Table 1. The mean of metabolic indices in the studied subjects before and after performing collaborative care model

Variables	Before performing the model (n=60)		Three months after performing the model (n=60)		P value
	Mean	SD	Mean	SD	
Fasting blood glucose (ml/dl)	231.8	11.0	161.5	8.6	<0.001
Triglyceride (ml/dl)	170.2	15.0	148.4	9.6	<0.001
Low density lipoprotein (LDL) (ml/L)	140.5	4.8	129.1	4.0	<0.001
High density lipoprotein (HDL) (ml/l)	50.2	1.3	51.4	1.2	<0.001
blood cholesterol	189.0	7.4	147.7	6.3	<0.001

Table 2. Mean and standard deviation of the educational items of awareness about diabetes in studied subjects before and after performing collaborative care model

Educational items	Before performing the model (n=60)		Three months after performing the model (n=60)		P value
	Mean	SD	Mean	SD	
Understanding the function of the pancreas	1.7	0.3	6.1	0.4	<0.001
Understanding Diabetes Symptoms	2.8	0.3	5.9	0.3	<0.001
Understanding blood glucose control techniques	2.4	0.3	5.8	0.2	<0.001
Understanding observing the diet	4.7	0.1	6.4	0.3	<0.001
Weight control	0.1	0.0	1.2	0.1	<0.001
The importance of physical activity in people with diabetes	4.1	0.3	6.5	0.4	<0.001
Understanding Type 2 Diabetes treatment	3.7	0.3	6.1	0.4	<0.001
Understanding acute complications of diabetes	1.8	0.3	5.4	0.3	<0.001
Understanding eyes and the kidneys care	3.1	0.3	6.2	0.4	<0.001
Understanding foot care	3.0	0.3	6.3	0.4	<0.001
Understanding the methods to reduce stress and depression	1.7	0.3	5.4	0.4	<0.001
Total score (of 110 scores)	18.7	2.2	60.5	3.3	<0.001

Table 3. Mean and standard deviation of quality of life in the studied subjects before and after performing collaborative care model

Dimensions of quality of life	Before performing the model (n=60)		Three months after performing the model (n=60)		P value
	Mean	SD	Mean	SD	
Physical	48.8	4.7	65.4	4.1	<0.001
Mental	50.3	4.1	69.9	5.6	<0.001
Social	72.3	5.1	89.4	8.1	<0.001
Economical	52.7	5.4	61.5	6.6	<0.001
Disease and treatment	40.5	4.6	62.3	7.3	<0.001
Total quality of life	50.7	5.7	68.3	5.2	<0.001