mart, T. (2018). *What is Virtual Coaching? - Know You More*. <https://www.knowyoumore.com/frequently-answered-questions/what-is-virtual-coaching/>
- Maswadi, K., Ghani, N. A., & Hamid, S. (2022). Factors influencing the elderly's

- behavioural intention to use smart home technologies in Saudi Arabia. In *PLoS ONE* (Vol. 17, Issue 8 August). <https://doi.org/10.1371/journal.pone.0272525>
- McCallum, M., Ho, A. S., Mitchell, E. S., May, C. N., Behr, H., Ritschel, L., Mochrie, K., & Michaelides, A. (2022). Feasibility, Acceptability, and Preliminary Outcomes of a Cognitive Behavioral Therapy-Based Mobile Mental Well-being Program (Noom Mood): Single-Arm Prospective Cohort Study. *JMIR Formative Research*, 6(4), 1–18. <https://doi.org/10.2196/36794>
- Meads, C., & Exley, J. (2018). A SYSTEMATIC REVIEW of GROUP WALKING in PHYSICALLY HEALTHY PEOPLE to PROMOTE PHYSICAL ACTIVITY. *International Journal of Technology Assessment in Health Care*, 34(1), 27–37. <https://doi.org/10.1017/S0266462317001088>
- Mekonnen, C. K., Ferede, Y. M., & Abate, H. K. (2021). Determinants of dietary adherence among type 2 diabetes patients aimed covid-19 at the university of gondar comprehensive specialized hospital. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 14, 917–927. <https://doi.org/10.2147/DMSO.S297582>
- Michaelides, A., Major, J., Pienkosz, E., Wood, M., Kim, Y., & Toro-Ramos, T. (2018). Usefulness of a novel mobile diabetes prevention program delivery platform with human coaching: 65-week observational follow-up. *JMIR MHealth and UHealth*, 6(5). <https://doi.org/10.2196/mhealth.9161>
- Miller, C. (2014). Health coaching. *Home Healthcare Nurse*, 32(7), 438–439. <https://doi.org/10.1097/NHH.0000000000000103>
- Mosleh, R. S. A., Jarrar, Y. B., Zyoud, S., & Morisky, D. E. (2017). Factors related to diabetes self-care management behaviors among patients with type II diabetes in Palestine. *Journal of Applied Pharmaceutical Science*, 7(12), 102–109. <https://doi.org/10.7324/JAPS.2017.71214>
- Oliver, J. (2013). Educating Your Patient with Diabetes. In *Journal of Chemical Information and Modeling* (Vol. 53, Issue 9). <https://doi.org/10.1017/CBO9781107415324.004>
- Oz, H. S. (2022). *The Effects of Motivational Interview on Healthy Behaviour and Quality of Life in the Uncontrolled Type 2 Diabetes Patients*. 15(2), 1194–1202.
- Ozougwu, O. (2013). The pathogenesis and pathophysiology of type 1 and type 2 diabetes mellitus. *Journal of Physiology and Pathophysiology*, 4(4), 46–57. <https://doi.org/10.5897/jpap2013.0001>
- Palinkas, L. A., Horwitz, S. M., Green, C. A., Wisdom, J. P., Duan, N., & Hoagwood, K. (2015). Purposeful Sampling for Qualitative Data Collection and Analysis in Mixed Method Implementation Research. *Administration and Policy in Mental Health and Mental Health Services Research*, 42(5), 533–544. <https://doi.org/10.1007/s10488-013-0528-y>
- Pallant, J. (2016). *SPSS Survival Manual*.
- Peyrot, M., Rubin, R. R., Lauritzen, T., Snoek, F. J., Matthews, D. R., & Skovlund, S. E. (2005). Psychosocial problems and barriers to improved diabetes management: Results of the Cross-National Diabetes Attitudes, Wishes and Needs (DAWN) Study. *Diabetic Medicine*, 22(10), 1379–1385. <https://doi.org/10.1111/j.1464-5491.2005.01644.x>
- Pludwinski, S., Ahmad, F., Wayne, N., & Ritvo, P. (2016). Participant experiences in a smartphone-based health coaching intervention for type 2 diabetes: A qualitative inquiry. *Journal of Telemedicine and Telecare*, 22(3), 172–178.

<https://doi.org/10.1177/1357633X15595178>

- Potter, E., Burstein, F., Flynn, D., Hwang, I. D., Dinh, T., Goh, T. Y., Ebrahim, M. M., & Gilfillan, C. (2022). Physician-Authored Feedback in a Type 2 Diabetes Self-management App: Acceptability Study. *JMIR Formative Research*, 6(5).
<https://doi.org/10.2196/31736>
- Powers, M. A., Bardsley, J., Cypress, M., Duker, P., Funnell, M. M., Fischl, A. H., Maryniuk, M. D., Siminerio, L., & Vivian, E. (2015). Diabetes self-management education and support in type 2 diabetes: A joint position statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. *Diabetes Care*, 38(7), 1372–1382. <https://doi.org/10.2337/dc15-0730>
- Powers, M. A., Bardsley, J. K., Cypress, M., Funnell, M. M., Harms, D., Hess-Fischl, A., Hooks, B., Isaacs, D., Mandel, E. D., Maryniuk, M. D., Norton, A., Rinker, J., Siminerio, L. M., & Uelman, S. (2020). Diabetes Self-management Education and Support in Adults With Type 2 Diabetes: A Consensus Report of the American Diabetes Association, the Association of Diabetes Care & Education Specialists, the Academy of Nutrition and Dietetics, the American Academy . *Diabetes Care*, 43(7), 1636–1649.
<https://doi.org/10.2337/dci20-0023>
- Price-Haywood, E. G., Harden-Barrios, J., Ulep, R., & Luo, Q. (2017). EHealth Literacy: Patient Engagement in Identifying Strategies to Encourage Use of Patient Portals Among Older Adults. *Population Health Management*, 20(6), 486–494.
<https://doi.org/10.1089/pop.2016.0164>
- Ramchandani, N. (2019). Virtual Coaching to Enhance Diabetes Care. *Diabetes Technology and Therapeutics*, 21(S2), S2-48-S2-51. <https://doi.org/10.1089/dia.2019.0016>
- Riskesdas. (2019). Laporan Provinsi Sulawesi Selatan Riskesdas 2018. In *Jakarta : Lembaga Peneliti Badan penelitian dan pengembangan kesehatan* (Vol. 91, Issue 5).
<https://doi.org/10.1017/CBO9781107415324.004>
- Roy, K., Iqbal, S., Gadag, V., & Bavington, B. (2020). Relationship Between Psychosocial Factors and Glucose Control in Adults With Type 2 Diabetes. *Canadian Journal of Diabetes*. <https://doi.org/10.1016/j.jcjd.2020.01.005>
- Saeedi, P., Petersohn, I., Salpea, P., Malanda, B., Karuranga, S., Unwin, N., Colagiuri, S., Guariguata, L., Motala, A. A., Ogurtsova, K., Shaw, J. E., Bright, D., & Williams, R. (2019). Global and regional diabetes prevalence estimates for 2019 and projections for 2030 and 2045: Results from the International Diabetes Federation Diabetes Atlas, 9th edition. *Diabetes Research and Clinical Practice*, 157, 107843.
<https://doi.org/10.1016/j.diabres.2019.107843>
- Sangruangake, M., Srisuwan, P., Ruangsuksud, P., Solikhah, S., & Sungworawongpana, T. (2022). The Factor of Association of Diabetes Knowledge in Diabetes Mellitus type 2 patients. *Disease Prevention and Public Health Journal*, 16(1), 70–78.
<https://doi.org/10.12928/dpphj.v16i1.5293>
- Sharfina, Z., & Santoso, H. B. (2017). An Indonesian adaptation of the System Usability Scale (SUS). *2016 International Conference on Advanced Computer Science and Information Systems, ICACISIS 2016*, 145–148.
<https://doi.org/10.1109/ICACISIS.2016.7872776>
- Shariful Islam, S. M., Mishra, V., Siddiqui, M. U., Moses, J. C., Adibi, S., Nguyen, L., & Wickramasinghe, N. (2022). Smartphone Apps for Diabetes Medication Adherence:

Systematic Review. *JMIR Diabetes*, 7(2), 1–15. <https://doi.org/10.2196/33264>

- Sherifali, D., Brozic, A., Agema, P., Gerstein, H. C., Punthakee, Z., McInnes, N., O'Reilly, D., Ibrahim, S., & Usman Ali, R. M. (2019). The Diabetes Health Coaching Randomized Controlled Trial: Rationale, Design and Baseline Characteristics of Adults Living With Type 2 Diabetes. *Canadian Journal of Diabetes*, 43(7), 477–482. <https://doi.org/10.1016/j.jcjd.2018.10.004>
- Sherifali, D., Viscardi, V., Bai, J. W., & Ali, R. M. U. (2016). Evaluating the Effect of a Diabetes Health Coach in Individuals with Type 2 Diabetes. *Canadian Journal of Diabetes*, 40(1), 84–94. <https://doi.org/10.1016/j.jcjd.2015.10.006>
- Sitompul, S., Suryawati, C., & Asmita, W. (2016). Analisis Pelaksanaan Program Pengelolaan Penyakit Kronis (PROLANIS) BPJS Kesehatan Pada Dokter Keluarga Di Kabupaten Pekalongan Tahun 2016. *Jurnal Kesehatan Masyarakat*, 4(4), 2356–3346.
- Skyler, J. S., Bakris, G. L., Bonifacio, E., Darsow, T., Eckel, R. H., Groop, L., Groop, P. H., Handelsman, Y., Insel, R. A., Mathieu, C., McElvaine, A. T., Palmer, J. P., Pugliese, A., Schatz, D. A., Sosenko, J. M., Wilding, J. P. H., & Ratner, R. E. (2017). Differentiation of diabetes by pathophysiology, natural history, and prognosis. *Diabetes*, 66(2), 241–255. <https://doi.org/10.2337/db16-0806>
- Sukkarieh-Haraty, O., Egede, L. E., Khazen, G., Abi Kharma, J., Farran, N., & Bassil, M. (2022). Results from the first culturally tailored, multidisciplinary diabetes education in Lebanese adults with type 2 diabetes: effects on self-care and metabolic outcomes. *BMC Research Notes*, 15(1), 1–8. <https://doi.org/10.1186/s13104-022-05937-0>
- Tamornpark, R., Utsaha, S., Apidechkul, T., Panklang, D., Yeemard, F., & Srichan, P. (2022). Quality of life and factors associated with a good quality of life among diabetes mellitus patients in northern Thailand. *Health and Quality of Life Outcomes*, 20(1), 1–12. <https://doi.org/10.1186/s12955-022-01986-y>
- Tariq, O., Rosten, C., & Huber, J. (2022). Experiences of living with type 2 diabetes in Pakistan: the role of culture and family in physical activity. *International Journal for Equity in Health*, 21(1), 1–12. <https://doi.org/10.1186/s12939-022-01706-4>
- Thi, D. K., Xuan, B. N., Le Duc, C., Gammeltoft, T., Søndergaard, J., Meyrowitsch, D. W., Bygbjerg, I. C., & Nielsen, J. (2021). Unmet needs for social support and diabetes-related distress among people living with type 2 diabetes in Thai Binh, Vietnam: a cross-sectional study. *BMC Public Health*, 21(1), 1–10. <https://doi.org/10.1186/s12889-021-11562-6>
- Thongduang, K., Boonchieng, W., Chautrakarn, S., & Ong-Artborirak, P. (2022). The Influence of Family Caregiver Knowledge and Behavior on Elderly Diabetic Patients' Quality of Life in Northern Thailand. *International Journal of Environmental Research and Public Health*, 19(16). <https://doi.org/10.3390/ijerph191610216>
- Thorsen, I. K., Yang, Y., Valentiner, L. S., Glümer, C., Karstoft, K., Brønd, J. C., Nielsen, R. O., Brøns, C., Christensen, R., Nielsen, J. S., Vaag, A. A., Pedersen, B. K., Langberg, H., & Ried-Larsen, M. (2022). The Effects of a Lifestyle Intervention Supported by the InterWalk Smartphone App on Increasing Physical Activity Among Persons With Type 2 Diabetes: Parallel-Group, Randomized Trial. *JMIR MHealth and UHealth*, 10(9), e30602. <https://doi.org/10.2196/30602>
- Timm, L., Karlsson, I., Annerstedt, K. S., Absetz, P., Forsberg, B. C., Daivadanam, M., & Alvensson, H. M. (2021). Intervention fidelity focusing on interaction between participants and facilitators in a telephone-delivered health coaching intervention for the

prevention and management of type 2 diabetes. *Nutrients*, 13(11), 1–16.
<https://doi.org/10.3390/nu13113862>

- Titilayo, O. (2022). *Self-Care Related Knowledge and Self-care Practices among Type 2 Diabetic Patients Attending Selected Hospitals in Oyo State , Nigeria*. 15(2), 1258–1268.
- Torp, D. C., Sandbæk, A., & Prætorius, T. (2022). The Technology Acceptance of Video Consultations for Type 2 Diabetes Care in General Practice: Cross-sectional Survey of Danish General Practitioners. *Journal of Medical Internet Research*, 24(8), 1–16.
<https://doi.org/10.2196/37223>
- UCSF. (2014). *The 10 Building Blocks of Primary Care: Health Coaching in Primary Care – Intervention Protocol*.
- Vázquez-De Sebastián, J., Ciudin, A., & Castellano-Tejedor, C. (2021). Analysis of effectiveness and psychological techniques implemented in mhealth solutions for middle-aged and elderly adults with type 2 diabetes: A narrative review of the literature. *Journal of Clinical Medicine*, 10(12). <https://doi.org/10.3390/jcm10122701>
- WHO. (2016a). Global Report on Diabetes. In *Isbn* (Vol. 978).
http://www.who.int/about/licensing/copyright_form/index.html%0Ahttp://www.who.int/about/licensing/copyright_form/index.html%0Ahttps://apps.who.int/iris/handle/10665/204871%0Ahttp://www.who.int/about/licensing/
- WHO. (2016b). Proportional mortality (% of total deaths, all ages). *World Health Organization*, 1. https://www.who.int/diabetes/country-profiles/bra_en.pdf
- WHO. (2019a). Classification of diabetes mellitus. In *Clinics in Laboratory Medicine* (Vol. 21, Issue 1). https://doi.org/10.5005/jp/books/12855_84
- WHO. (2019b). *WHO-diabetes*.
- Wong, A. K. C., Bayuo, J., Wong, F. K. Y., Yuen, W. S., Lee, A. Y. L., Chang, P. K., & Lai, J. T. C. (2022). Effects of a Nurse-Led Telehealth Self-care Promotion Program on the Quality of Life of Community-Dwelling Older Adults: Systematic Review and Meta-analysis. *Journal of Medical Internet Research*, 24(3). <https://doi.org/10.2196/31912>
- World Health Organization. (2019). WHO Guideline. In *Food and Nutrition Bulletin* (Vol. 2, Issue 1). <https://doi.org/10.1177/156482658000200103>
- Wu, F. L., Tai, H. C., & Sun, J. C. (2019). Self-management Experience of Middle-aged and Older Adults With Type 2 Diabetes: A Qualitative Study. *Asian Nursing Research*, 13(3), 209–215. <https://doi.org/10.1016/j.anr.2019.06.002>
- Xiaohao Ye. (2015). *GlucOnline Coach : a virtual coach app for diabetes patients* (Issue December).
- Yammine, L., Kosten, T. R., Pimenova, M., & Schmitz, J. M. (2019). Cigarette smoking, type 2 diabetes mellitus, and glucagon-like peptide-1 receptor agonists as a potential treatment for smokers with diabetes: An integrative review. *Diabetes Research and Clinical Practice*, 149, 78–88. <https://doi.org/10.1016/j.diabres.2019.01.033>
- Yang, C. C., Li, C. L., Yeh, T. F., & Chang, Y. C. (2022). Assessing Older Adults' Intentions to Use a Smartphone: Using the Meta-Unified Theory of the Acceptance and Use of Technology. *International Journal of Environmental Research and Public Health*, 19(9). <https://doi.org/10.3390/ijerph19095403>
- Yoshimura, E., Tajiri, E., Michiwaki, R., Matsumoto, N., Hatamoto, Y., & Tanaka, S. (2021). Long-term effects of the use of a step count-specific smartphone application on physical

activity and weight loss: a randomized clinical trial (Preprint). *JMIR MHealth and UHealth*, 10, 1–14. <https://doi.org/10.2196/35628>

- Young, H. M., Miyamoto, S., Dharmar, M., & Tang-Feldman, Y. (2020). Nurse coaching and mobile health compared with usual care to improve diabetes self-efficacy for persons with type 2 diabetes: Randomized controlled trial. *JMIR MHealth and UHealth*, 8(3). <https://doi.org/10.2196/16665>
- Yu, C. H., McCann, M., & Sale, J. (2021). In my age, we didn't have the computers": Using a complexity lens to understand uptake of diabetes eHealth innovations into primary care- A qualitative study. *PLoS ONE*, 16(7 July), 1–17. <https://doi.org/10.1371/journal.pone.0254157>
- Yun, J. S., Han, K., Park, Y. M., Han, E., Lee, Y. ho, & Ko, S. H. (2022). Adherence to healthy lifestyle behaviors as a preventable risk factor for severe hypoglycemia in people with type 2 diabetes: A longitudinal nationwide cohort study. *Journal of Diabetes Investigation*, 13(9), 1533–1542. <https://doi.org/10.1111/jdi.13818>
- Zaman, S. Bin, Khan, R. K., Evans, R. G., Thrift, A. G., Maddison, R., & Shariful Islam, S. M. (2022). Exploring Barriers to and Enablers of the Adoption of Information and Communication Technology for the Care of Older Adults With Chronic Diseases: Scoping Review. *JMIR Aging*, 5(1). <https://doi.org/10.2196/25251>
- Zhang, Y., & Chu, L. (2018). Effectiveness of Systematic Health Education Model for Type 2 Diabetes Patients. *International Journal of Endocrinology*, 2018. <https://doi.org/10.1155/2018/6530607>
- Zhao, J., Jull, J., Funderup, J., Smith, M., Kienlin, S. M., Rahn, A. C., Dunn, S., Aoki, Y., Brown, L., Harvey, G., & Stacey, D. (2022). Understanding how and under what circumstances decision coaching works for people making healthcare decisions: a realist review. *BMC Medical Informatics and Decision Making*, 22(1), 265. <https://doi.org/10.1186/s12911-022-02007-0>
- Zurita-Cruz, J. N., Manuel-Apolinar, L., Arellano-Flores, M. L., Gutierrez-Gonzalez, A., Najera-Ahumada, A. G., & Cisneros-González, N. (2018). Health and quality of life outcomes impairment of quality of life in type 2 diabetes mellitus: A cross-sectional study. *Health and Quality of Life Outcomes*, 16(1), 1–7. <https://doi.org/10.1186/s12955-018-0906-y>