

**Table 1) Demographic Information of 260 Patients with Type II Diabetes**

Variable	Number (%)
<b>Gender</b>	
Female	(60) 156
Male	(40) 104
<b>Marital Status</b>	
Married	(87.7) 228
Unmarried	(12.3) 32
<b>Educational Level</b>	
No Education	(46.5) 121
Under High School Diploma	(34.2) 89
High School Diploma	(12.3) 32
Undergraduate	(6.9) 18
<b>Diabetes Duration (year)</b>	
1-2	(29.6) 77
2-3	(26.5) 69
3-5	(43.8) 114
<b>Underlying Diseases</b>	
No Underlying Diseases	(59.6)155
High Blood Pressure	(33.5) 87
Heart Diseases	(1.9) 5
Blood Pressure and Heart Ischemia	(5)13
Overweight	(42.5) 111
<b>SMBG</b>	
No SMBG	(80.7) 184
Monthly	(17.7) 46
1-5 per Day	(3.5) 9
5-10 per Day	(7.3) 19
10-15 per Day	(0.8) 2