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**Title: The effectiveness of Information-Motivation-Behavioural skills model-based Diabetes Self-Management Education among patients with type 2 diabetes in Jordan (IMB-DSME): Trial Protocol**

Zaki Albelbisi, Gary Adams, Richard Windle, Holly Blake

University of Nottingham

Background: Diabetes mellitus types 2 (T2DM) is a chronic disease and uncontrolled glucose levels constitute one of the leading causes of microvascular and macro-vascular complications. However, DM needs more attention in order that glycemic levels are improved through adequate glycaemic management that may prolong or avoid all complication consequences, which is best to be achieved through patients' self-management education.

Aims: it will be the first explanatory sequential mixed method study examines the effectiveness of Information, Motivation and Behavioural skills (IMB) model-based self-management educational intervention among patients with T2DM on patients' self-management behaviours and metabolic outcomes.

Methods: This study will start by a two group parallel trial with randomized allocation of participants for both groups. The intervention group will receive the educational support package and control group will receive the same usual treatment, both groups will be assessed each clinic visit: baseline, 3 months and 6 months. Patients will also be assessed for self-management knowledge, motivation, behavioural skills and anthropometric measurements. A qualitative inquiry will be conducted after RCT results and analysis to deeply understand how intervention affected their living experience by incorporating participants' perspectives.

Implications for research: This trial will make a knowledge contribution about conceptualizing behavioural change techniques as well as individually and culturally tailored needs, within self-management educational intervention for patients with DM. Moreover, this trial will

provide a comprehensive understanding of how Jordanian patients' Knowledge, Motivation, Behavioural skills and metabolic outcomes changes overtime, in tandem with performing self-management behaviours over three main points of time.