

Report Supplementary Material 16: Figures S1-S2: The two personas used in co-design workshop 1 to generate discussion

Figure S1: 'David' persona used in co-design workshop 1 to generate discussion

Persona 1: David

Name: David

Age: 55



“My diabetes management is usually good and the GP says it is under control. I exercise regularly and try to eat healthily. My mental health is much better than it used to be, but I still have my ups and downs.

When my mood dips due to my mental health, my self-esteem drops, I lose energy and I lose motivation to look after myself. Why would I look after my diabetes when I feel so low? I stop exercising and want to comfort eat fatty and sugary foods. I know this is bad for me, but at the time, I don't care.”

*Image made by [Freepik] from Flaticon

Figure S2: 'Barbara' persona used in co-design workshop 1 to generate discussion

Persona 2: Barbara

Name: Barbara
Age: 62



“My diabetes management isn’t always as good as I would like it to be. Because of my mental health, I

sometimes find it hard to be organised and can forget to take my medication. I can find it difficult to look after myself and don’t always eat well. My sleep can be bad which makes my mental health even worse. All of this makes it really hard to manage my diabetes. I wish I had someone to help me, but I live on my own, and there isn’t anyone I can ask.”

*Image made by [photo3idea_studio] from Flaticon